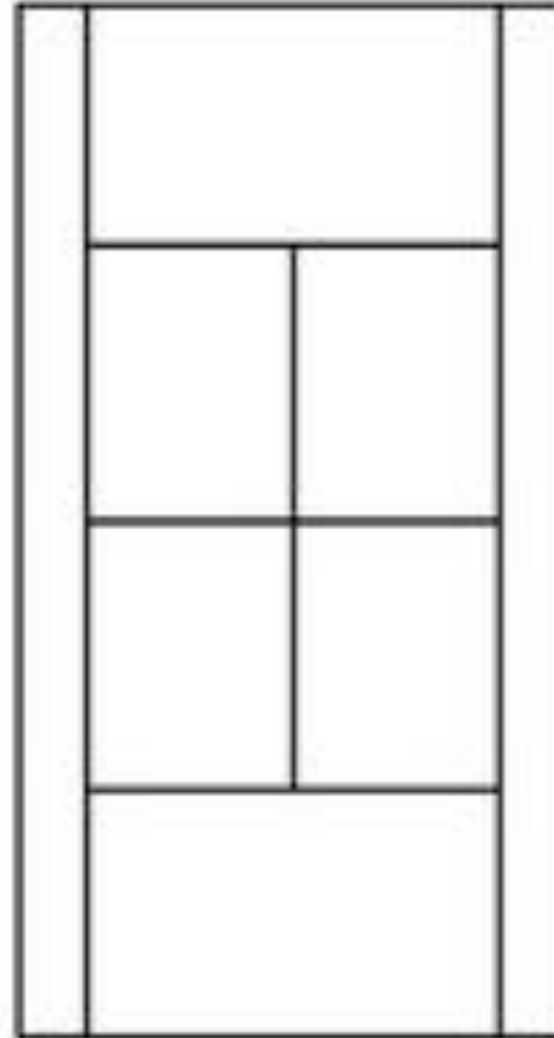


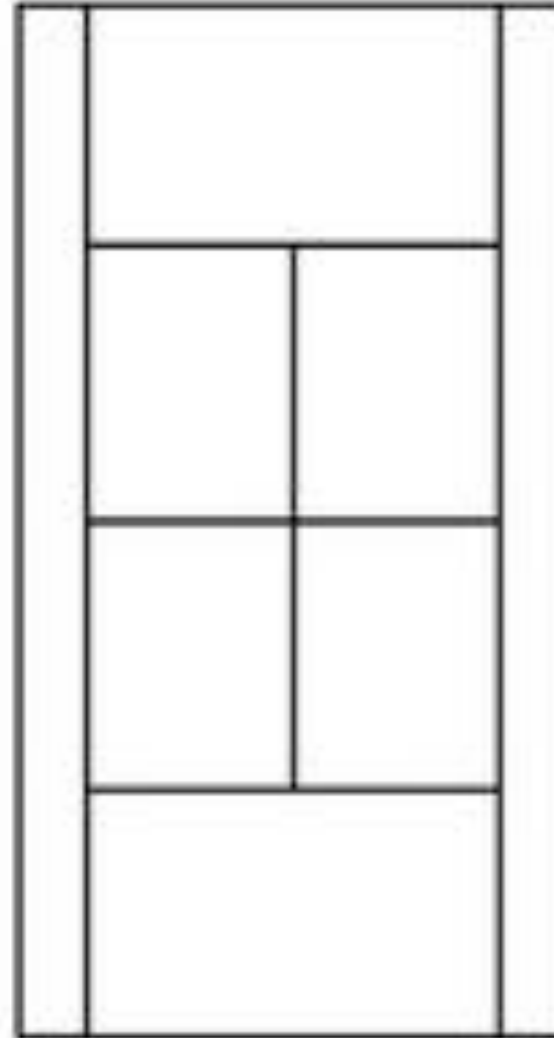
Play Their Game

- Trade Moonballs
- Be Patient
- Wait for the 'Go' Ball
- Pull the Trigger at the right time



