

Badminton Footwork Guide

Introduction

Thank you for downloading The Badminton Hub's pocket guide to better footwork. Inside you'll find a step by step guide on how to move faster and more efficiently around the court towards the shuttle.

Good footwork is essential to win more badminton games. It enables you to reach the shuttle quicker and more easily, which in turn enables you to play a greater variety of strokes. Even when the shuttle is close to you, the right footwork can you balance correctly for the right shot.

But moving around the court is easier said than done. Most players start out wondering which foot they should move with first, and how many steps they should take to reach the shuttle. It's can be confusing for any player, especially as there are several different ways to move to the shuttle.

That's why we've put together the most efficient movements in this easy to follow guide to help you learn the fastest way to get to the shuttle in the shortest time possible. After all, good badminton footwork is the reason why professionals make a game of badminton look graceful and effortless.

Here at The Badminton Hub, we love going the extra mile for our players and do anything we can to make their learning experience a positive one. Our aim is to inspire and help players from right across the world to play better badminton. That's why we feel such great joy when we know we've helped someone, because it means we're helping our badminton community learn and grow.

We hope you enjoy the guide and keep the dream alive!

The Badminton Hub



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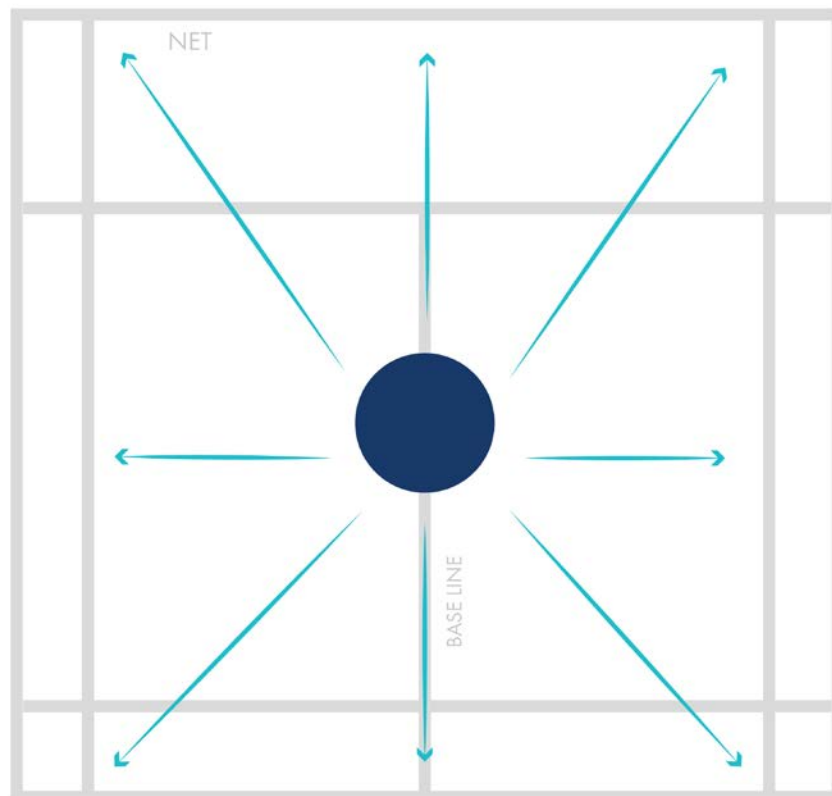
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01

Cover Your Base

The base point is where it all begins in badminton. The first basic principle about footwork is to always return to your base point. For singles players, it's the centre position on court where we wait for the opponent to hit the shot back. For doubles players, it will be the centre of the area court you are covering. The main thing to remember here is that the sooner you return to your base point the easier it will be to move to the next shot.



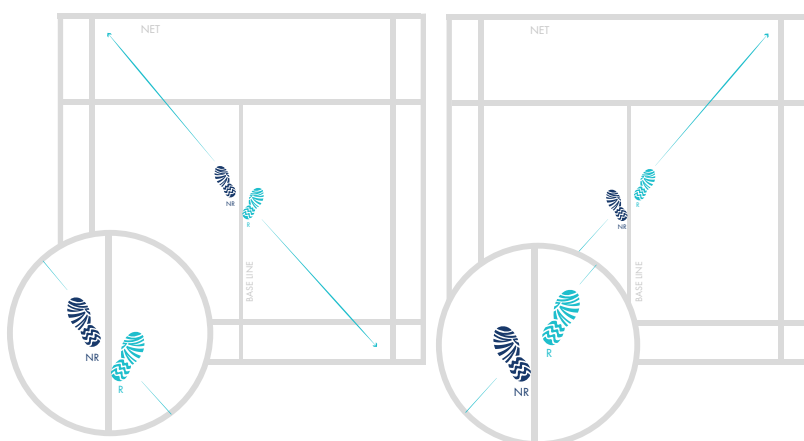
The key to a fast reaction is to split step

