

BADMINTON: HISTORY OF ORIGIN, DEVELOPMENT STAGES, TYPES, GAME RULES

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ABSTRACT – badminton is one of the oldest games of human civilization. There are many legends about its origin. Ancient Greek, Japanese, Indian, and even African legends say that adults and children played badminton two thousand years ago. The ancient sport of flying feathers was known in China as early as a thousand years BC. It is called “oyabane” in Japan and is based on lifting a flywheel made of several goose feathers and dried sakura fruit on wooden rackets.

Key words – badminton, games, wooden rackets, Continental Team Championship, winner, World Cup, players, Olympic games, athletes, sports, flywheel, sportswear, court.

I. INTRODUCTION

From the works of V.Hugo and I.F.Shiller we can learn about the game of flywheel, which was played in Europe in the XVI century. In France, this game is called "je-de-pom" (playing with apples). Medieval English engravings depict farmers raising a flywheel against each other. Eighteenth-century paintings show that people in Russia played a similar game at the time. Gavriil Derzhavin also wrote about the feathered ball. In 1650, Queen Christina of Sweden built a special court near the Royal Palace in Stockholm to play “feather ball” with palace dignitaries and foreign guests. The court is still preserved in the Swedish capital and is still the property of the church.

II. LITERATUREREVIEW

In the 19th century, the game of flywheel was especially popular in the house of the Duke of Bedford in England. The Duke was a sponsor of the Badminton Association. Today, the Front Hall, which he owns, houses a magnificent collection of old rackets and flywheels. In 1860, Isaac Sprat wrote a book about badminton, in which he described the first rules of the game. Homeland of modern badminton is India. It was popular in nineteenth-century India and, according to some sources, is a game called “pune”, others say “roopa”. These are the British officers who served in India at that time who played the game with great interest. When they returned to their homeland in 1872, they performed this exciting game on the Badminton estate near Gloucestershire. This year is the “birthday” of the game, which in England is called “badminton” after the name of the property.

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III. ANALYSIS

In 1875, the English officers' badminton club, Folkstow, was founded. The first president of the association was Colonel Dolby, who was actively involved in the development of new badminton rules based on the rules of the pune-roopa game. Some of these rules have survived to this day. Gradually, badminton clubs began to emerge in the UK. It should be noted that at that time they played on different pitches in different regions. The court in Guilford was especially popular. The dimensions of this court (44x20 feet or 13,401x6,096 m) are included in the rules of the game published in 1887 by the Badminton Club.

The first official badminton tournament was held in 1898. On April 4, 1899, the first English Championship was held in London. Later, championships became popular in the UK, the number of badminton clubs increased, and the game of badminton became more popular in the United Kingdom and throughout Europe. The new sport is gaining popularity, and so is the production of flywheels. In 1898, Anne Jackson received the first patent for a flywheel.

Badminton is popular not only in England, but also in many of its colonies. Therefore, most of the countries that founded the International Badminton Federation (IBF) on July 5, 1934 are former British colonies. Today, the federation has more than 100 member countries. The International Badminton Federation (IBF) holds various competitions. Among them, the Thomas Cup (named after the first president of the IBF) among men's national teams, and the Uber Cup (named after a famous and active representative of the IBF) among women's national teams are the most popular and the largest.

The Thomas Cup was founded in 1948 and is held every three years. The qualifiers will be held in four regions: the Americas, Australia-Asia, Asia and Europe. The winners of the regional competitions will compete in the main stage to determine the nominee for the trophy. The winner of the main stage will face the team that won the trophy three years ago in the final. The Uber Cup has been held every three years since 1956. The European Individual Championship has been held every two years since 1968, and the Continental Team Championship since 1972. In the team championship, the national teams watch five games: men's singles, women's singles, men's doubles, women's doubles, mixed doubles. In addition, the international federation holds a number of official private tournaments. Until recently, the English Open was one of the most popular and was the unofficial World Cup. The English Open was founded in 1899. The first official World Cup was held in 1977 in Malmö, Sweden. In 1992, badminton was adopted by the Olympic family.

In the former Soviet Union, badminton became official in 1957. At the World Festival of Youth and Students in Moscow this year, representatives of the Union V. Dyomin, I. Sokolov, S. Zamuruyeva, N. Kalashnikov competed with foreign badminton players who attended the international forum. In 1959, the first individual championship of Moscow was held (winners: V. Dyomin and S. Zamuruyeva), and in 1960, in the first intercity tournament, badminton players from Moscow and Lviv competed on the court. In 1961, a city tournament was held among badminton players from Moscow, Leningrad, Kharkiv, Lviv and a number of other cities. In the final match, the athletes of the Moscow society "Mehnat" (M. Seminas, M. Goncharova, N. Sokolov, N. Goncharov, M. Oreshkin) - representatives of the sports society "Burevestnik" (T. Dorofeyev, T. Chistyakova, V. Kholodov, M. Shtilman, A. Postnikov, V. Mikheyev). The same year there will be a tournament called the Astronaut

Cup. This was not in vain. Gagarin, the world's first astronaut, told reporters after his historic flight: "I like to play badminton. It's a great game".

