



How to Hit a Low Backhand Serve

In this video you will learn how to hit a low backhand serve.

The low serve is an extremely effective way to start the game.

It prevents the opponent from playing an attacking shot and forces him to hit upward.

The three key steps the preparation, the shot and the recovery.

Step 1 - The preparation - Use a backhand grip with the thumb behind the handle and the hand halfway positioned at the halfway point.

Stand in front and centre corner of the service box with your weight on the front foot.

You can also stand with both feet parallel.

Hold the shuttle's skirt with the thumb and the index finger.

The other three fingers should be extended away so that they don't get in the way when you serve.

The shuttle's skirt should be inclined toward the net.

The shuttle should be held below the waist and pointing toward your knee.

The racket should be in front of you with the head pointing downward and your elbow at chest level.

Step 2 - The shot.

Bring the racket forward so that it is in contact with the shuttle and also your non racket hand wrist.

This will allow you to control and guide your serve.

Take the racket back and push the shuttle gently over the net so that it falls right behind the diagonally-opposite service line.

The backswing and the follow through should both be short.

Aim for the tape over the top of the net so that the shuttle skims over it.

Keeping the shuttle low and short makes it very difficult for the opponent to hit an attacking return.

Make sure the shuttle is below the waist at the time of contact and both feet are

grounded, otherwise it will be a fault.

Step 3 - The recovery.

After the serve get into the ready position and be prepared for the return.

Practice your serve until you manage keeping it as low and short as possible.

Enjoy your game! .

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