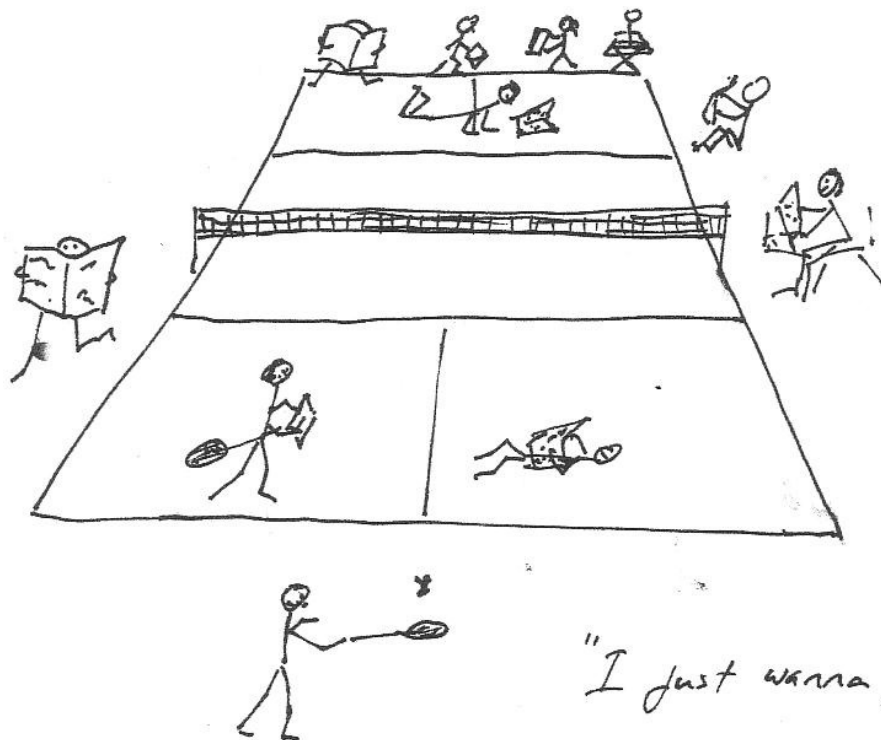


USE YOUR HEAD

IN

BADMINTON

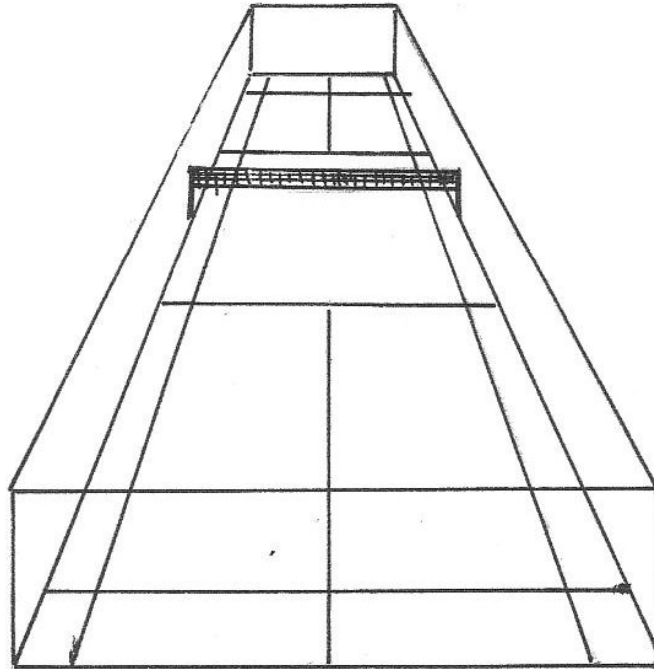
JAKE DOWNEY



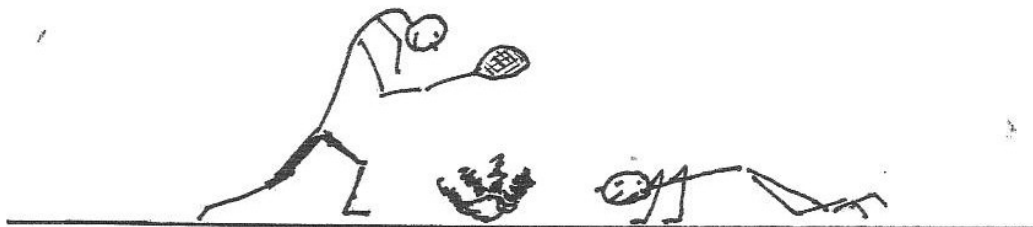
© Jake Downey 1971

Badminton - The space and time game.

Badminton is a game played in a large rectangular box. On the floor of the box lines are drawn to mark out a rectangular court. This is divided into halves by a net suspended between two posts.



The players stand in opposite halves of the court and play at hitting a shuttlecock to and fro across the net in the hope that eventually it will fall to the ground in the court, end up in the net, or fly and land outside the lines of the court.

