



Badminton Sports Techniques and Learning Methods

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Abstract: *In this article, modern badminton also has a lot of action skills. Participants are required to develop specialized strength, agility, endurance, agility, flexibility, willpower, tenacity, sharp wit, intelligence, "cunning" (in the sense of good sports) and other similar qualities.*

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To play badminton, you need a racket, a flywheel, sportswear and a court. Beach badminton (which is not a sport) can be played without a net if there is enough space. The game can be played by two to five people at a time. If the number of players is even, they must pass the flywheel to each other using a racket facing each other. It is important to try not to drop the flywheel as much as possible. When the number of players is odd, it is possible to spread the flywheel not only to the partner, but also around the circle. Regardless of the number of players, the average distance between them should be between three and ten meters. Care should be taken when choosing a venue. It should be flat and free of anything around it that could injure players. Before starting the game, it is better to do a little exercise - running, jumping, twisting the arms and legs, sitting and warming up. Sports badminton requires special training and a special sports field. The essence of sports badminton is that the player raises the flywheel over the net with a racket and throws it in the direction of the opponent, trying not to land on the side of the flywheel, but on the side of the opponent. If the opponents are two people, the game is called singles, and if there are four people, the game is called doubles. Men and women can also play against an opponent in the same pair. Sunday's game is called a mix. The word "mix" means "mixed" in English. Methods of holding the racket: with the left hand, hold the handle of the racket towards you, with the flange of the racket head perpendicular to the floor - with the right hand, hold the racket handle as if greeting and squeeze it as if squeezing your hand.

- Hold the handle with your hands so that the side is visible and does not interfere with the movement of the fingers when hitting in different situations; - The first joint of the thumb should be on the left side - on the side of the wide surface of the handle.

In singles badminton, there are more high and flat raises, and in doubles there are shorter, rarely flat raises. In singles, the athlete prepares to run back quickly, while in doubles, on the contrary, he tries to return the flywheel to the front line as quickly as possible. In many ways, this feature of an athlete's movement also determines the choice of point to return a blow. In badminton, a lot depends on the geometry of the field. Therefore, regardless of the technique of strikes, the main tactical task of a badminton player should be to direct the flywheel to the complex and difficult parts of the opponent's court to return it. There are nine such zones for doubles and six for singles.

For doubles, there are three points on the back line - the corners and the center: in front of the net - three points near the columns and in the center; two dots between the side lines; a point between the players across the center and on the body of the player regardless of where he is standing. In singles, the awkward parts are along the side lines of the field, in front of the net, between the side lines, at the point where the far and side lines intersect, and on the opponent's body (conditionally shown in the center). It is necessary to try to direct the flywheel to these points. The golden rule of sports badminton is not to play a player who is ready to return the flywheel. It is necessary to direct the flywheel as far as possible, to force the opponent to move more and try not to get tired. There is only one way to play for the player - an attack on the unprotected part of the opponent's body. There are three main tactical ways to play badminton: attack, defense and counter-attack. In terms of effectiveness, the attack always prevails. Defense is a lack of initiative, passive waiting for an opponent to make a mistake, slowing down and, as a result, loss of self-confidence and prospects. But while it is mandatory, the right choice is to prepare for a counterattack. Counter-attack, which is a very complex tactical element, always gives good results. For example, your opponent takes the initiative and attacks one after the other, and you are only busy returning the flywheel away from the net. Even in this case, it is possible to launch a counterattack. The golden rule of the doubles game is the "racket principle". What is its essence? Imagine a big badminton racket: one of the partners has a head and the other has a handle. That's how we draw a racket on the playground. In this case, its rod should be painted in the geometric center of the platform. The racket rotates horizontally. Partners who conventionally consider themselves to be the caliper and support of the racket should make appropriate rotations around the center of the rocket rod, but not move toward each other along the rod at the same time. If one of the athletes is pushed towards his partner for some reason (walking in the direction of the flywheel and changing his bow to avoid the flywheel), he must step in the other direction to maintain a safe distance on the conditional rod. This will help you to avoid many negative situations, such as partners: getting on the same flywheel and getting injured; break their rockets; cross to one side of the field and leave the other side empty; with deceptive actions and steps, they deceive each other, not the ethnos. Follow the "racket principle" so that your game is successful and relatively safe. Some badminton players and coaches also call this rule the "compass rule." In doing so, it is necessary to imagine that the partners are standing on opposite sides of the compass shaft.

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