



TECHNICAL AND TACTICAL TRAINING IN BADMINTON

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Abstract: *This article talks about technical and tactical training in the sport of badminton. In particular, detailed information is given about the techniques and tactical actions that athletes use in the sport of badminton.*

Key words: *badminton, technical training, tactical movements, technical training of badminton players, types of movements in the sport of badminton.*

The strategy is to conduct the game in order to win, taking into account the real possibilities of the main game qualities of the athlete (stability, accuracy, endurance, mental stability, etc.), from the dimensions of the field, equipment, game techniques and is a general plan for effective use of tactics.

There are two things to keep in mind when it comes to strategy:

- Effective game strategy - offensive fly strategy.
- Strategy is a long-term tactic.

Tactics is the use of a set of technical methods of the game in order to gain an advantage in specific game situations. But it is not good to rely only on good technique. The general rule is that every stroke should have a specific purpose. The best offensive shot may not always lead to the winning point. Effective alternation of different techniques (strokes and movements) subordinated to the overall game is always better than a chaotic game rhythm. Combination play is the best way to win.

Sports tactics is the art of sports fighting. It is very important to form the ability to rationally use the strengths of the preparations, to use the physical, mental, technical and slow movements of the opponent, to carefully observe the movements of the opponent. To determine the level of movement, just look at your opponent, especially the footwork, then note when he is weak on defense, when he hits the shuttlecock low and where he makes mistakes.

Draw a picture of the field in front of your eyes and observe which part will attack more. It is necessary to take into account the mistakes of the opponent and take into account whether he hits the net or out of the net. A high score is important in singles play. A high blow to the opponent is mainly delivered from the left corner of the field. If your opponent backs up to adjust to your punch, then throw it short. It is necessary to give the shot along the right line of the shot. One of the most important hitting zones is the middle corner adjacent to the middle line. So whether you or your opponent hit, your first shot must follow your exact game plan.

The tactics of one-player games and the tactics of two-player games are different. Badminton players believe in their strength in single matches. The doubles badminton team game is a bit easier. In a two-person game, two people will have the opportunity to control



their own zone. It helps to assess the game correctly, find the right direction and attack. The act of performing important strokes is typical for both people. Increases depending on the strength of the blows. The blow should be short and precise and aimed at the opponent's chest and face.

The bottom stroke is the most important stroke of the game. But such a blow must be delivered correctly. Always keep in mind the motion that starts when you take the shot. When one player stands on the field line, the opponent takes a place on the sideline. In each pair, the game process consists not only of attacking, but also of defense.

The position of the pairs is important when they attack. Players send the ball to the opponent with a strong shot. The opponent tries to catch the ball and defend themselves, and their position is parallel to the field.

Badminton has three main tactical ways of playing the game: attack, defense and counter attack.

In terms of effectiveness, attack is always superior. Defense is a lack of initiative, passively waiting for the opponent to make a mistake, slowing down and, as a result, losing self-confidence and perspective. But although it is mandatory, the right defense is a preparation for a counterattack.

A counterattack, which is considered a very complex tactical element, always gives good results. For example, your opponent is taking the initiative and attacking with a shot from the lane, and you are just busy returning the shuttlecock from near the net. Even in such a situation, it is possible to launch a counterattack. Take a risk and try to catch the volley high and close to the net to bring it down over the net with a clawing motion to land it near one of the side posts. When the attempt is successful, it is sure to catch your opponent off guard.

Timing and trajectory are very important. The advantage in the game in most cases depends on how quickly the shuttlecock goes to the place where it is directed on the opponent's court. In this process, its flight trajectory must be at an optimal level. The more the speed of the shuttlecock corresponds to its trajectory, the more difficult it is for the opponent to return it.

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