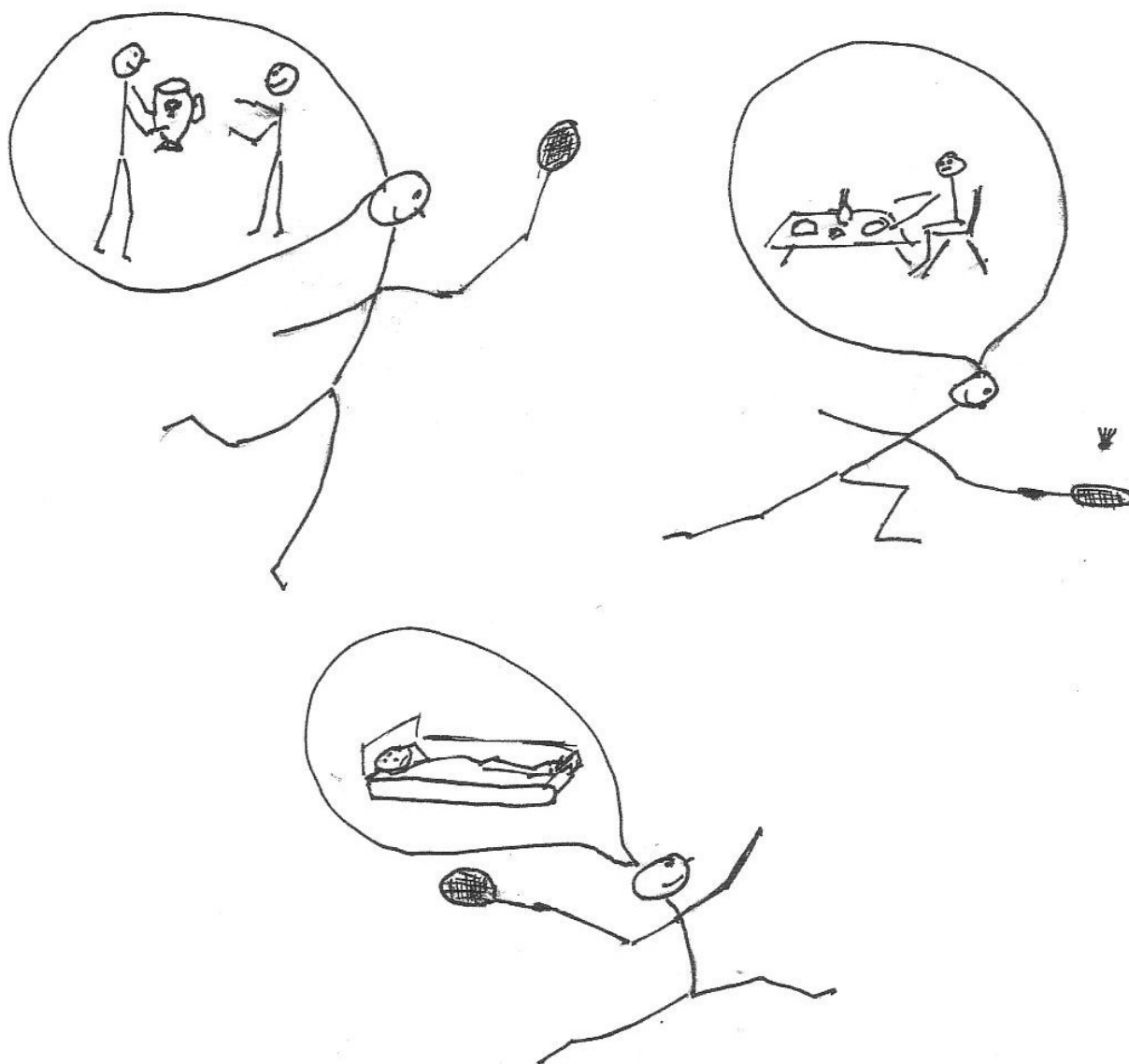


Each time one player is successful in hitting the object to the ground on the opponent's court he wins the rally (scores a point). Some players can work themselves into a frenzy trying to do this.

Stars of the court

Recognised by confident and alert stances on court, accompanied by elegant style, skilful strokes, fluent athletic movement and intelligent play, but above all because they refuse to engage in frenzied and reckless activity. ***They think!***

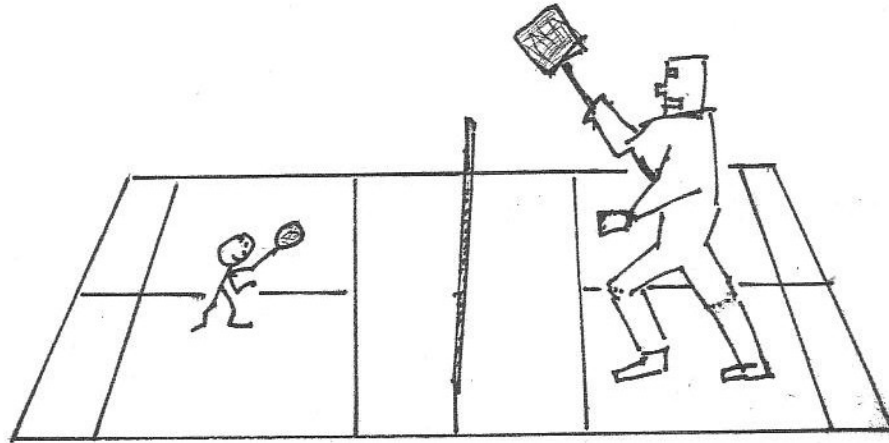
What do they think about?



