

Badminton Drop Shots

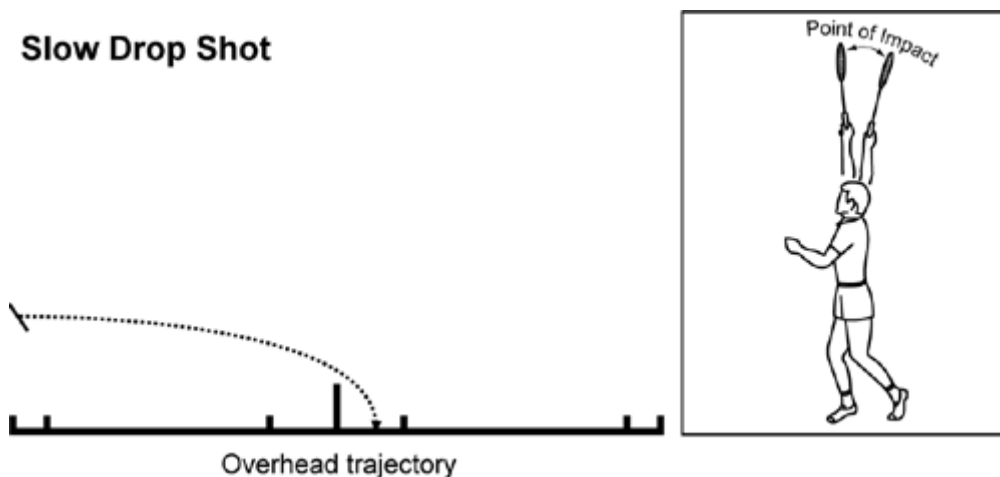
Badminton Drop Shots are delicate badminton shots that can win you points outright if executed well with deception. These shots can be played both on the **forehand and backhand sides**.

Use the badminton drop shot to move your opponent to the frontcourt. It will create space in the midcourt and backcourt for you to exploit.

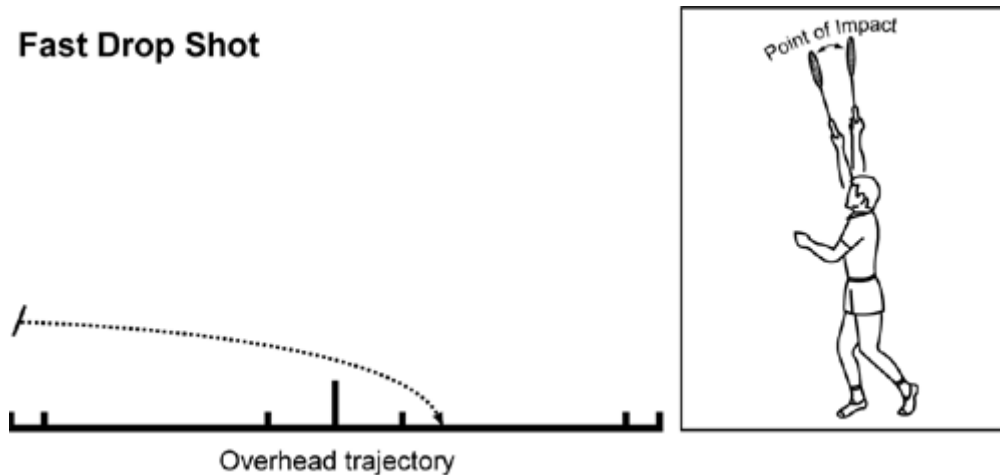
Wrist action is essential in providing the disguise and element of surprise. The optimum hitting zone is located somewhere above the central area of your racket.

You can play two types of Badminton Drop Shots, Slow Drop Shot and Fast Drop Shot.

A slow drop shot shall land in your opponent's frontcourt area, as close to the net as possible. The point of impact is above the racket shoulder. It is intended to **move your opponent to the frontcourt**, hopefully forcing a weak return to your midcourt for you to kill.



A fast drop shot shall land in the front of your opponent's mid court area, preferably to the sides. Hit the shuttle slightly further in front of the body to produce a shallower trajectory at a faster speed. It is intended to **catch your opponent off balance** and have less time to respond.



Forehand Drop Shot

Here are some pointers for playing a **forehand overhead drop shot**.

- Adopt the forehand grip.
- Turn your body and stand sideways to the net with your non-racket shoulder facing the net.
- Contact the shuttle as high as possible and out in front of your body.
- Follow through with your racket and shift your weight from your rear foot to your front foot.
- Move back to your base position.

Remember...Practice is the only way to improve your Badminton Drop Shots...

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- Shift your weight on to your rear foot.
- Bend your elbow and lock your wrist preparing to swing forward.
- Raise your non-racket hand and point at the shuttle to improve timing and balance.
- Straighten your elbow as you hit the shuttle.
- Slice or tap the shuttle as you hit it, reducing the speed of the racket head.
- The angle of the racket face will determine the direction of your shot.

Backhand Drop Shot

It is not easy to play a backhand overhead drop shot. Even experienced players have problem with this badminton stroke. You shall always try to play an 'around the head' forehand drop shot whenever possible.

However, it is important that you know how to play the backhand overhead drop shot. There are times when you just can't play the shuttle with your forehand.

Here are some pointers for playing a **backhand overhead drop shot**.

- [Adopt the backhand grip](#).
- Turn your body so that your back is facing the net.
- Lead and shift your weight to your racket foot.
- Lift your arm from the shoulder with the forearm parallel to the floor.
- Hold the racket across your body with the racket head pointing down.
- Keep the racket arm and elbow close into your body.
- Contact the shuttle in front of your body and as high as possible.

- Slice or tap the shuttle as you hit it, reducing the speed of the racket head.
- The angle of the racket face will determine the direction of your shot.
- Push your body back to your base position.

Around the Head Drop Shot

This is actually a forehand overhead badminton drop shot played at the non-racket side of your body. Try to use it whenever play permits as a forehand stroke is always better and more accurate than a backhand.

The techniques for hitting this shot are about the same as the forehand overhead stroke with only some minor adjustments.

Here are some pointers for playing a **forehand around the head drop shot**.

- Stand squarely to the net.
- Bend your upper body sideways to your non-racket side as your arms come through.
- Shift your weight to your non-racket leg.
- Bend your elbow and bring the racket behind your head.
- As you swing forward, your forearm will brush the top of your head before straightening.
- Transfer your body weight rapidly as your non-racket leg pushes your body back to your base position.

An important thing to note here is that whether you are playing a badminton drop shot, a clear or a smash, **your wrist plays a key part in creating deception**.

The basic preparations for these badminton shots are the same, only the angle of the racket face, the speed of the racket head and the point of impact is different. Keep your opponent guessing.

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