

The Basic Facts of Badminton Game: An Overview

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ABSTRACT

Badminton is an individual and a team sport that consist of two or four people, respectively, with high intensity in a short-duration based on the tempo of the game. Badminton requires more technique, coordination among eye and hand, and general physical fitness. It is the most popular sport in the world. This study focuses on the Necessity of the game, the Psychological Needs of a player, Badminton Skills, and the Tactical of badminton. Tall and Lean Players with an athletic body will be able to cover that entire game with full capacity to play without fatigue. Players need to be very cautious which requires psychological training to control the game under high pressure from the opponents. Players have to be very quick in making decisions during competition. This review will help the future researcher to update and to cover the required data.

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INTRODUCTION

Badminton is a sport like no other and it is one of the most popular in the world. In some Asian countries, it is in the top ten sports and top ten ranking, also players holding in Asian countries. Nowadays, Asian and Europe countries are well stables and played in schools, at sports clubs and associations. Badminton is not an easy game; it is having challenges in sports such as cricket, volleyball, handball, cycling, and basketball in participation sports. Historically, the top performers had come from Europe, especially Denmark, England, and Sweden, but in the more recent time since the middle year the 1980s. At present, the Asian nations have closed the gap and overtaken the European players. The leading nations currently include China, Malaysia, South Korea, India, and Japan. Badminton is very challenging and high-energy exposing stamina, power, speed, strength, ability, precision, athleticism, mentality, and many more superlatives demented sport and it requires a high level of physical fitness and mental fitness. Badminton is also known as racquet sports hit the Shuttlecock cross the net in this name called in ancient Battledore and shuttlecock in the modern period the name was changed in badminton, ancient period (1804) the racquet name was called battledores. The Battledores mode in writing board with sheep leather covered by rope. The sports played two maximum can play three at a time to play. In 1873, England introduced the name battledore as a badminton game in the world. The first badminton club was started by England in the year 1873. United State of America badminton club was formed in the year 1890. After civilization in the modern era, the sports played by singles, doubles, and mixed doubles maximum number of players of 7–10/team, and on the court one or two players can play at a time of play. Badminton players use their badminton racquet and shuttlecock to play and shuttle tosses to service, shuttle rally, shuttle drop, and smash the shuttle to score points in the opponent losing the inside their court or hitting out off the court.

Badminton was first played at the Olympic level in the 19th century; it has been registered in the Badminton World Federation since the year 1934. It was played in a feather shuttle or plastic feather inside a rectangle shape indoor court. The Badminton game originated 2000 years ago in Asian (China, India, Japan, and Siam) and European countries. The game comes much earlier in Badminton history.

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BADMINTON GAME

Badminton is one of the racket sports played for competition as well as recreation manner for recreation purposes we need less energy and stamina. Still, for competition purposes, we need more energy, stamina, and a high level of physical and mental fitness. Players have to play by service, drive, smash or hit, and drop or place to win a Badminton game.^[1] Badminton is a game governed by rules and regulations completed in a successful manner of completion.^[2] It is not a man-to-man contact game very genuine and royal sport.^[3] The umpires are a person who will decide during a badminton game. The Umpire calls foul if a player committed a fault or made any mistakes during the service, drop the shuttle same side court, or unsuccessful hit or out of the playing court. The opponent would have points and continue the play. There are different types of games in badminton with the same rules and regulations as follows across the world. The rule and regulations are framed by Badminton World Federation.^[4]

BASIC NEEDS IN BADMINTON

Badminton involves a lot of lunging movements, which engage the quadriceps and hamstring muscles of the thigh as well as the gluteus maximus, the muscle located around the hips and calf muscles. The adductors and abductors and abductors, located on

the inside and outside of a player's thighs respectively, are also involved heavily, especially when lunging in multiple directions. Badminton also involves lots of twisting and reaching movements, which place a significant demand on a player's core muscles-upper and lower abs, waist, and lower back. Hitting the shuttlecock uses the muscles of the chest, back, and shoulder, and the degree of involvement depends on the shot being played.

It is important for the badminton player to look at the nature of the sport and what is demanded from them at the highest level regarding their fitness and training. A player's fitness is made up of numerous different components and is incredibly complex.

BADMINTON PERFORMANCE

It is important for the badminton players to look at the nature of the sport and what is demanded to form them at the highest level concerning their fitness (Physical and Mental) and training (Off-season, Pre-season, and During Season).^[5] A player's fitness is made up of numerous different components and is incredibly complex. All players and coaches should take a balanced approach to train and remember that every player has a different body composition and should have their program to work with and different targets.

NEEDS AND IMPORTANT OF BADMINTON SKILLS AND THEIR NECESSITY FOR A BADMINTON PLAYER

Badminton players express their learned strategies and their techniques during tournaments/competitions by practicing different skills in their practice sessions. Every player has a different stage during match circumstances, but as a team, their motive will be like winning that particular game by beating their opponents through scoring the points. Practicing different skills, techniques, and stages make players complete Badminton. Players have to know the necessity of each skill and technique.