When you are waiting at your base point you should always be in the ready position, which means your body is upright, leaning slightly forward, your feet are slightly more than shoulder width apart and you are keeping a low centre of gravity by flexing your legs while you wait. Remember to keep your heels off the ground too! This way, you'll be able to react as fast as possible to your opponent's shot.

Just before your opponent hits the shuttle, you need to perform a split step or pre-stress movement. It's like a mini jump in the ready position. But rather than jumping up you are jumping down and staying low. The aim is to pre-stress your hips, knees and ankles which is really important because it will help you react much faster to the shot.

After you split step your legs should be slightly wider than they were previously to help propel you in the direction you want to go. Your racket leg should also be slightly more in front of your non-racket leg. So, if you're right-handed, your right foot should be in front. If you're left-handed then your left foot should be in front. This is important to remember, as we will often refer to racket leg and non-racket leg throughout this guide.

Ultimately the placement of your feet for take-off depends on the opponent's placement of the shot. For forward movement the main pressure will be on the back foot, and vice-versa. To move to the left, the main pressure will be on the right foot, and vice-versa.



Focus on Good Technique

The last principle to learn is that it is more important to get the right technique before going fast. Badminton footwork isn't the most natural way to move around the court, so it can take a little longer to get used to it. Until it becomes muscle memory, focus on taking your time and doing the movement correctly. Once your body adapts, and then you can start to increase the speed and do it fast enough without even thinking about it. You'll be a pro in no time at all!





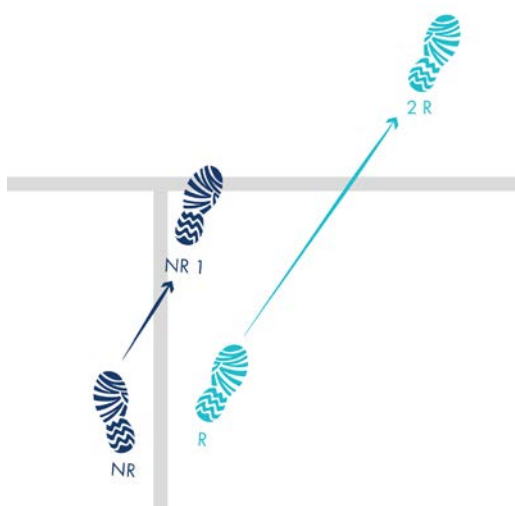
02

Two Step Movements

Now that we have covered the basics of footwork, it's time to get into the juicy stuff and learn the footwork for the six main points of the court. There are lots of different ways and we really suggest you find a style that fits you. What is ideal for a short player maybe not be suitable for a tall one. In this pocket guide we are providing the most popular ways to move around the court focusing mainly on the footwork for singles.

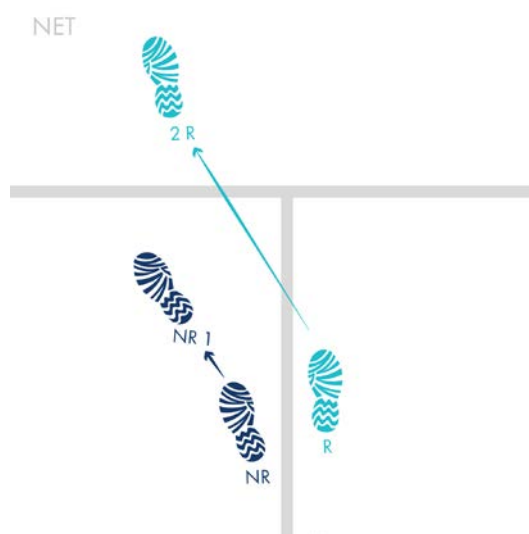
Forehand Front Corner

Running steps are best suited for beginners because they are the most natural of movements. The two-step version starts with moving your non-racket leg forward in front of your racket leg, and then end up extending your racket leg out to land on the forehand side. You should extend your racket arm at the same time in order to reach out and hit the shuttle as you land.