No!! They think none of these things. They think about WINNING!
They ask simple questions like:

HOW CAN I WIN?

Score: 0 - 0



"You didn't tell me that he was a robot."

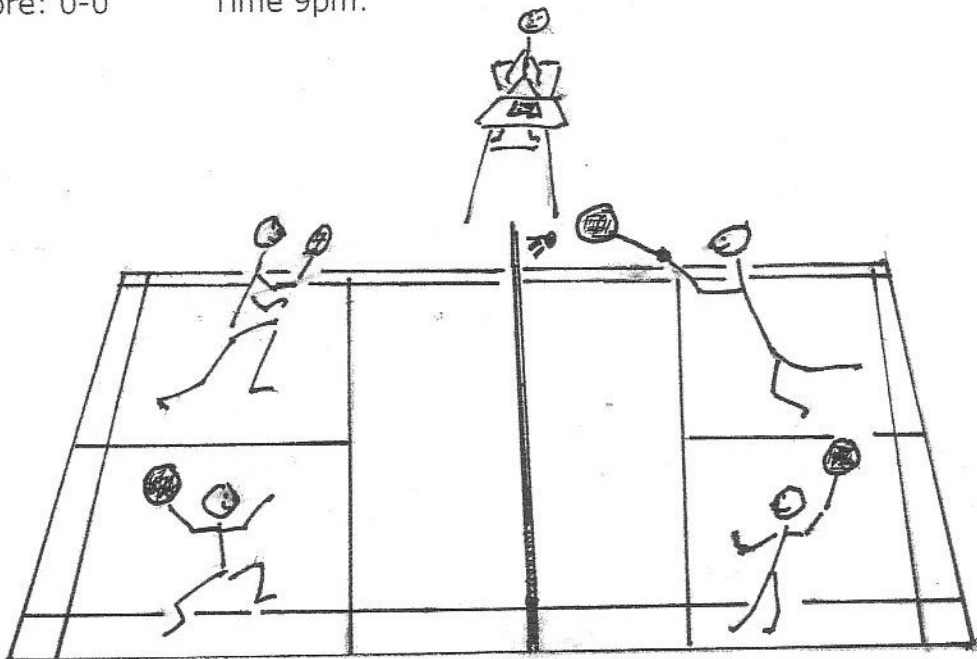
"You're serious, he really is human. Alright I believe you, we are both human, so why don't you try standing on my side of the net against him. So what do I do now? How do I win?"

At this point some explanation is required. Let me answer the question "How do I win?"

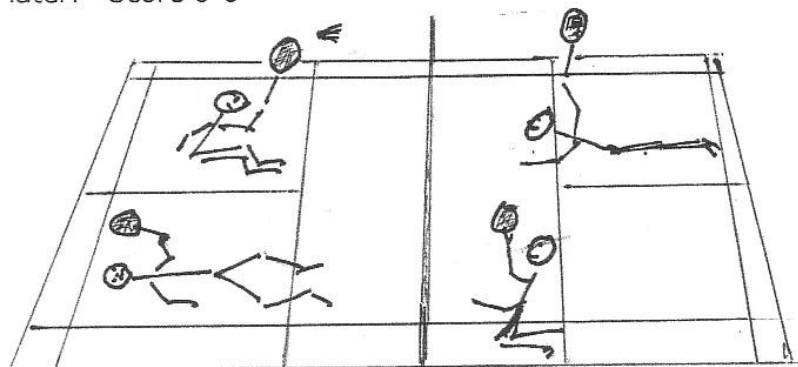
A simple answer: Players who hit the shuttle one more time than their opponents will win.

Score: 0-0

Time 9pm.



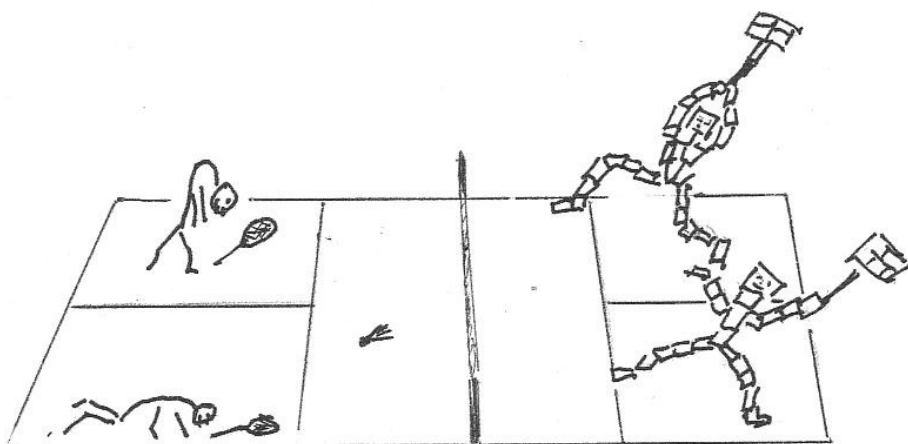
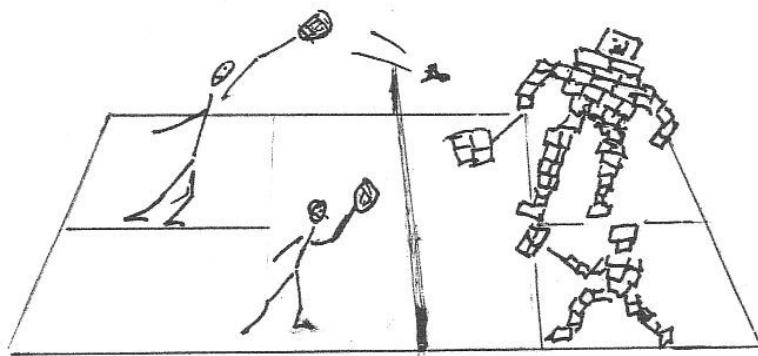
3 hours later. Score 0-0



