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Overhead 37 Step 4 Clear 49 Step 5 Drop Shot 62

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20 Badminton: Steps to Success To Increase Difficulty
□ Hold the bird in the nonracket hand and drop the shuttle, attempting to contact it on its descent from your hand. Place targets in specific areas of the service court (for example, on the outside corners). □

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Lengthen the string to lower the serving area or contact point.

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>Badminton: Steps to Success> offers 10 easy-to-follow steps designed to help players learn and practice key skills. The book features 83 drills that develop players` skills. The drills come with performance goals and a list of key points to remember when executing each drill.

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