Backhand Front Corner

The first step is a short, quick step to prepare or a long smooth lunge for the second step to the backhand side. The second step is long, so the foot has to land heel first, with your toes pointing to the shuttle.



Moving Back to the Centre

Once you've hit the shuttle, you need to prepare to recover and return to base. All you have to do is push back your racket leg so it is further than your non-racket leg. The last step is to move your non-racquet leg back into position. You should now be back in the centre of the court using this two-step process where you can be ready for your opponent's next shot.



03

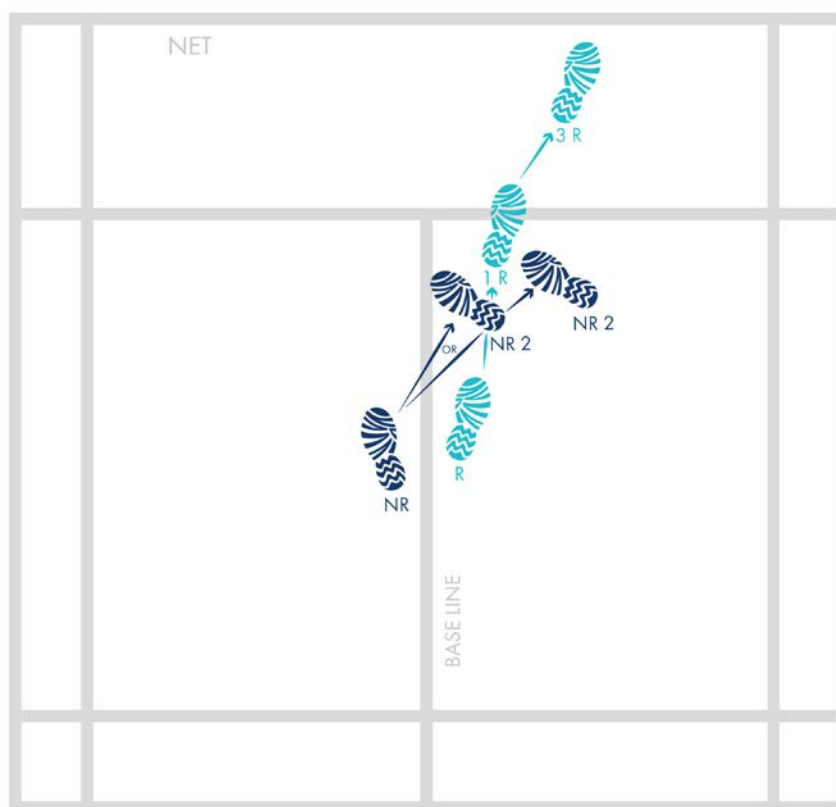
Three Step Movements

Chasse Steps

The Chasse step is a triple-step movement that allows you to cover a short distance efficiently on the court. It might feel less natural to a beginner, but it's good to have in your footwork arsenal in certain situations, like exploding forward to kill a shot at the net.

Start in the ready position with the racket in front of you. After your split step movement, you'll push off the ground where the first step is with the racket foot (1) towards impact. The second step closely follows the first step where you bring your feet together at the same time (2), or your non racket foot can step slightly behind your racket foot. Both movements are correct.

The third step is a short smooth lunge onto the racket foot (3). Just remember that with this movement you won't achieve the same extension as with running steps.