"There must be an easier way"

There is ... **ATTACK!**

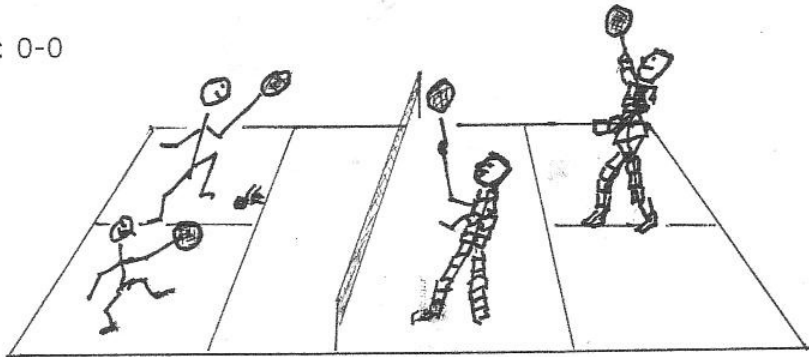
Smash the shuttle to the ground. Never let up. CRUSH them



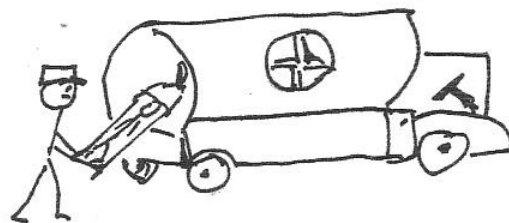
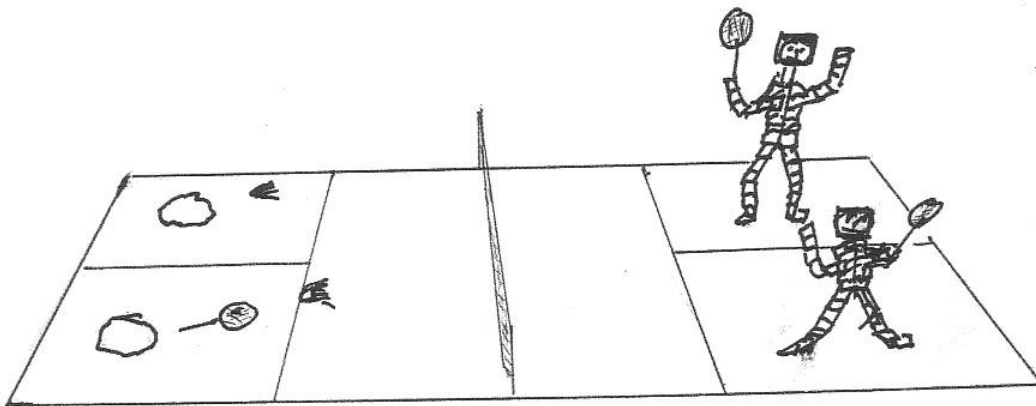
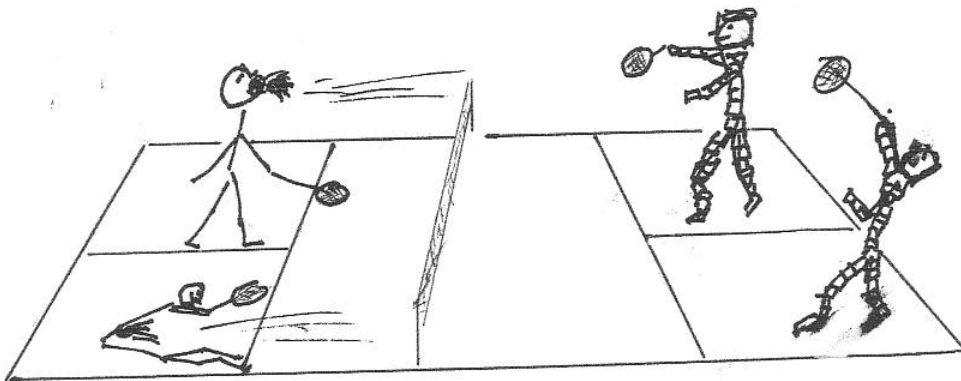
"This is ridiculous"

Well, if that didn't work you will have to **DEFEND**. Wear them out and when they are tired then **ATTACK**.

Score: 0-0



Score: 0-1



Now What??

Well, there is only one thing left to do.

What is it?

Is anyone looking... listening?

No!

Here it is.