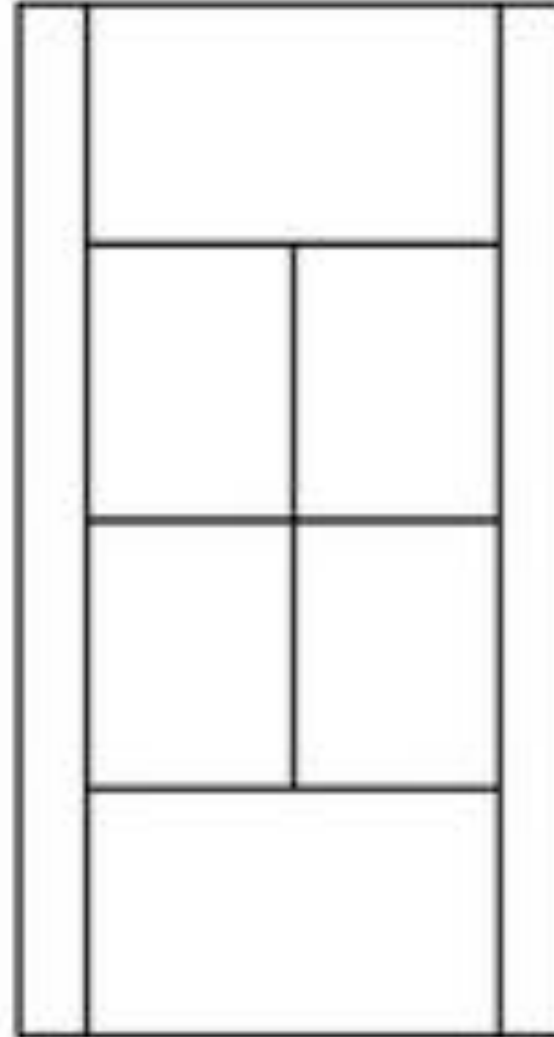
Stop, Drop and Run

- Drop shot and follow it in
- Wait until they are retreating
- Makes them come inside the court
- Playing Tennis in Unfamiliar Territory



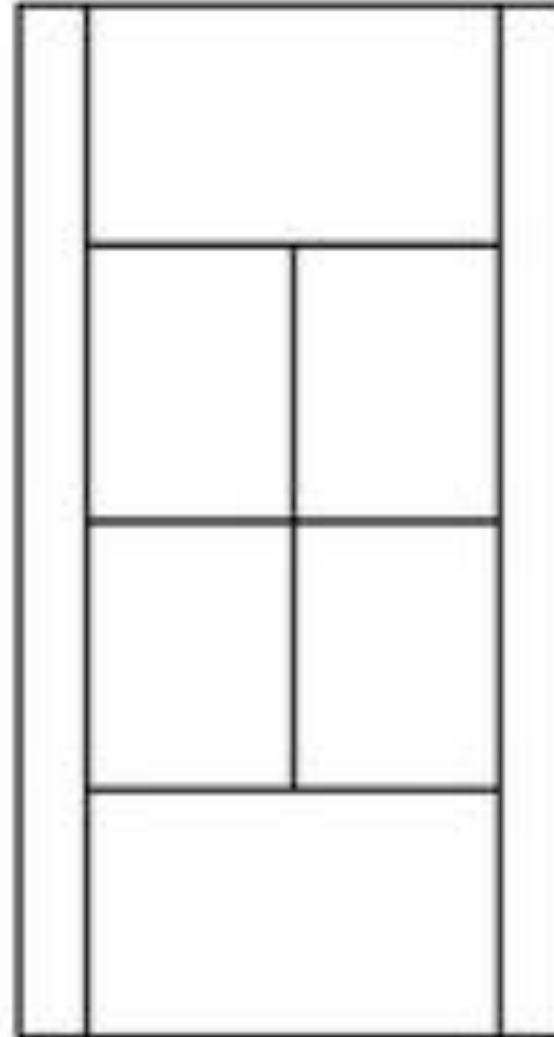
Ghosting

- Moving in when they are blind
- This is not approaching
- You wait until they back up just enough and then come in
- Play your stop Volleys



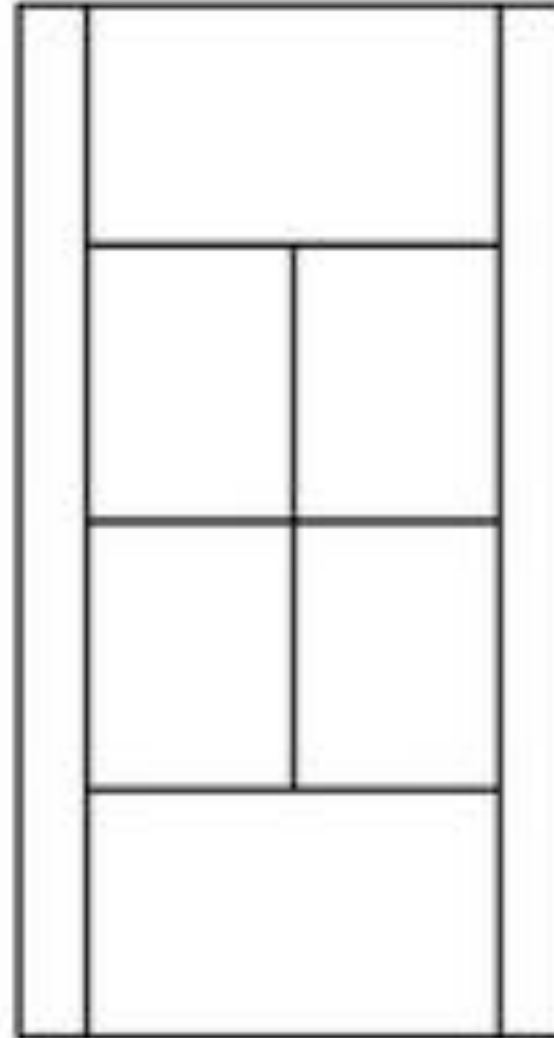
Use Underspin

- Use your underspin, not your back spin
- Focus on where your second bounce should be
- Be aware of where you are making contact