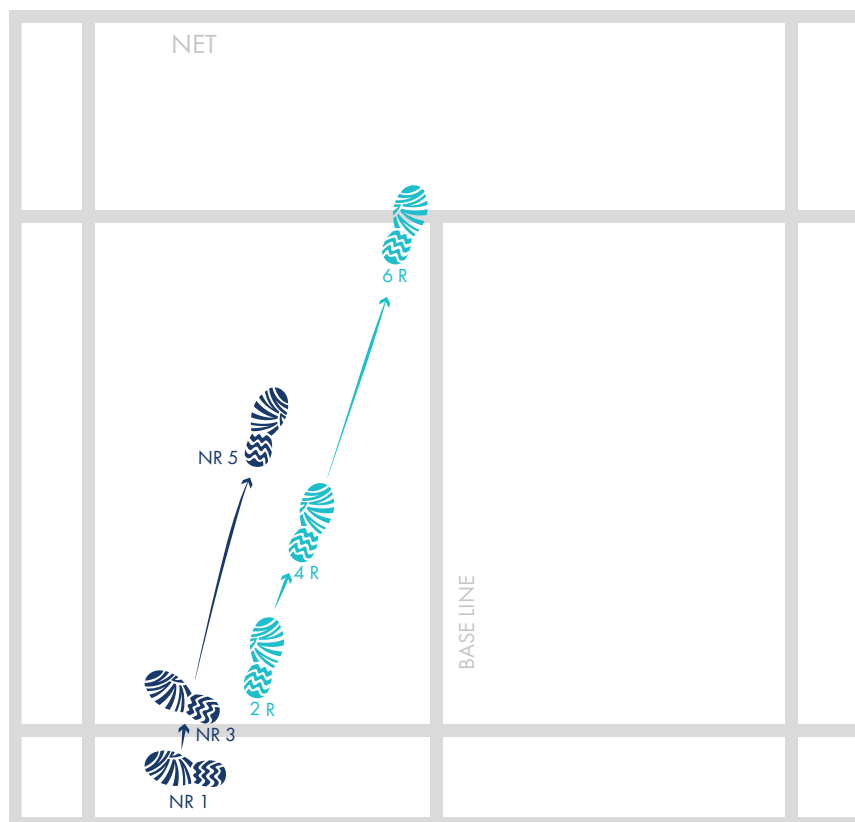


Recovery from the Back of the Court (Clear) – Under Pressure

This movement is usually used from a relatively deep position in the court. For example, if you clear straight to your opponent and they respond with a well-crafted cross-court drop, then you need to move forward as quickly as possible in order to hit the shuttle back and recover.

The best way to do this is with a quick chasse step just after landing, followed by two running steps to the front. For the chasse step you need to move both feet at the same time towards the shuttle, while bringing them close together in the air during the movement (1) (2).

The second motion moves the non-racket foot in front of the racket foot (3), with the final step being a long smooth lunge onto the racket foot (4). If you can master this advanced footwork then you're on your way to becoming a pro!



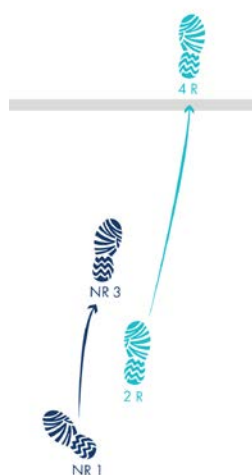
Recovery from the Back of the Court (Drop)

Having played a drop shot from the back of the court, the forward movement needs to be more controlled. In this instance, there needs to be a very slight hesitancy in the chasse step to allow the player to judge what the next movement will be, which could be a net or to the back of the court again. If your opponent plays a shot to the net, then you follow the same movement as above.



Recover From a Smash

Sometimes you will get the opportunity to smash from $\frac{3}{4}$ court, allowing your shot to be steep and well placed. Because your opponent will struggle to get to the shot, it is most likely they will return a 'loose' shot to the net. In this case, after landing on the non racket foot (1), the player can take three quick steps towards the net to attack the return. If you land on both feet, then all you need to do is take 2 quick steps to the front.





04

Moving to the Back

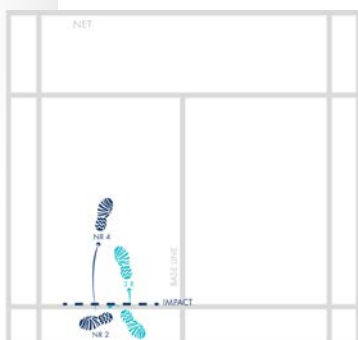
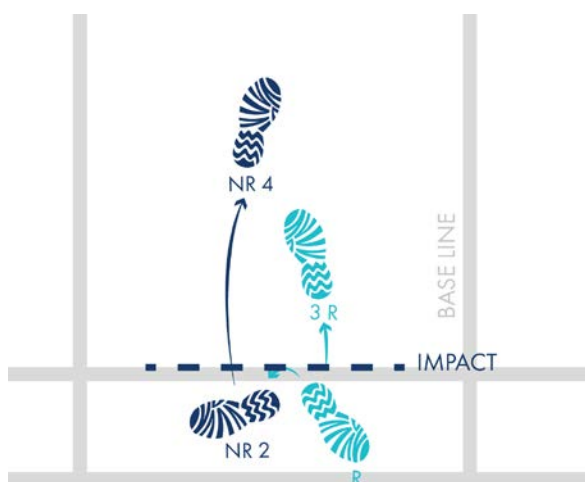


The Scissor Kick

Moving to the back of the court becomes a little tricky for beginners, but it is essential to master this footwork in order to improve. There are different footwork options to choose from, and the purpose of this guide is to show the main types to get you started.

