

Badminton Net Play

Badminton Net Play is an important area that requires more finesse than power. A **flick of a wrist** could send your opponent scrambling back.

There are 3 types of net play.

Net Shots

These shots are played from around the net area back to your opponent's net area. It can be played both on the forehand and backhand sides. The objective is to force your opponent to hit a weak lift or hit shots that could not clear the net. These shots can be played straight or cross court.

Execute the net shot well and you will have a **tumbling shuttle** falling into your opponent's court. It is a difficult shot to return by any standards.

Here are some pointers for playing a **net shot**.

- Must keep the racket up in front of your body.
- Lunge forward aggressively with your racket leg.
- Extend the racket arm and keep the racket high to ensure the shuttle is hit as early as possible.
- Push back to your base position using both legs while ensuring your racket is still up in front of your body.

Net Shot

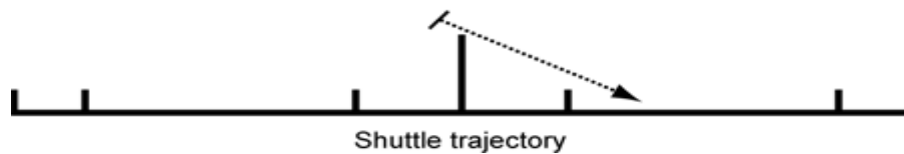


Net Kill

Net kill is a shot played when your opponent has played a loose shot over the net, providing an opening to strike the shuttle down from the net area.

The basic preparation and movement for the net kill is the same as the net shot. The only difference is that you need to hold the racket head high enough to take the shuttle above the net level. The key is to be quick to the net.

Net Kill



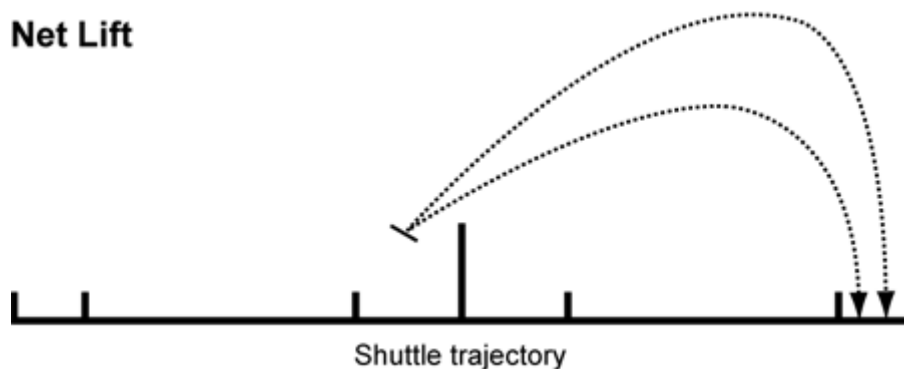
Net Lift

Net Lift is actually an underarm clear played from around the net area. Use this shot when you want to **move your opponent to the back court or create more time for yourself**. It can be played straight down the line or cross court. Hitting it higher or flatter will depend on your opponent's positioning.

Here are some pointers for the **Net Lift / Underarm Clear**.

- Extend and put your racket up when you go for the shot.
- The point of impact shall be well out in front of you and as high as possible with your racket leg leading in a lunge position.
- Push with both legs and move back to your base position.

Net Lift



Badminton Net Play is an important area that you should spend a considerable amount of time on it. Once you have mastered the techniques of these Badminton Shots, you will be able to deceive your opponent...

