

PLAYING DOUBLES IN BADMINTON—

The most important aspect of playing badminton doubles is **coordination with your partner**

- 1 Decide in advance what formation, or combination of formations, you will use - discuss this in terms of your overall strategy.
- 2 Choose between a side-by-side formation, an up-and-back formation, or a rotation formation.
- 3 Use the side-by-side formation when your team is in a defensive position. Both teammates stand at midcourt, following a lifted return that puts your opponents on the attack.
- 4 Use the up-and-back formation when you are on the attack. One teammate covers the front, trying to get the smash shot off a weak return; the other covers the backcourt, to handle clear shots.
- 5 Use a rotation formation to recover from difficult shots that drive you out of position. Each time one partner moves, the other adjusts on the diagonal.
- 6 Use verbal communication until you and your partner understand each other well. After playing for a while with the same partner, this should become less necessary.
- 7 Serve short serves, unless your opponent is expecting them. Deep serves invite an attack.
- 8 Rush the serve when returning serves. Attack.
- 9 Crouch low when the shuttle is behind you so that your partner can more easily hit over your head. Keep your eyes forward and trust your partner

TIPS & WARNINGS

- Play against your opponents' weaknesses.
If one player is weaker than the other, hit primarily to him or her.
- A good doubles partnership of average players should be able to beat an average partnership of good players.
- Be very careful not to whack your partner with your racket.
No point is worth losing your partner to injury.