

# Badminton Clears

**Badminton Clears** are the most common and important of all badminton strokes that can be played overhead or underarm. These shots can be played both on the forehand and backhand sides.

## Overhead Clear

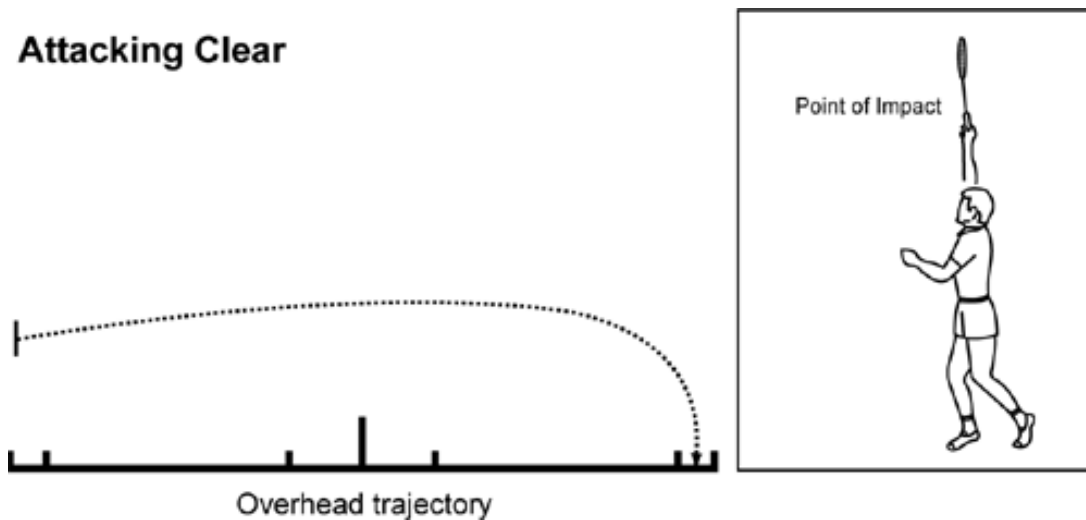
Use the clear to move your opponent to the backcourt. It will create space in the frontcourt for you to exploit.

It will also give you more time to go back to your base. The optimum hitting zone is located somewhere above the central area of your racket. **Keep your opponent guessing.**

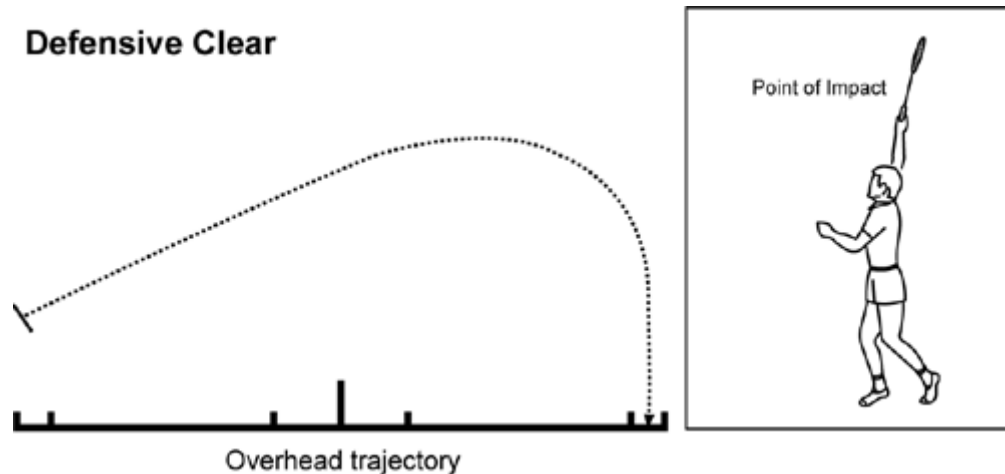
You can play two types of Badminton Clears, Attacking Clear and Defensive Clear.

**Attacking clear** has a trajectory that runs almost parallel to the ground. The shuttle travels **flat and fast** towards your opponents back court. These badminton shots allow less time to your opponent to get behind the shuttle, potentially causing weak returns. The shuttle is hit square with your racket face.

### Attacking Clear



**Defensive Clear** has a high and deep trajectory. These badminton shots **give you more time** to return to your base and prepare for the next shot. The shuttle is hit with your racket face leaning slightly backwards.

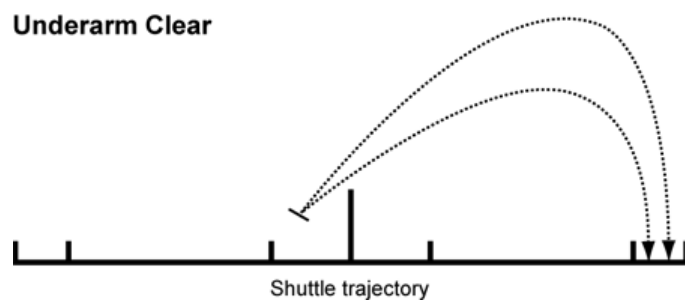


**Forehand Overhead Clear**

## Underarm Clear

The underarm clear is usually played from the front court area to your opponent's back court.

In any case, try to reach the shuttle as early as possible so that you can have various shot options. Your **wrist action** is the crucial element in creating a deception for your shots.



Practice hard on your Badminton Clears and your game will benefit tremendously...

