BADMINTON OUTLINE

Progression of Technique in Mass Formation for Beginners

1. Rally with under-hand and over-head clear to opponent's forehand whenever possible.
    Formation. x x x x
                x x x x
    Change of grip if backhand is necessary. Slightly sideways position when making stroke with pivot of shoulders.

2. **Clearing game.** (To teach scoring and encourage strength in clearing strokes.)
    Same formation.
    Bird put into play with high toss, players attempting to hit bird over opponent's head and drive her back. No limit to depth of shot but to be "good" it must be returned over net on or beyond short service line. If the bird is allowed to fall between net and short service line opponent wins rally and scores a point if she is serving. If bird is sent back so that player on one side or the other of hitter prevents stroke being made a "let" is called. Score to eleven points.

3. **Short Service.**
    Same Formation; players a yard or so beyond short service line.
    Players face each other and attempt to skim net and land bird on or slightly beyond short service line. Bird is let to drop and then served back again. Owing to lack of space with more than four to a court, the bird has to be sent straight instead of diagonally.

4. **Drop shot.**
    Same formation. Players close to net.
    Players rallying back and forth underhand forehand and backhand, no change of grip.

5. **Drop shot game.**
    Same formation.
    Players rally back and forth; bird is out if it falls beyond shot service line. A let is called if other players prevent a return.

6. **Clear and Smash.**
    Same formation. Players well away from net.
    Bird sent to players forehand. Players can attempt to return smash but turns should be taken in "setting up" the bird.

7. **Short service and "snap" shot.**
    Same formation. Players beyond short service line.
    Receiver tries to rush bird and "snap" it over net, with wrist stroke, if flight is at all high over net.

8. **Preparation for Front and Back.**
    Formation same as in Front and Back, only with eight players on court. Players rally back and forth trying to use variety of strokes learned.   x   x
                                                x   x
                                                x   x
                                                x   x