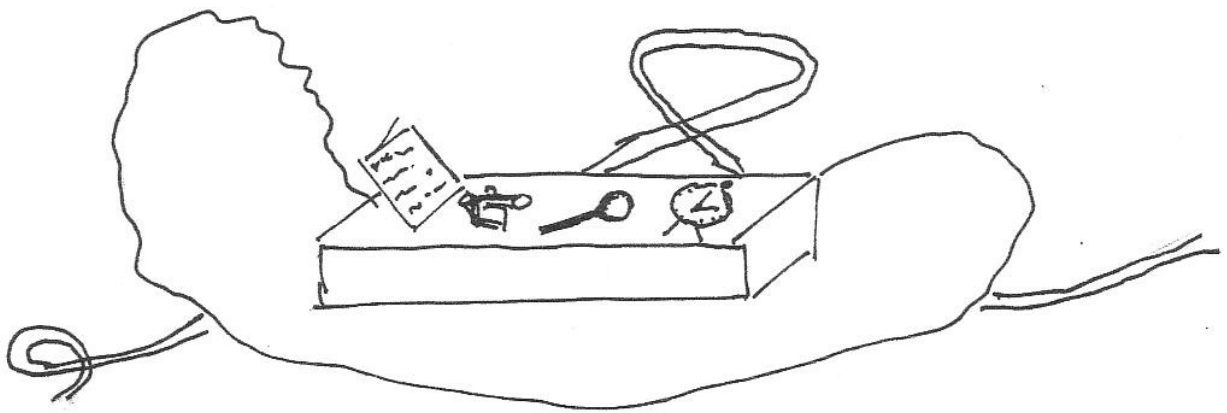


TACTICS!!!... Is that all... everyone uses tactics.

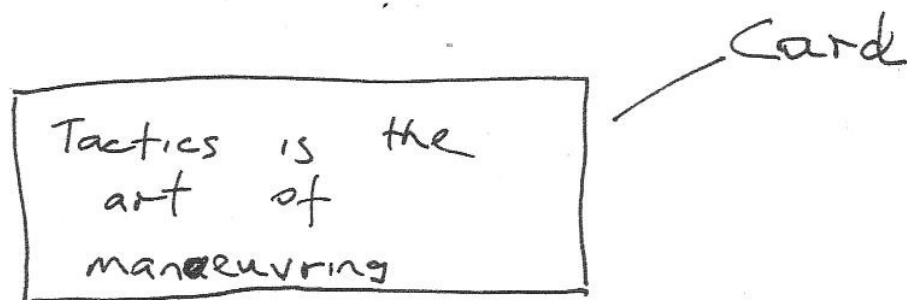
Do they?

Course they do. You can't play without them. I don't know what they are but everyone uses them.

OK OK! So it is nothing new. Anyway lets open up the parcel and see what is inside.



Here is something on a card



Now what does that mean?

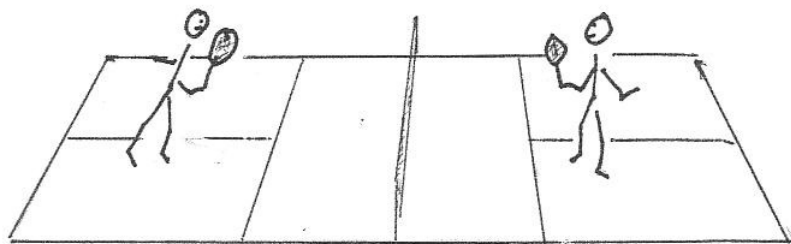
It means the art of moving your opponent around the court. To move him out of position, to manipulate him and exploit his weaknesses to your advantage.

What happens if he doesn't want to go?

He has to if he wants to win. He has to move to where the shuttle is. Hit the shuttle to right side of the court and he moves to the right. Hit it to the back of the court and he moves to the back. It is great fun – its simply a game of '*chase the shuttle*'

I get it! Sounds good! But what happens if he does the same to me?

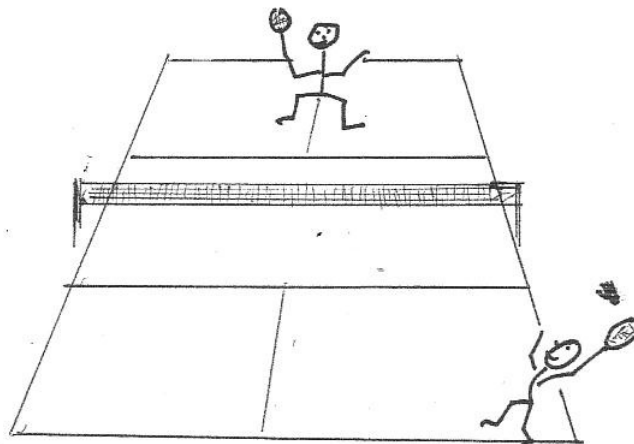
You always have to ask difficult questions don't you. OK then lets start at the beginning. Let's go on the court.



