

# [How to play badminton essay sample](https://assignbuster.com/how-to-play-badminton-essay-sample/)

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Badminton is not for the faint of heart with shuttlecocks reaching speeds of up to 206 mph, players must employ courage, speed, and amazing eye-hand coordination to be successful in this game. Badminton is a racquet sport played by either two opposing players known as singles or an opposing pair which is known as doubles.

Players aim to serve over the net so that it lands within the marked boundaries of the court in such a way as to not allow the opposing player to return the shuttlecock back over the net and into their marked boundaries. If such an episode does occur in which the other team is able to return the serve, a volley ensues, in which both teams hit the shuttlecock back and forth over the net until it touches the ground. When the serving player hits the shuttlecock over the net and the opponent is unable to return it back over the net, the server is awarded a point. If the non-serving player hits the ball over the net and the serving player is unable to return it, no point is awarded, but instead there is a change of server. The first player to score 15 points wins the game.

The equipment used in Badminton are fine-tuned pieces of gear which allows one to strike with both power and accuracy. These pieces of equipment include racquets, strings, shoes, and the infamous shuttlecock. Today most professionals use racquets that are composed of what is called carbon fiber. Carbon Fiber racquets are known for being lightweight and yet they possess an uncanny amount of power. The string used to lace up these fine racquets isn’t just your run of the mill string. This string is 21 gauge in thickness and is strung at 18 to 30 lbs of tension providing the player with both control and power.

Grip is the most important factor when it comes to a badminton shoe. To provide such grip, badminton shoes use what is called a gum sole which provides for impeccable grip. It is also industry standard for badminton shoes to provide shock dispersion technology for enhancing ones jumping ability. Like most things in life the best shuttlecocks are made from the feathers from the wing of a goose. A shuttlecock weighs anywhere from 4. 74 to 5. 50 grams and is comprised of 16 feathers.

Badminton was made an Olympic in June of 1985. The popularity of the sport since than has grown at a relatively slow but steady pace. Badminton is a sport in which I have grown a deep passion for and I believe that Badminton has the ability to catch on in America, but only those with speed, strength, and endurance. Let the Shuttlecock fury begin.