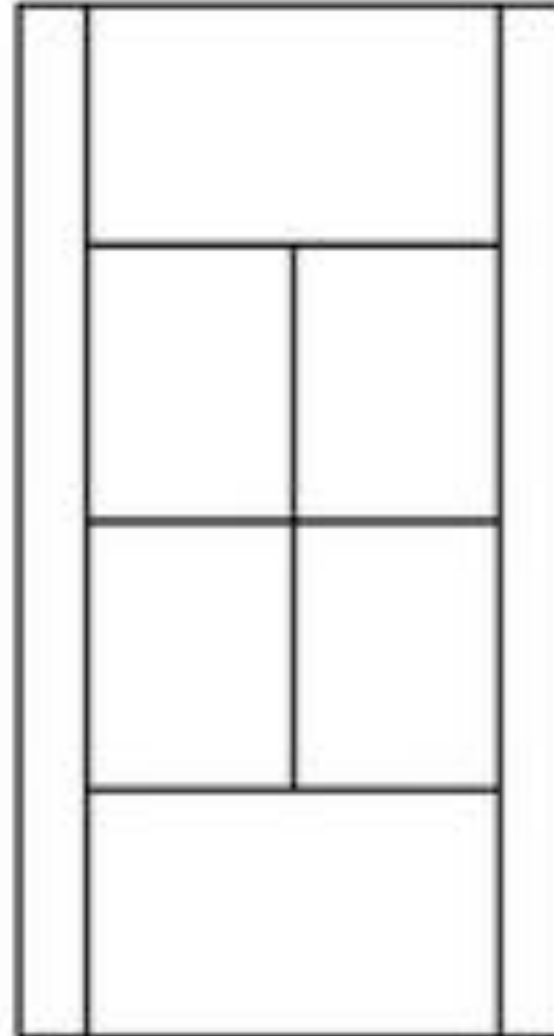
Badminton 101

- Drop Shot to Lob/ Pass
- Make them Come in and based on the court position hit a pass or lob
- Keep them guessing
- Aim for the backhand side



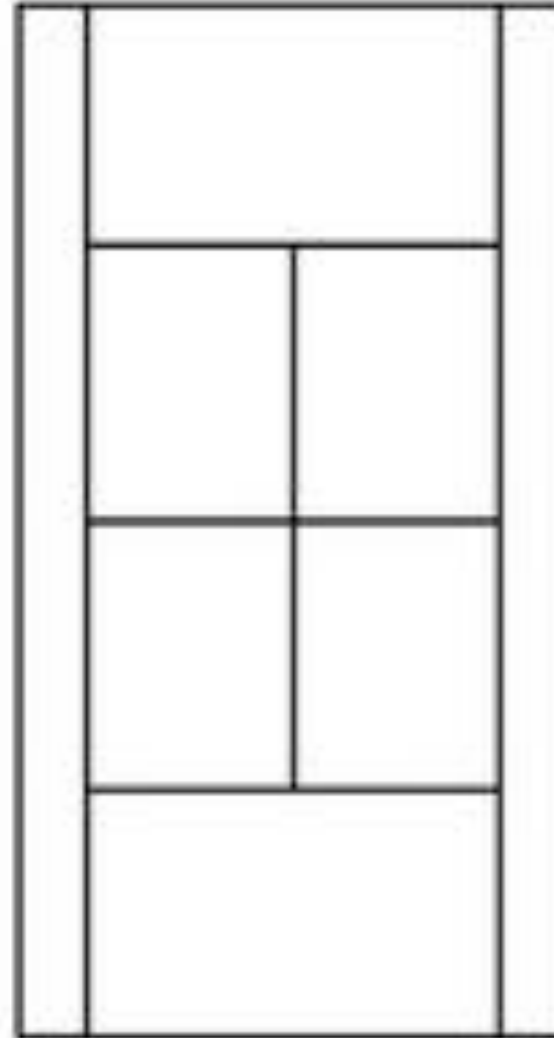
Serve and Volley

- Serve and come in right away
- Be prepared for a lot of over head's
- Use your stop volleys
- Split steps
- Help's your from be lured into the game you don't want to play



On the Rise/ Don't Back Up

- Cement your self to the baseline
- Refuse to back up
- Take the ball as its rising
- Moonballer will be have less time and will make them super unfortable



Return Chip, Pause and Charge

- Come in behind the return
- Use a chip and come in
- The pause has to be well timed – almost look like you are going to recover first