"Now we can learn to play the space time walking running hitting game"

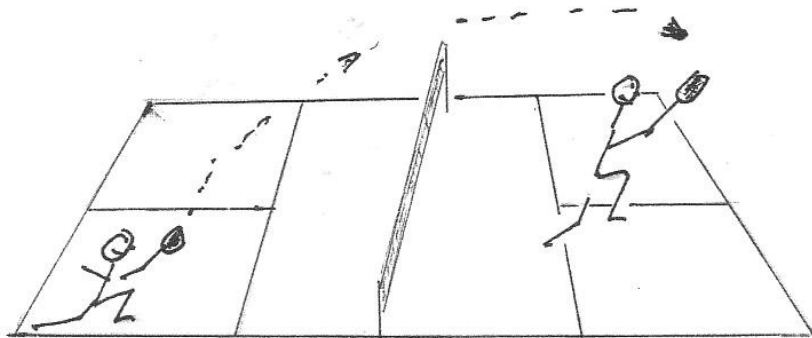
Stand in a position where you can control all the space on your side of the court. That's right – in the centre of your court. I will do the same on my side of the court.

Now , my problem is to think how I can get control of your space and still control my own. I've got it! I will hit the shuttle to the back of your court.



"I control my SPACE and all your court SPACE is open for me."

No, it isn't. I haven't hit the shuttle yet. I will do the same to you.



"Two can play this game. Now I return to my centre to control my SPACE and your court SPACE is open to me."

Yes, that's true. As long as I get to the shuttle quickly and hit it to an empty space on your court and then return to my centre quickly to control my own space and cover your shots, we can go on all day.

WHAT ELSE CAN WE DO?

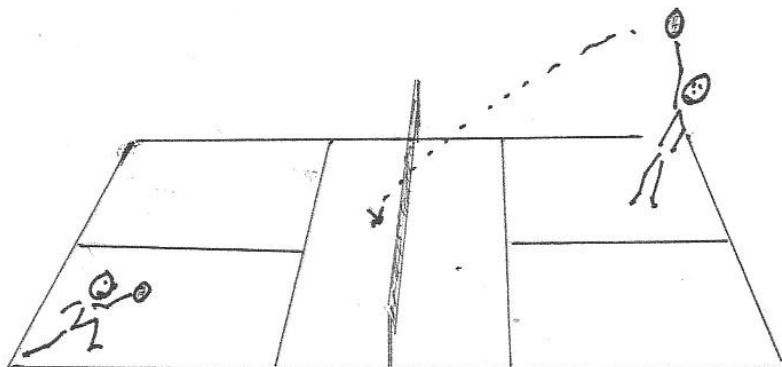
We can use **TIME**.

What do you mean?

Well... it takes TIME to travel round the court. So now I think, I cannot win just using SPACE, so I will use TIME. I can give you LESS TIME to play your shots and give myself **MORE TIME** to play my shots.

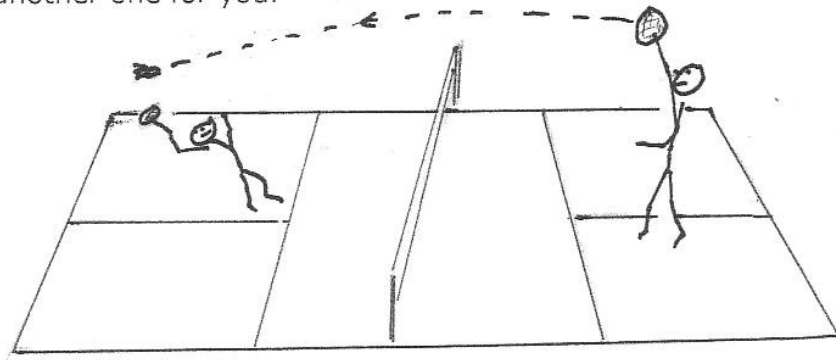
How do you do that?

Easy!. It takes less time for the shuttle to travel a short distance than a long distance.



"See what I mean. Now you really have to run... LESS TIME!!!"

Here is another one for you.



I hit the shuttle over you head to the back of your court on a flatter arc. It gets there quickly and now you have **LESS TIME** to get to it, hit it and return to your centre

OK but I can do the same to you.

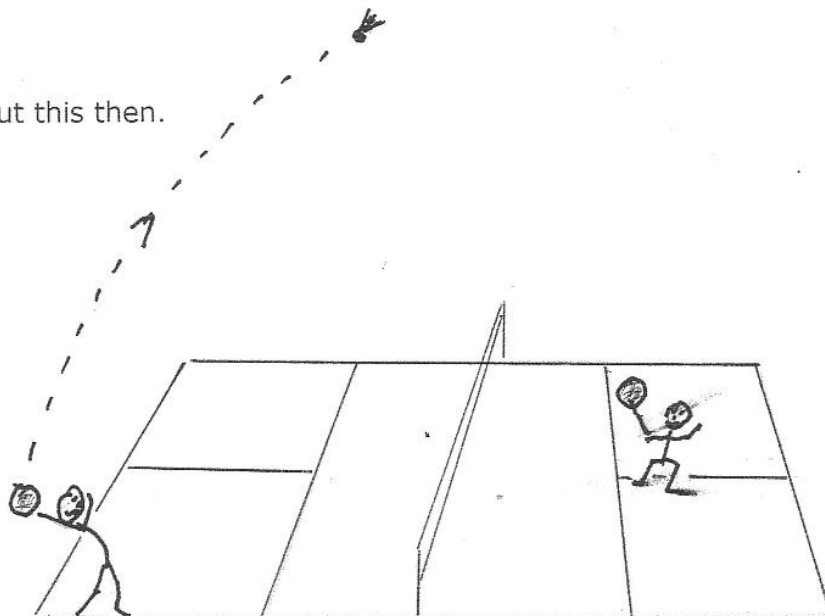
Maybe but if you do the same to me I will play a shot to give myself **MORE TIME** to return into position to control my court.