The first movement to master is the Scissor Kick. You'll be able to hit a great overhead shot with this jump as it helps generate power, accuracy and good recovery. You can also combine it with both running and chasse movement footwork.

To start with you need to be side onto the shuttle with your legs wider than shoulder-width apart. Then pull back with your elbow as you bend your rear leg. From the racket foot (1) jump upwards into the stroke while turning the body so that your non-racket foot comes down (2). Then you need to lean your body forward at the end of the stroke to allow you to return to the centre with steps (3) and (4). Once you reach the 'base', hover until the opponent hits the next shot.



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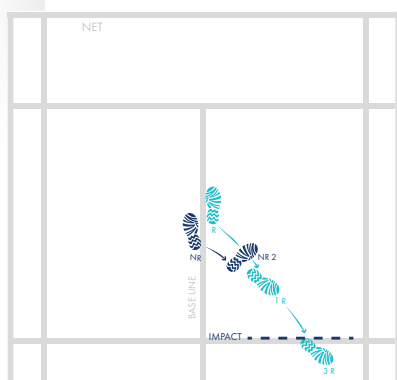
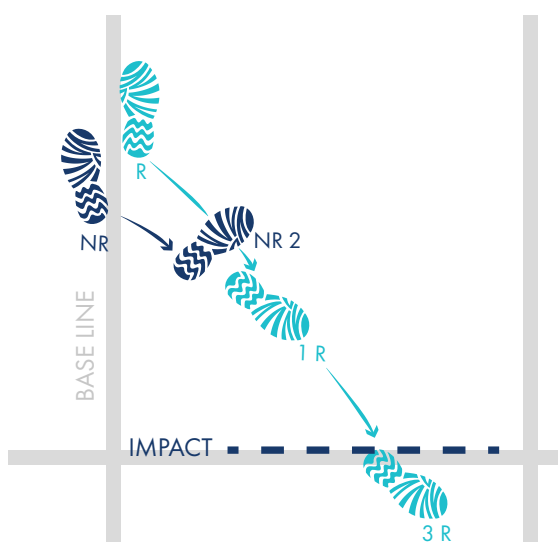


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To the Forehand Corner for a Forehand Shot

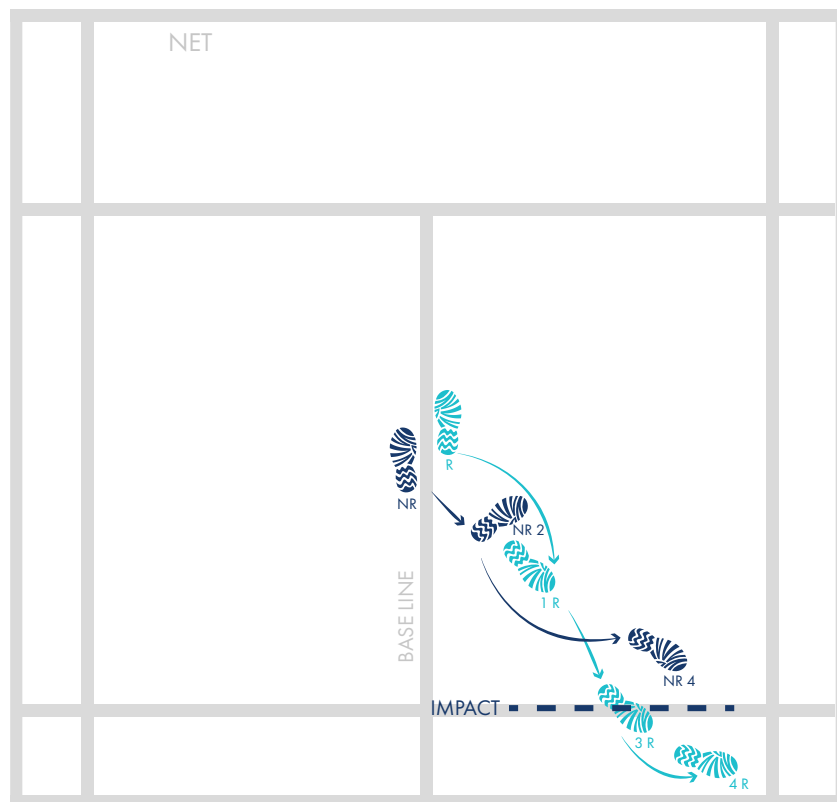
Chasse movement with scissor kick

This is one of the most popular movements when moving to the forehand corner. In this movement you turn your body and legs towards the impact point. Your racket foot takes the first step (1), and then your non-racket foot moves to either position (2) using a quick chasse movement. The last movement is a balanced step on the racket foot (3), landing behind the shuttle impact point. This will prepare the player to jump into a 'scissors' movement.



