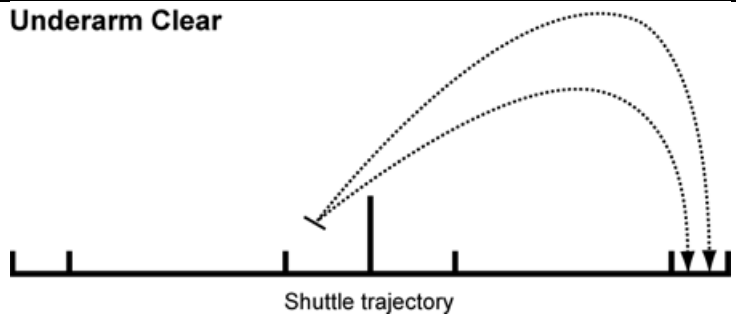
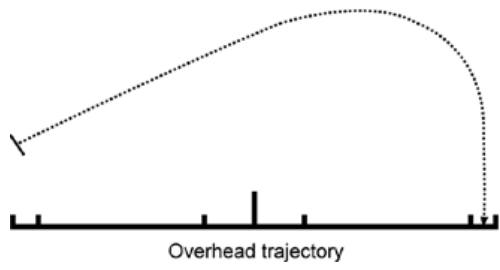
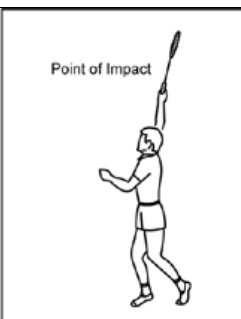
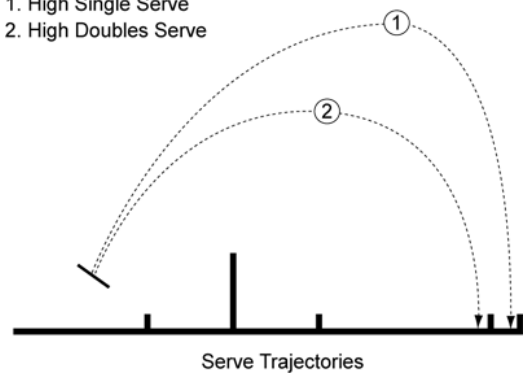
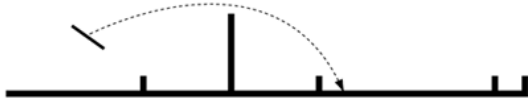
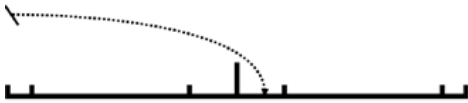
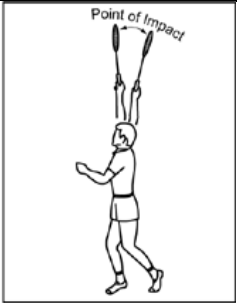
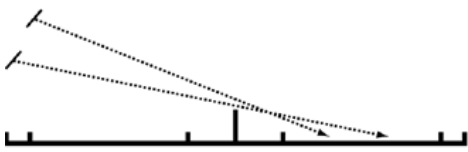
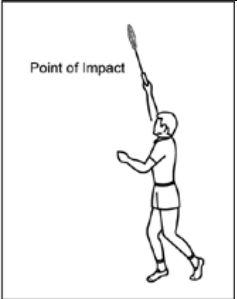


Skill	Preparation	Execution	Follow-Through	
Underhand Clear	Feet shoulder width with left foot slightly forward Eyes on target Racquet in one hand and elbows in	Transfer weight from back foot to front foot Swing racquet forward and snap wrist at point of contact Point of contact is below waist and in front of body	Follow through in direction of target Maintain balance and ready for next movement Palm up	Underarm Clear  <p>Shuttle trajectory</p>
Overhead Clear	Feet shoulder width with left foot in front of right foot Eyes on target Racquet in one hand and elbows in	Non-racquet arm is pointing at the shuttle Begin shifting weight forward while extending racquet toward target Weight shifted to front foot Snap wrist when contacting the shuttle	Follow through in direction of target Maintain balance and ready for next movement	Defensive Clear  <p>Overhead trajectory</p> 
Serve	Feet shoulder width with left foot slightly forward Eyes on target Hold shuttle by rubber base	Keep racquet below waist on contact (bowling) Flick wrist on contact Long: Shift weight to front foot, hit shuttle high and to back of the court	Follow through in direction of target Maintain balance and ready for next movement	1. High Single Serve 2. High Doubles Serve  <p>Serve Trajectories</p>

		Short: keep shuttle low to net and land just beyond service line		<p>Low Serve</p>  <p>Serve Trajectory</p>
Drop Shot	Feet shoulder width with left foot slightly forward Eyes on target Racquet held behind back (back scratcher) Point at shuttle with non racquet hand	On contact, snap wrist and angle racquet downward	Contact and follow through with arm half way down body Follow through in direction of target Maintain balance and ready for next movement	<p>Slow Drop Shot</p>  <p>Overhead trajectory</p>  <p>Point of Impact</p>
Smash	Non-racquet foot forward Shoulders perpendicular to the net Weight on back foot Racquet in back scratcher position	Drive off racquet leg Extension and turn forearm Contact shuttle with full extension above and slightly in front of body Racquet face should be on a slight downward angle	Right angle between racquet shaft and forearm Racquet leg follows through	<p>Smash</p>  <p>Overhead trajectory</p>  <p>Point of Impact</p>