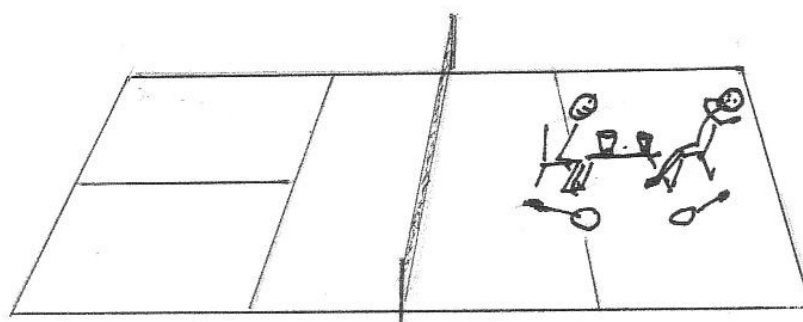
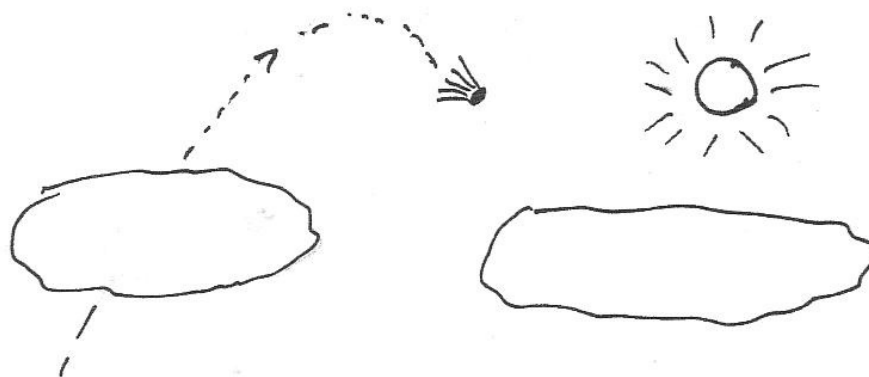
How?

Well, the further the shuttle travels the **MORE TIME** it takes to get there.

Agreed!

How about this then.





"Relax... it will get here. Another cup of tea?"

That's a good trick.

Course it is. If you want to make TIME for yourself then hit the shuttle **very high** and a **long way** or...

Or what?

Or, hit it **softly** so that it travels **slowly** through the air.

Yes, there is a lot to remember but don't forget I can do the same to you.

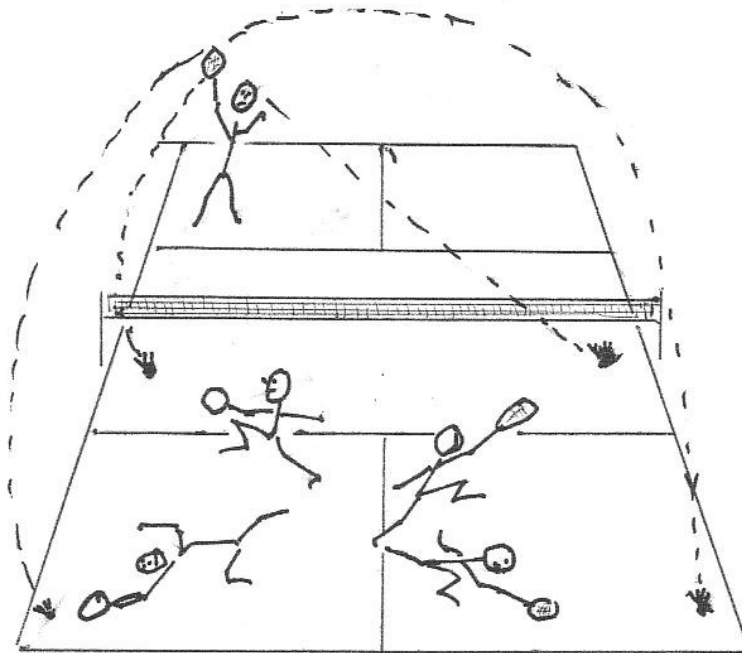
OK agreed. Then I'll have to use SPACE and TIME in another way. I will keep you **guessing**.

How?

I'll use **VARIATIONS**.

VARIATIONS! What are they?

Well, If I have to play a shot from the forehand rearcourt I don't have to return it to the same place every time.



"OK, so you're clever"

I get the idea. Whenever you play a shot from any place on the court you can hit it in many different directions at many different speeds and keep me guessing. BUT... I can still reach them all.

Of course you can. but eventually you might be a bit slow re-acting and late getting to the shuttle or returning into position to control your court. Then you will leave more SPACE for me to hit the shuttle into. And because you do not get there quickly enough you will be late each time and always in a hurry... you will have LESS TIME.

Well, I can do the same to you.

Maybe! But I know you have some weaknesses and I will make use of them.

What do you mean - **WEAKNESSES?**

Well, for example, you cannot hit the shuttle from any part of your court to any part of my court. Often you hit it to the same part

How do you know?

