

TACTICS

DECEPTION AT THE NET

About this

The key to deception at the net is doing the same initial motion whether you are going to counter-drop, crosscourt drop or lift. Seemingly about to execute the same shot will leave your opponent guessing.

Deceptive same initial motion

Philippine National Team member, Jaime Junio Jr., demonstrates the same initial movements whether he's going to hit a counter-drop, crosscourt drop or lift: he has the same ready position, the same lunge, the same threatening high racket ready to kill or push down a floating drop, then...



...he suddenly hits a counter-drop...



...or a crosscourt drop...



...or a quick lift to the back.



How to Do It

Initial movement (forehand)

1. Start out with the ready stance, racket at your middle, ready to receive both high and low shots.
2. When you see the drop at the net coming, go into lunge mode: left arm at your back for balance, right arm extended but bent slightly at the elbow, wrist slightly cocked.
3. Next raise your racket face, ready to kill or push down a floating drop.
4. If the drop cannot be killed, as the shuttle arrives, follow it slightly with your racket face. You end up with a scooping motion underneath the shuttle, like you're going to catch it with your cupped palm.



The initial steps of the stroke seen from another angle



Faults

Note: the racket is **not** held directly in front of your arm like a sword, rather, it is held at an angle. If you hold it straight out like some beginners do, you won't have the leeway to hit a lift to the back.



Wrong way: racket is held straight in front—no wrist break.



Correct way: racket is held at a slight angle to give your wrist the leeway to hit a strong lift to the back of your opponent's court.

TACTICS

DECEPTION AT THE NET

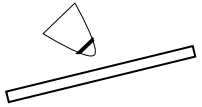
Next, this is where the stroke diverges depending on which technique you apply:

COUNTER DROP

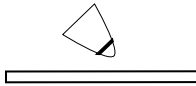
If you're going to counter with a tumbling net counter-drop, make sure your racket face is angled slightly toward the net. It **shouldn't** be held like a waiter holds a tray but rather tilted slightly toward your opponent's court. Next, do a forward motion with the racket head like you're inserting a bank card into an ATM machine, letting the shuttle get swiped and tumble across the net. Refer to the section in the book on net shots and the tumbling net shot for more details.

Racket head is slightly tilted forward

Your racket head must be slightly tilted forward, toward the net, it shouldn't be completely lying flat. The slight tilt is what makes the shuttle bounce toward the other court rather than just bounce up and back down.



tilted racket head



it shouldn't be flat



Butch demonstrates the counter-drop; he advises to do the stroke slowly so the shuttle clings to the racket strings longer. If you do the stroke quickly, in a jerky fashion, the shuttle will tend to bounce off and be too high over the net, giving your opponent an easy chance to kill it.

CROSSCOURT DROP

If you're going to drop crosscourt at the net after the scooping motion, lower your arm slightly and twirl your hand/wrist to the left (if you're right-handed). The "twirling" motion is like you're copying the movement of a car windshield wiper with your racket. At the start of the twirling motion, the palm is face up and at the end of the stroke, it ends facing the opponent's court. Usually, to execute this stroke properly, you will have to shift to the past-body forehand grip. Please refer to the section in the book on the crosscourt net drop and forehand grips for more details.



Scoop...

...lower arm...

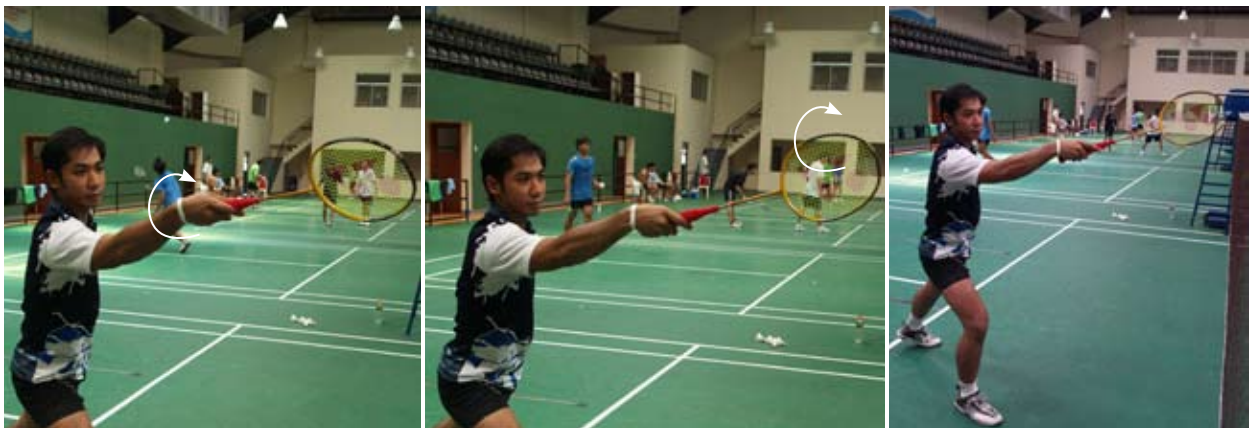
...twirl hand...

Tips

You usually need to shift to the past-body forehand grip to do a crosscourt net drop



First lower your arm (avoid bending your elbow too much)...



...as you twirl your hand to the left (if you're right-handed) like you're copying the movement of a car windshield wiper

TACTICS

DECEPTION AT THE NET



Butch demonstrates the “twirling of the hand” or wrist action used for a crosscourt drop as well as a lift to the back. It’s what will give you power to do a lift to the back (from the section, “Forehand Grip”).

LIFT TO THE BACK

To execute an offensive lift to the back, after the scooping motion, use wrist action to hit-push the shuttle and power it deep into your opponent’s court. Make sure to push through the pushing range so that it is high and deep (for more details on how to push-hit, please refer to the section on Power: Pushing Impact or Push-Hit Through the Pushing Range). Note that this stroke cannot go deep if, as we mentioned earlier, you held the racket directly in front of you like a sword. Your wrist wouldn’t have the angle to do the wrist action properly. So make sure you start out with the racket slightly angled.



...you can lift down the line...



Scoop, then lift...

Two more views of the lift...



...lift down the line...

...lift crosscourt



...or lift crosscourt

We hope these techniques will improve your badminton game! For a continuation of this section which covers the backhand, please go to...

<http://instructoons.com/book>

...and get hold your copy of “Advanced Badminton Techniques” by Butch Oreta and Vip Malixi! You’ll learn tons of more techniques taught in the same, easy-to-understand, fully-explained and illustrated manner. Just check out the contents:

CONTENTS

Introduction	10	STROKES	
How to Learn the Techniques.....	10	Clear	122
About the Authors	11	Forehand Smash.....	124
		Jump Smash	126
FOOTWORK		Backhand Smash	130
Waiting Stance	14	Drops.....	132
Forward Lunge.....	18	Slice Drop	140
Side Movement.....	22	Net Shots	144
Backing Up.....	24	Crosscourt Net Shots	146
		Tumbling Net Shot.....	150
SERVE		Drive & Push.....	152
Backhand Serve	34	Underhand Stroke.....	162
Return of Serve	46		
		TACTICS	
BACKHAND		Defense	168
Backhand Grip.....	52	Deception	174
High Backhand.....	66	Court Rotation	178
		Control.....	180
FOREHAND		Power	181
Forehand Grip	88	Psychological Tactics	184
High Forehand.....	96	Conditioning.....	186

...you also get access to videos and technique updates