

High serve

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Overhead clear

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Rally



Underarm Serve

- Handshake grip.
- Hold shuttle at waist level.
- Contact at thigh level.
- Push the shuttle over the net.
- Shift weight forwards.
- Roll hips and shoulders around.
- Finish with racket in front of opposite shoulder.
- Look as though you are going to serve long then at the last moment push the shuttle low instead of hitting the shuttle.

Overhead Clear

- Handshake grip.
- Stand sideways on.
- Reach high above and just in front of the right shoulder.
- Hand moves from behind shoulder blade with bent elbow to hit the shuttle above the head.
(Extending arm at elbow)
- Non-dominant hand points to shuttle

Rally

- Keep shuttle and rally going
- Look to use the attacking and defending shots i.e. Smash, Overhead Clears, Lob shot, Drop shots,
- When played the shot move to the mid – court
- Anticipate shots from opponents
- Know where opponent is before and after each shot
- Disguise shots
- Win points early with use of correct shots and techniques