Because I have played you and also watched you play and I have thought about what you do and tried to **ANALYSE** your game.

Anyway you can't but you haven't got enough STROKES and, also, you have set HABITS when you play. For instance you can't reach the back of my court with your backhand clear - so instead you play a drop shot. You always return a smash to your backhand side with a straight block to the net because you use a forehand grip in defence and can't change your grip to a backhand grip quickly enough to be able to hit the shuttle hard enough to lob high.

Also you only play x-court fast dropshots and you only smash to my backhand side. You have no VARIATIONS in these positions. So I know where the shuttle is going and I can move there and wait. I can ANTICIPATE your shots. I know how you play the game which is mainly why I can beat you.

Really?

Of course, I stand more chance of winning if I know how my opponent plays the game. Wouldn't you agree?

OK, agreed – but what else?

I can exploit your FITNESS.

How do you do that?

Easy. You aren't fit enough. I keep the shuttle going from place to place on your court. You begin to tire and slow down. You then leave more spaces for me to hit the shuttle into. When you get tired you slow down and you are late in getting to the shuttle or returning into position to control your court. You have LESS TIME than you need.

OK I will use TACTICS. I will PRACTISE all my STROKES and the VARIATIONS. I will learn to ANALYSE my opponent. I will TRAIN harder and get very FIT and then I can do the same to you.

Maybe not!

Why not?

Because then I can use my **DECEPTION**.

What is that?

Well, quite simply I will deceive you. I will make you think that I am about to play one sort of shot and when you move to get to it I will play another shot. I will try to catch you out. For example I can look as if to smash. You get into a defensive stance and then I play a drop shot (a check-smash).

Or I can look as if to play a net reply and then as you move towards the net I can hit the shuttle over your head to the rearcourt. Just like when I look as if to serve low and as you move to the net I flick the shuttle over your head. I can also look as if to hit one way and as you move in that direction I can hit the shuttle in another direction

So what!

So, I may catch you completely and win the rally or you most probably will be late getting to the shuttle.

Clever, aren't you. OK I will use TACTICS. I will PRACTISE all my STROKES and the VARIATIONS. I will TRAIN harder and get very FIT. I will ANALYSE your game. I will learn and practise DECEPTION and then I can do the same to you.

Perhaps not.

NOW WHY NOT?

Because I can still exploit your biggest WEAKNESS.

What's that?

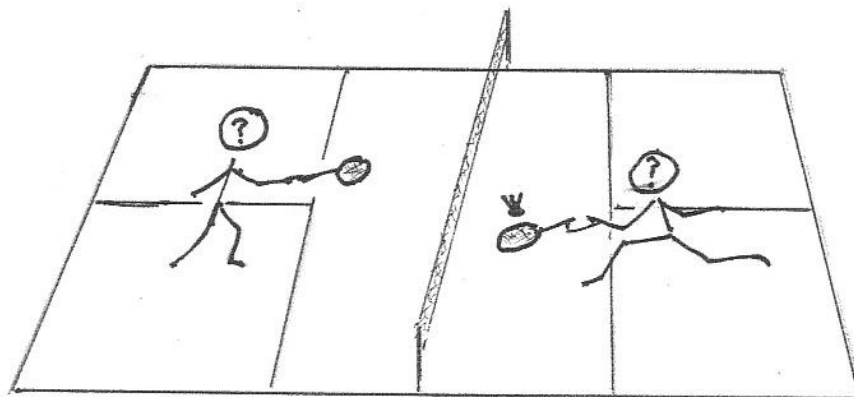
Your **ATTITUDE!**

My ATTITUDE?

Yes!

What do you mean?

Well, if I keep the shuttle going long enough you get impatient and lose concentration. You play a silly shot or go for a quick winner and try to finish the point too quickly; or give up and stop trying. YOU STOP THINKING about how to beat me and win the game



The game is a battle of wits!

Very clever, aren't you. OK I will use TACTICS. I will PRACTISE all my STROKES and the VARIATIONS. I will ANALYSE your game. I will TRAIN harder and get very FIT. I will learn and practise DECEPTION. I will improve my ATTITUDE. And then I will be able to beat you.

Good! Then we should have an interesting game. May the best man win!

TO SUM UP.

Learn to play the SPACE and TIME game.

SPACE: Control the space on your side of the court (usually from the centre) so that you can reach the shuttle easily. Create space on my side of the court by moving me away from my centre.

TIME: Make time for yourself by:

- (a) getting to the shuttle quickly and returning quickly into position to control your court.
- (b) hitting the shuttle high and all the way to the back of the court.
- (c) hitting the shuttle softly to make it travel slowly through the air.

REDUCE MY TIME by:

- (a) hitting the shuttle over a shorter distance.
- (b) hitting the shuttle harder so that it travels quickly and arrives in my court quickly.

Get FITTER to be able to get to every shuttle quickly and return to control your court quickly.

Learn all the STROKES so that you can hit the shuttle from any part of your court to any part of my court.

PRACTISE to improve your control and accuracy and your range of strokes.

Improve your ATTITUDE and keep your thoughts focused on winning the game.

ANALYSE your opponent. Get to know how your opponent plays the game. Watch him and work out what he can do or not do.

Devise and use TACTICS to outmanoeuvre and outwit your opponent and so increase your chances of winning.