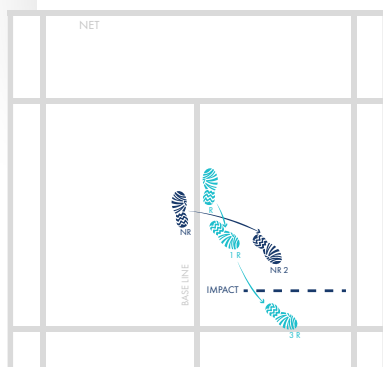
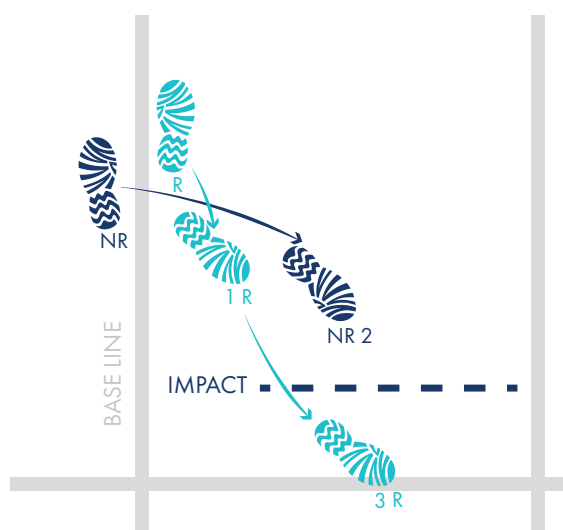
Chasse steps with a jump

This footwork, also known as the China Jump, will help you reach the shuttle faster and is perfect for intercepting low clears when you don't have enough time to use a scissor jump. To master this footwork you will need to perform the chasse step described above to hit the shuttle before landing on both feet almost simultaneously (4). The aim is to jump up vertically off your racket foot so you don't float too far out of court after impact. Once you land you need to immediately push back onto the non-racket foot and chasse step back to the middle.



Low forehand to the back of court

This footwork, also known as the China Jump or Chasse Block Jump, will help you reach the shuttle faster and is perfect for intercepting low clears when you don't have enough time to use a scissor jump. The shot has to be taken low but still using balance. This requires a running three-step motion, ending with a long lunge (3) and usually dragging the non-racket foot to maintain balance. Recovery is off the racket foot if the lunge is not too extreme, or from both feet, having brought the non-racket foot up to the racket foot for further support.





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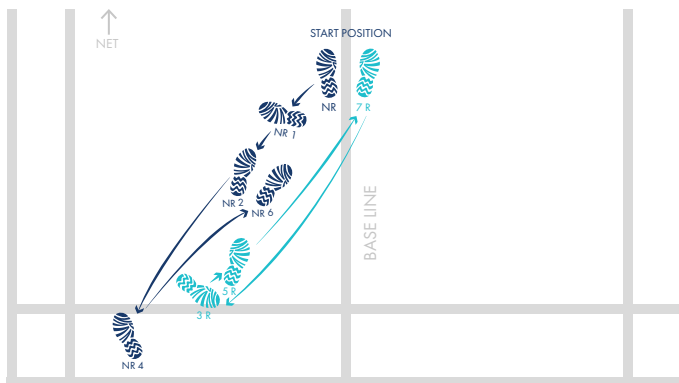
To the Backhand Corner for a Forehand Shot



Hop and Scissor Kick

The first type of footwork is a hop, which ends up with a scissor movement, which is what professional badminton players use. To start, you push off with the racket leg toes but your non-racket foot moves first (1), followed by a hop on the same foot (2). Then you need to do a long step with your racket foot (3) so your hips and shoulders turn so they are facing the side of the court. The scissor jump is performed here to hit an overhead forehand shot, and impact is made between (3) and (4) during the jump.

Make sure you jump up towards the shuttle, and that your racket leg lands well behind your body (4) to help you push forward after the shot is complete. Running steps (5), (6) are and (7) are used to return to back to base position ready for your opponents next shot.



