

# Badminton Serve

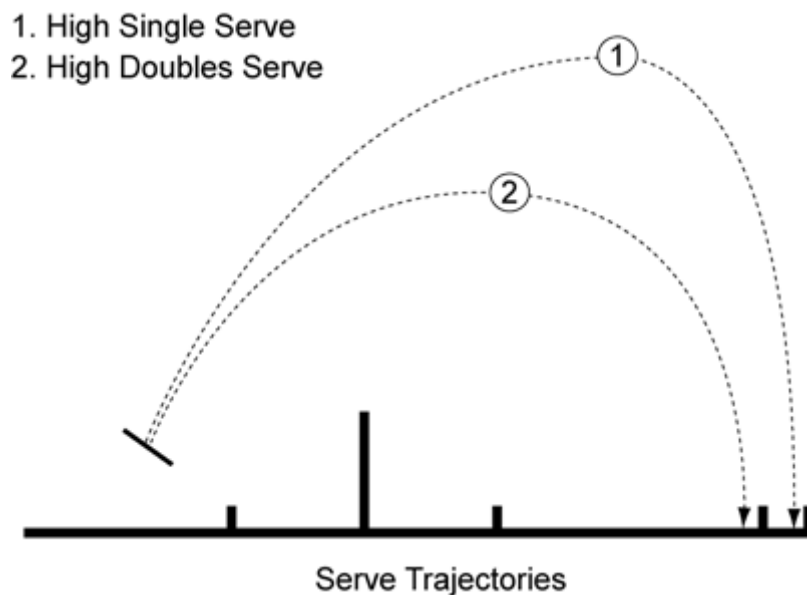
Mastering various types of Badminton Serve is essential if you want to improve your game. Serving is the starting of a point. Use it not merely as "just a serve" but **a weapon during games**.

Basically there are two types of serve.

## High Serve

Use this badminton serve during singles play to move your opponent as **far back in court** as possible, thus opening up his court.

- Played with a forehand underarm action.
- Stand two to three feet behind the short service line.
- Relax your body and bent your knees slightly.
- Lead with your non-racket leg and place your racket leg behind.
- Bring your racket back to almost your shoulder level then swing it forward following the rhythm of the stroke.
- Hold the shuttle by the feathers and let it drop slightly in front of you.
- Hit it with the flat face of your racket and follow through until your racket reaches the non-racket side of your head.



# Low Serve

Use this badminton serve when you want your opponent to **lift the shuttle**. It is commonly used during doubles, but you can use it during singles too if your opponent's attack is too strong. You can use either forehand or backhand to play this serve.

## Forehand

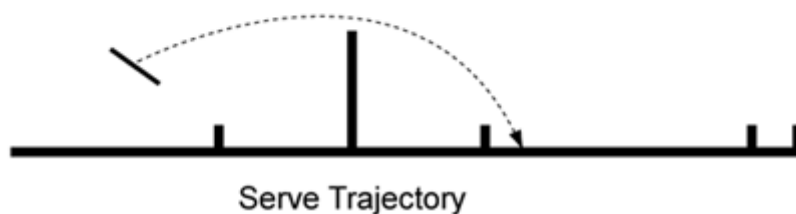
- Stand two to three feet behind the short service line.
- Hold the shuttle by the feathers and bring it closer to meet the racket instead of dropping it in front.
- Contact the shuttle at a higher point but still below your waist line.
- Push the shuttle with the racket face and try to make the shuttle skim the tape of the net.

If you normally use high serve during singles, mix the low serve in occasionally. You might be able to catch your opponent off-guard if you can execute it well.

## Backhand

- Stand in a comfortable and balanced position with your racket hand in front.
- Lead with your racket leg and place your non-racket leg behind with your feet pointing towards your opponent.
- Carry out a short back swing then bring the racket forward.
- Hold the shuttle on the tip of the feathers in front of your waist level.
- Push the shuttle with the racket face and try to make the shuttle skim the tape of the net.
- Beware of breaking the Service Rules.

## Low Serve



# + de détails

## Flick Serve

Use this badminton serve when you are under pressure from **a rushing opponent**. It is a rather useful tool during doubles. However, you might be left exposed if your opponent anticipated it. So, use it sparingly and keep your opponent guessing.

You can use either your forehand or backhand to perform this serve. Give the impression that you are going to push the shuttle as in the low serve, but instead use your wrist to flick the shuttle over. Wrist action is the key to executing this serve well.

Flick Serve



## Drive Serve

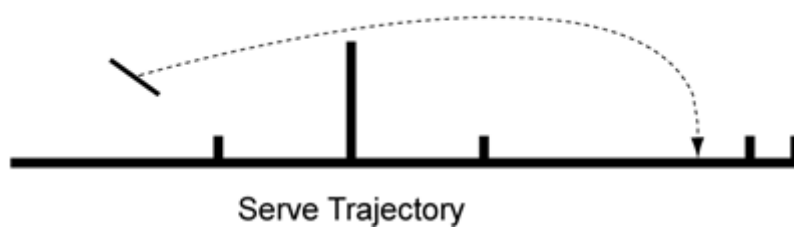
Use this badminton serve to add some variation to your serving game. This is considered an **attacking serve** and can be used in singles and doubles. The shuttle will travel at a flatter angle pass the net with pace.

It may win you points outright or force a poor service return if your opponent is unprepared. However, make sure you contact the shuttle below your waist and not make a service fault.

- Played with forehand underarm action.
- Stand in a comfortable and balanced position, a bit further from the service line.
- Lead with your non-racket leg and place your racket leg behind.
- Place your racket a bit below the waist level and bring it back parallel to it.

- Swing the racket forward following through.
- Hold the shuttle by the feathers and let it drop slightly sideways to your body.
- Hit the shuttle and let it pass the net at a flatter angle.

### Drive Serve



All these Badminton Serve have its own purpose in different situations against different type of opponents. Try to master it and use it accordingly. **Remember that Practice Makes Perfect...**