

Rearcourt Situations

SHUTTLE POSITION	ATTITUDE	INTENTION	STROKE-MOVES	DIRECTION	FUNCTION	OPPONENT'S POSSIBLE REPLIES	YOUR RECOVERY
1. High (at the sides or centre)	Threatening to attack (take up the smash position)	1. to cause the opponent to adopt a defensive stance in MC. 2. to deceive the opponent	1. power smash to MC or RC <hr/> 2. fast sliced smash to MC <hr/> 3. fast drop to FC (hit flat or sliced) <hr/> 4. check-smash to FC <hr/> 5. attack clear to RC <hr/> 6. standard clear	To centre or sides <hr/> Straight or x-court to sides <hr/> To centre or sides <hr/> To centre or sides (usually to bh side) <hr/> To sides or centre <hr/> To sides or centre	To hit the ground or force a weak lift <hr/> To hit the ground or force a weak lift <hr/> To force a lift <hr/> To cause opponent from MC defensive base and may force a weak lift. Also creates space. <hr/> To catch opponent out and force a weak reply. To the centre cuts down the angle or reply and makes it easier to cover the reply <hr/> Send opponent to RC to create space and test him out, keep him moving to see what he does	1. block return to FC sides or centre 2. clear to the RC 3. whip shuttle down line or x-court to RC <hr/> 1. Net returns to FC 2. Lob over 'smasher' to RC <hr/> 1. Smash to MC 2. Drop to FC 3. Clear to RC	Get quickly into balance and travel forwards in the 'funnel' towards a position to cover the possible replies (looking at the opponent waiting to see what he intends to do) This is a slow approach, hanging back to cover the RC and so inviting the reply to the FC, then ready to sprint forwards to attack a reply to the FC <hr/> In balance and travel forwards to MC to take up a defensive or attacking stance depending on how effective the attack clear is. If opponent caught out then take up an attacking stance. <hr/> Travel to MC and take up a defensive stance.
2. High (at sides or centre and to the rear of player)	Threatening to attack (jumping backwards into the smash position)	To force opponent to adopt a defensive stance and deceive opponent. To give him less time for recovery	1. backward jump smash – attack clear – checksmash-standard clear	To sides or centre	To hit floor in MC or to catch opponent out of position and cause a weak reply.	All the basic replies to these stroke-moves (see above)	Land and recover quickly to get into balance and sprint towards to MC ready to cover the replies

Rearcourt Situations (cont)

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3. High (at sides or centre and to the rear of player)	Defensive (caught out, off balance and fighting to regain control, in haste)	To get out of trouble and into a stable position. To restore the situation to a neutral one. To make time.	1. Very high defensive clear to RC	To centre	To hit the shuttle to fall vertically in centre of RC and so make it difficult to time his hit and also narrow the angle of reply	1. Smash to MC or FC 2. Drop to the FC 3. Clear to the RC	Walk calmly back to the MC and take up a defensive stance ready to receive a smash
4. Low (on forehand side and to the rear of player)	Defensive (set to make a move which will gain the attack)	1. To neutralise the opponent's advantage 2. To deceive	Use a deep or half lunge on diagonal to the fh corner whilst facing the net. Then while in balance can hit from side of body: 1. Clear to RC <hr/> 2. Drive to MC or RC <hr/> 3. Drop to FC	Straight (down the line) <hr/> Straight or x-court <hr/> To sides or centre	Send opponent to bh RC <hr/> Neutralise situation or catch opponent out of position with x-court drive. <hr/> To force a lift	He will be waiting in an attacking stance in the MC ready to travel to hit the shuttles which are high or low in the RC, MC or FC. He can smash to MC, drop to FC – clear to RC – whip x-court	Stay in balance whilst hitting the shuttle and then travel forwards to approach the centre whilst facing the opponent down the 'funnel'
5. Low (on backhand side and to the rear of the player)	As for forehand side	1. Underarm clear to RC 2. Drive to MC or RC 3. Drop to FC	As for the forehand stroke-moves, though the situation on the backhand side is weaker for most players.			As for forehand side though the opponent will be ready to attack from his stronger forehand side.	As for forehand side.