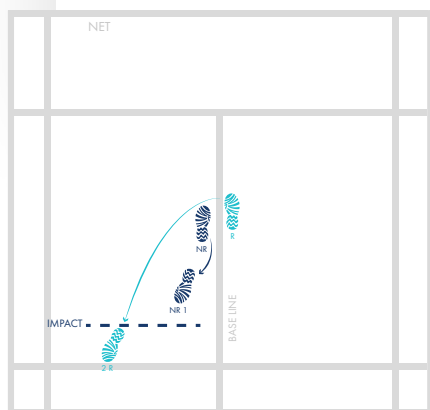
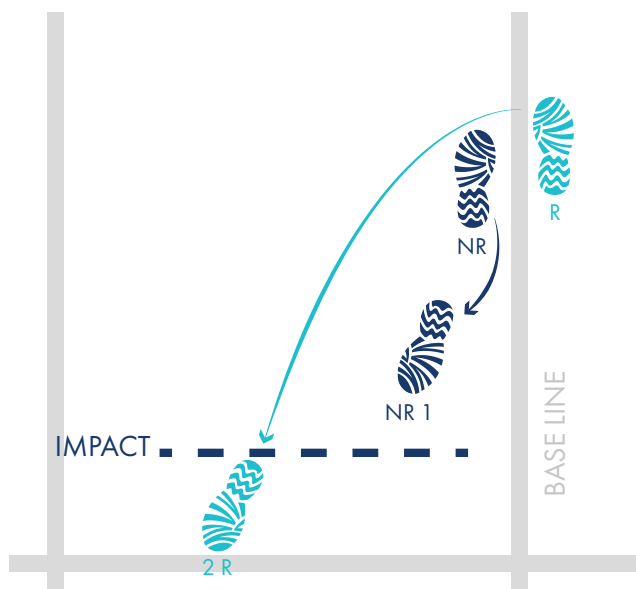
Chasse Step with Scissor Kick

This type of footwork is ideal for beginners as it is slightly less complex and is similar to the footwork required for the back forehand corner. To start this type of footwork, you will need to rotate your entire body so that your hips and legs are instead facing the side of the court. This means you have to move your racket leg back into position (1). After this, you can then perform the chasse step and then hit the shuttle while you bring your non-racket leg behind you as part of the scissor movement. To go back to the centre of the court, you can either do it with standard steps or with chasse steps.

Backhand Overhead Shot

In an ideal situation you would try not to hit a backhand because it is normally much weaker than your forehand, and gives the opponent an advantage to set up for a kill shot. In many game situations a player may be forced to play a backhand shot with the movement starting further towards the front or forehand side of the court.

For the purpose of this exercise we will begin at the base position. To start, push off the racket foot toes and hop on the non-racket foot (1) while rotating the body. While you're pulling your racket leg around, you should also move with your racket so you hit the shuttle at the same you land with your racket leg (2). This helps to generate power and allows you to recover into position quickly.





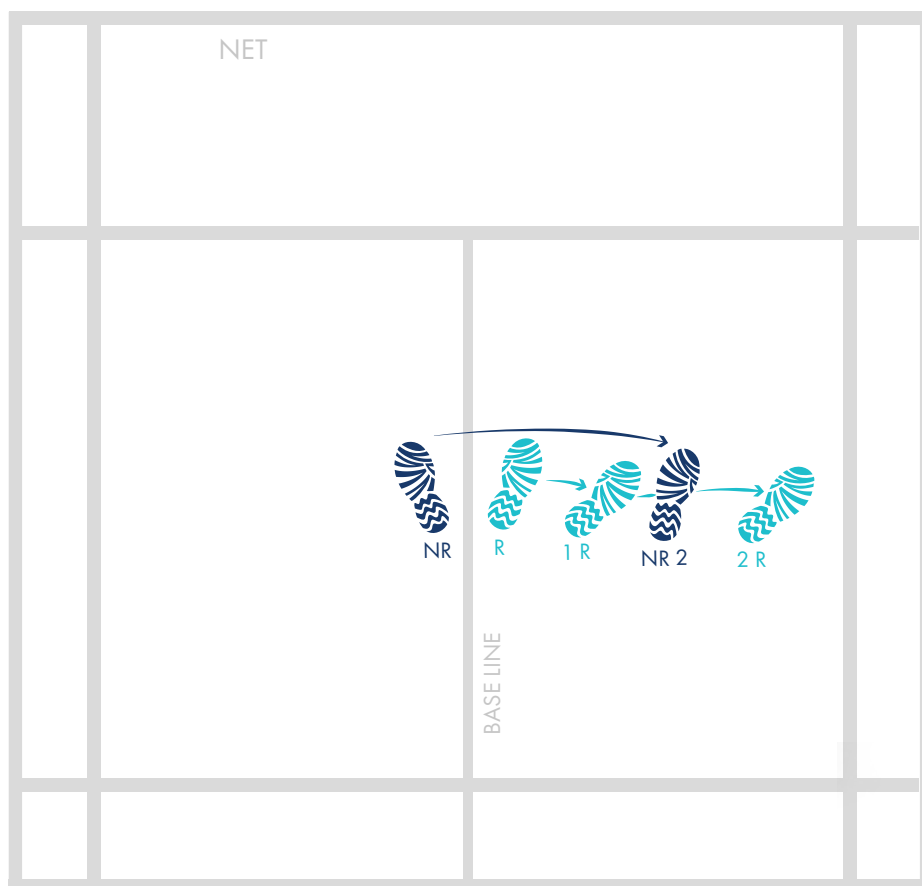
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Block Jumps

