****

|  |  |
| --- | --- |
| **CRITICAL ELEMENTS & CUES** | |
| **Shot name: Forehand**  A forehand stroke is a return on the dominant side of the body using your dominant hand.   1. Grip    1. Shake hands with racket    2. Make ‘V’ with thumb and index finger    3. Relaxed, firm wrist grip 2. Stance    1. Knees bent    2. Arm extended    3. Racket ready on dominant side 3. Contact    1. Racket face up    2. Contact shuttle with head of racket    3. Flick wrist | | **Shot name: Backhand**  A backhand stroke is a return on the non-dominant side of the body using your dominant hand.   1. Grip    1. Shake hands with racket    2. Make ‘V’ with thumb and index finger    3. Relaxed, firm wrist grip 2. Stance    1. Feet and shoulders turned to opposite side    2. Knees bent    3. Arm extended diagonally across body    4. Racket ready on non-dominant side 3. Contact    1. Contact shuttle with head of racket    2. Snap wrist    3. Follow through |

****

|  |
| --- |
| **CRITICAL ELEMENTS & CUES** |
| **Shot name: Clear**  A clear shot should be high and deep.   1. Grip    1. Shake hands with racket    2. Make ‘V’ with thumb and pointer finger    3. Firm, relaxed wrist 2. Stance    1. Non dominant foot in front, dominant foot in back    2. Knees bent    3. Racket ready 3. Contact    1. Racket extended on dominant side    2. Shuttle should make contact in the middle of the racket face    3. Wrist flick    4. Follow through |

****

****

|  |  |
| --- | --- |
| **CRITICAL ELEMENTS & CUES** | |
| **Shot name: Forehand Serve**  This serve is meant for the shuttle to go higher and farther on the opponent’s side.   1. Stance    1. Stagger stance    2. Knees bent    3. Stand mid-back of service court near mid line. 2. Grip    1. Elbow close to body    2. Forehand grip    3. Hold shuttle by the neck with 2 fingers on hitting side 3. Contact    1. Drop shuttle    2. Flick wrist    3. Rotate forearm    4. Contact below waist – underhand    5. Follow through diagonally | **Shot name: Backhand Serve**  This serve is meant for the shuttle to go low and close on the opponent’s side.   1. Stance    1. Staggered stance    2. Knees bent    3. Stand near front corner and mid line of the service court 2. Grip    1. Elbow out – chicken wing    2. Backhand grip    3. Racket head at waist    4. Hold shuttle in front of racket head with 2 fingers 3. Contact    1. Drop shuttle    2. Push racket forward with thumb    3. Flick wrist |

***Additional Information on the Serve: The server must stand inside a service court. The receiver must stand inside the diagonally opposite service court. The serve must travel into the diagonally opposite service court.***

|  |
| --- |
| **CRITICAL ELEMENTS & CUES** |
| **Shot name: Drop Shot**  A drop shot should be a light stroke that just clears the net.   1. Stance    1. Staggered stance    2. Knees bent    3. Arm extended in front of body    4. “Fencing pose” 2. Contact    1. Shuttle in center of racket    2. Little follow through    3. Placement just over the net in front court |

****

|  |
| --- |
| **CRITICAL ELEMENTS & CUES** |
| **Shot name: Smash**  A smash is a fast, powerful, attacking shot which can be difficult to return.   1. Stance    1. Staggered stance    2. Dominant arm stretched high    3. Transfer weight 2. Contact    1. Extend racket toward the sky    2. Contact at highest point    3. Snap wrist down    4. Follow through |