HANDGRIP

The handgrip is one of the fundamental skills in badminton. It is very important to get a grip on defense and offense during the game. The handgrip is classified into two types. One is forehand gripping, another one is backhand gripping. There are two differences between the forehand and backhand grips in forehand grip for strokes made overhead or on the right side of the body, and backhand for strokes made on the left side of the body. The thumb finger closes around the grip and grip to gain optimum wrist action. The back handgrip small variation that holds the racquet thumb figures kept on the flat surface over the racquet hand moving counterclockwise is called the backhand grip. The backhand grip wrist has loosely without tight hold, it as to avoid tennis elbow injuries.

FOOTWORK

Footwork is a very essential skill in the badminton game. The opponents will try to move to pick the shuttle around the court. The player must move very quickly to gather shuttle before they reach to court ground surface and still have time for the stroke proper footwork which is important. The player may have eye contact with body coordination for great strokes or complete the shot. The footwork consists of the forehand side of the net footwork, backhand

mid-court footwork, forehand mid-court footwork, forehand rear court, and backhand rear court footwork. 2-3 footwork steps covered the whole court (half-court). For developing the footwork the player first starts with mid of the end line toward moving near to the center of the net line and moving towards the right doubles sideline then directly moving towards the left doubles sideline then back to mid-center of the net line and finally back to the starting point this formation will call a T formation movement.

STROKES

The strokes consider five different aspects such as service, clear smash or hit, drive or rally, drop or place the shuttle, and smash or hit the shuttle. The clear is a shot deeply hit into the opponent's court. The smash and drive are hit to the midcourt or deeper into the opponent's court. The clear shot always keeps the place in the backcourt. Smash is struggle with racquets and shuttlecock. The players create the force and resistance by applying the swing of the racquet movement. The drive or rally is a quick passing over the net or hitting the shuttle to the opponent's court. The drop is a slow, gentle shot that falls just over the net into the opponent's forecourt or behind the net line. The drop is one of the tactical skills or techniques of play by the player. The drop support gets the scoring the point.

SERVICE

It is a very important skill in badminton. Service is more execution of eye-hand coordination and some techniques with stage applied. Racquet and shuttlecock are very closely in contact with during the service. The service is divided into two types short service and long service. During the service, the player must stand diagonal position. Shuttlecock must cross the opponent court toward the shot service line or behind the end line for a single play game except for the drive shot. Doubles service lines were different from single end lines must drop the shuttlecock behind the long service line. The player must stand alternatively for every scoring point in the court left or right service box except rally. If a service is not correct, misses the shuttle, passing over the net is caught in the net it consists of fault.

EYE-HAND CONTACT

It is an important ability of the player's system of body coordination. Peripheral vision and body movement coordination play a vital role in badminton games. Visual observation very supports players' further movement and play.

PERCEPTION AND ANTICIPATION

The Perception and Anticipation skills play a vital role in badminton because the perception is a sense of the opponent's player move and caution to apply particular skills in the match or particular moves. Anticipation is reading the defender or opponent's moves and tackling a skill. It is one of the best skills for berring an opponent's further steps and also avoids scoring a point.

TACTICAL AND STRATEGY KNOWLEDGE

It is the ability of the player to strategies and knowledge of the badminton game. The strategy is not simply creating aspects. It is planned one for an entire tournament team that does to win. The

tie sheet/player order most influences the entire team to will the matches. Before going into a match, the coaches, team captain, and other players used various plans, strategies, and tactics to win a match very successful manner.^[6] Tactics were applied in strokes, service, drive, and drop entirely the tournament and particular teams. Tactics are very small steps and choices within each move. The coach can change the order of players or tie sheet order based on the opponent's team strength and ranking position. Tactical and strategy knowledge are also a very important aspect to perform outstanding either in defense or offense skills. On defense, the defender has to be very cautious and they have to be very accurate in assessing the opponent's hand and leg position. If they assess correctly the defender that will easily break the opponent's moves. Defenders were very much involved in tactical skills and techniques, because they are the best skills to cover the entire field. Hence, tactical and technical knowledge are a vital role for every badminton player to great success in the field of badminton.

CONCLUSION

This review takes a global approach to badminton performance and to the interrelationship between various metabolic, physiological, biomechanical, technological, and visual factors. This survey will adopt a strategy for badminton execution that a player with different body types will take on. The review covers the need for the game, mental requirements for a player, badminton abilities, and strategic of badminton. Every one of these variables might contribute a vital role in the result of badminton performance.^[7] His review takes a global approach to badminton performance and to the interrelationship between various metabolic, physiological, biomechanical, technological, and visual factors.

This review takes a global approach to badminton performance and to the interrelationship between various metabolic, physiological, biomechanical, technological, and visual factors day by day the exploration that will prone to be proceeded vigorously by impacting the necessities of the player's profile. Various investigations will give many viewpoints relating to the badminton match-up. Through these reviews, the knowledge of badminton will improve the level of coaching and contributes updated knowledge to the benefits of the game of badminton.

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