Block jumps are ideal for intercepting lower shots like flat clears. They're quick and powerful shots and are great for hitting winners.

Forehand Side

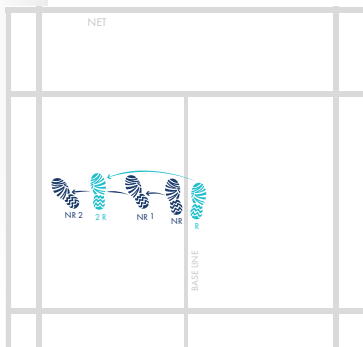
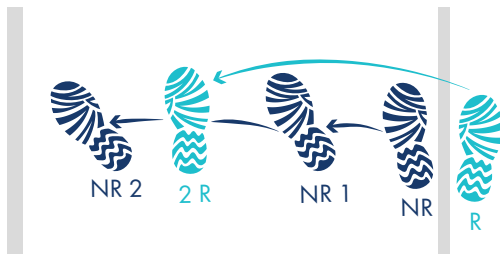
From the base position, launch with the racket foot towards the racket side (1). Then jump off that foot to hit the shuttle while you are still in the air. You land nearly at the same time on both feet, and then quickly push off your racket foot to recover and return back to base.





Backhand Side

From the base position, launch with the non-racket foot towards the non-racket side (2). Then jump off that foot to hit the shuttle while you are still in the air. When hitting the shuttle, use the overhead technique similar to hitting the round-the-head shot in the backhand corner. You land on both feet nearly at the same time, and then quickly push off your non-racket foot to recover and return back to base.





08

Recovery From the Net

If you hit a high lift from the net then you should aim to recover back to the base as quickly as possible. This is usually with three running or chasse steps back to the centre position. But what footwork should you perform after a net shot?

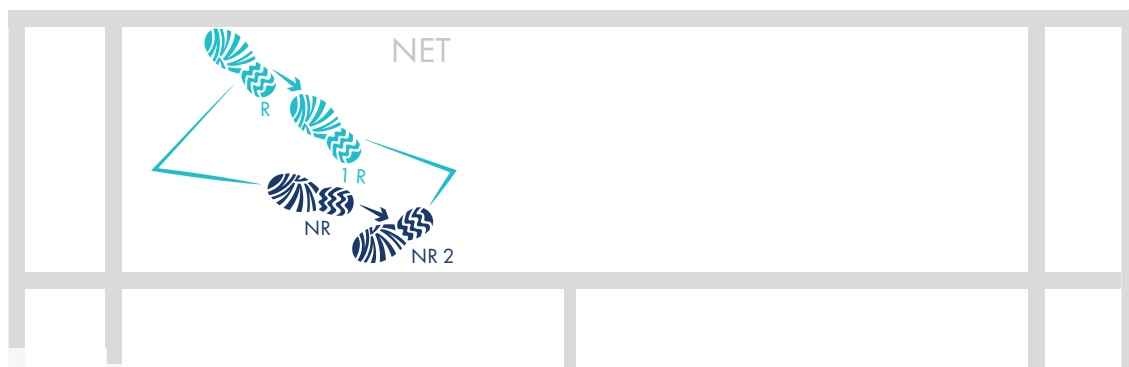
From the net

If you play a good net shot, you should never move all the way back to base. Instead, you need to stay close to the position from where you played the net shot. This allows you to quickly attack any net returns, whether it is on the forehand or backhand side.



Forehand and backhand

After the shot is played, move slightly towards the 'base' with a quick shuffle step, then pause until you make the next movement.



Thanks!



For reading our pocket footwork guide.
We hope you enjoyed it and learnt a lot at the same time.

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