Midcourt Situations

SHUTTLE POSITION	ATTITUDE	INTENTION	STROKE-MOVES	DIRECTION	FUNCTION	OPPONENT'S POSSIBLE REPLIES	YOUR RECOVERY
1. High (at sides or centre)	Threatening to attack (take up the smash position)	1.To force the opponent to adopt a defensive stance in MC. 2.To deceive the opponent	1. Power smash to MC or RC <hr/> 2. Sliced smash to MC or RC <hr/> 3. Slash (sidearm smash with power or sliced to MC or RC <hr/> 4. Drop to FC (fast) <hr/> 5. Check-smash to FC	To centre or sides <hr/> To sides <hr/> To centre or sides <hr/> To sides <hr/> To centre or sides	To hit a winner or force a weak reply To cause opponent to scramble and make a weak return	1. Block to FC 2. Lob to RC 3. Whip to RC 1.Low return to FC or MC 2. Clear to RC	Balanced and in control in the MC. Facing the opponent and ready to attack any reply
2. Low (after a fast drop or low reply to the MC)	Threatening to attack (alert and racket held ready)	1.To neutralise the situation and create one in which to attack 2. To deceive the opponent	Prepare to hit the shuttle early as you approach it. 1. 'Hold and drop' – prepare as if to hit to the RC but then check the racket head speed and drop to FC. 2. ' Hold and flick' – prepare and if to hit the shuttle to FC and then flick the shuttle over opponent's head into RC	To centre or sides	In both moves the opponent is caused to wait or to commit himself before the shuttle is hit. 1. To check the opponent and make him pause and so be late for his reply; to make his weight go backwards and then drop the shuttle into the FC 2. Make his weight come forwards and then flick the shuttle over his head to the RC	FC attack. Opponent can hit down to MC, drop to FC or lift to RC 1. Smash to MC 2. Clear to RC 3. Drop to FC	Balanced throughout. Alert with racket ready to counter the reply, i.e. to attack or defend.
3. Low (after the smash)	Defensive (alert fighting attitude)	To get out of the defensive situation and neutralise the advantage of the opponent	1. Block to FC <hr/> 2. Push to MC <hr/> 3. Whip to RC <hr/> 4. Lob to RC	To centre or sides <hr/> To sides <hr/> To sides <hr/> To centre or sides	To force the opponent to lift from below the net To force a lift and prevent him playing a spinner or tumbler To reduce opponent's recovery time and force an error or a mishit To send opponent back to RC	Hit down if above net height. Lift to FC or RC if below net Reply to FC or MC or RC Slash, drop, clear Smash, drop or clear	Balanced and alert in attacking stance, facing the opponent ready for the possible reply in the new situation

Forecourt Situations

SHUTTLE POSITION	ATTITUDE	INTENTION	STROKE-MOVES	DIRECTION	FUNCTION	OPPONENT'S POSSIBLE REPLIES	YOUR RECOVERY
1. Above net (travelling upwards from the serve, or a block to the smash or a low return to the FC or MC)	Threatening to attack (take up a forward or backward attacking stance)	To create pressure and force the opponent to take up a defensive stance	1. Slash to MC or RC 2. Brush shot to MC or RC 3. Dab to MC or RC 4. Push to MC or RC 5. Check-smash to FC	Downwards At or away from opponent Straight	To hit the ground To hit the opponent or the ground – to restrict his movements and force a weak reply To catch opponent off balance and force a weak reply	Try to get it back and past you. FC reply or lift to RC	Withdraw to the edge of FC into an attacking stance with racket ready for a weak or unpredictable reply
2. Near the top of the net just below net height at sides or centre	Threatening to attack (stand in forward attacking stance)	To create pressure and force the opponent to stay in the MC or pause until a stroke-move is made	Tumbler Spinner Tap to FC or RC Whip to RC	Straight to FC Angled towards centre FC Straight Sides	To force opponent to lift or mishit the shuttle to force lift or mishit and reduce the angle of possible replies To control a rotating shuttle To get the shuttle past opponent and force a late or a weak reply	Net reply to RC Clear to RC in reply to both spinner and tumbler Net reply or lob to RC. Clear, smash or drop from RC Takes it late and replies with a drop to FC, drive to MC or clear to RC	1. Withdraw from the net into the forward attacking stance or backward attacking stance depending on how close to the net the shuttle is. 2. Return quickly to MC and face opponent ready to move to attack the reply
3. Low (near the ground after net reply or drop shot)	Alert and calm (fighting attitude)	To take the opponent on in the FC and gain the attack	Hairpin drop (reply close to the net)	Straight or angled across the net	To 'crawl' over the net and force the opponent to lift or make an error	1. Hit down from above net. 2. Reply to FC 3. Clear to RC	Withdraw from the net into the forward attacking stance ready to attack any weak reply
4. Low (near the ground after a reply to the FC)	Defensive (caught out, late to arrive, in haste)	To get out of trouble and into a neutral position. To make time	High Lob	Centre	To drop the shuttle vertically in the centre of the RC and make it difficult to time the hit. To reduce angle of return	1. Smash to MC 2. Drop to FC 3. Clear to RC	Complete the stroke-move, get into balance and walk back to MC to take up a calm and alert defensive stance.