In 1963, the first USSR championship was held in Moscow. In 1974, the former Soviet Union became a member of the International Badminton Federation. At the beginning of the 21st century, the International Badminton Federation changed its name. It is now known as the World Badminton Federation (BWF).

IV. DISCUSSION

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 with the help of 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 expand the position and pass the flywheel not only to the partner, but also around the circle. Regardless of the number of players, the average distance between them is required to be between three and ten meters. You just have to be more discriminating with the help you render toward other people. It should be flat and free of objects that could injure players. Before you start the game, it's a good idea to practice a little - run, jump, rotate your arms and legs, sit up and warm up.

Sports badminton requires special training and a special sports ground. 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 let the flywheel fall on his side, but on the opponent's side. If there are two opponents, the game is called singles, and if there are four, the game is called doubles. Men and women can also play against an opponent in the same pair. This game is called mix.

Put the flywheel in the game. The technical element involved in bringing a flywheel into play is called upgrading. The flywheel must be inserted into the game in accordance with the rules. According to these rules, when hitting a flywheel, the flange of the racket's head should be higher than the waist of the athlete entering the game, and the head of the racket should not be higher than its handle. In order for the game to continue, after hitting the flywheel, it must move to the appropriate square to receive the opponent's shot (for singles and doubles). It is recommended to hold the flywheel in the following basic ways when entering the game:

- a) the thumb and forefinger are held by the feather part of the flywheel close to the player to reduce the contact area between the fingers and the flywheel and the possibility of incorrectly increasing it; this method is used to strike the flywheel short, flat, and high-attack with the closed side of the racket;
- b) the thumb and forefinger are held around the feathers of the flywheel or close to the head; this method is used to strike the flywheel with a flat, high-distance, high-attack with the open side of the racket.

According to the rules of badminton, the following should be taken into account when entering the flywheel:

- From the beginning to the end of the flywheel until it is completed, both the striker's and the receiver's feet should not be off the ground, at least with the heel or part of the toe, and should be motionless;
- In the initial position, the impact racket must touch the head of the flywheel;
- The flywheel must be completely below the badminton player's waist when striking; the waist is the imaginary line passing through the lowest rib section;
- The badminton player's racket must be bent downwards when hitting the flywheel;

- From the start of raising the flywheel until it is complete, the striker racket should only move forward.

There are two major types of badminton: straight and lateral. Direct blows are blows directed at the opponent's body. This method of kicking is usually performed in the front line near the net, and is performed depending on the capabilities of the wrist and paw. Such blows are mostly made by athletes standing near the net in doubles and mixed doubles. Direct blows are characterized by low or medium strokes. The lower the flywheel flying over the net, the lower the position of the player hitting it. In direct strikes, the athlete's shoulders are bent downwards, and in most cases the blows have to be repelled simply by pushing. However, in some cases, you can move back, right or left slightly to spread your arms a little. Side kicks are kicks from the player's left or right side, or from a flywheel flying over them. They make up the bulk of the strokes in badminton. In badminton, all strokes are made with the racket open or closed, up, sideways, up, down, or flat. There are also some technical differences when hitting paddle and plastic flywheels. When playing with a plastic flywheel, this condition is manifested in the final part of the impact movement, which requires strict control

Impact technique. In badminton, the technique of punching depends on the type of punch being performed. The main goal of any shot is to win points or to put the opponent in an awkward position as much as possible. Blows from above are the most effective in achieving such goals. (All percussion techniques are for right-handed players. The mirror image of the applause corresponds to the one given.) Rocket Open-Top Strikes Top-of-the-box (top right) strokes are more common in badminton.

In sports badminton, it is very important to pass the flywheel to the opponent's side as fast as possible and on a rotating trajectory in order to get the flywheel to land on the opponent's side as quickly as possible. It is very convenient to hit from the top (along the upper trajectory, the attacker (smesh; half-smesh) is flattened and shortened near the net) with the open side of the racket. It is important to note that in all four types of strokes, the initial stage is exactly the same. This, in turn, makes it harder for your opponent to realize your intentions if you do them right. The higher the skill of the athlete, the greater the number of blows from the head and high in his treasure.

When hitting from above with the open side of the racket, the athlete's movements should be natural and similar to the movement of throwing a rock or a small ball forward or up. Before preparing to strike, it is necessary to try to determine which direction the flywheel will fly after the opponent returns it. Once it is determined that the opponent's response will be from above, it is necessary to quickly move to the place where the flywheel is expected to fly and assume the following position: left shoulder turns to the net, right hand holding the racket is at head height, left to better coordinate movement the arm is raised to almost the same level, the legs are slightly bent. Then the arm should be bent sharply over the head, with the claw holding the racket handle in front of the head as the arm is stretched. The right shoulder is pulled back and slightly bent. He swings with his right foot and strikes in time. The center of gravity is moved forward, and the right shoulder is moved forward, taking with it the bent arm of the wrist holding the racket, and the claw holding the racket handle must be in front of its head until it is struck. The badminton player's movements are relaxed. Excessive pressure should be avoided. You have to hit the flywheel a little earlier than you do, and in the last seconds you have to add a claw to the work.

It is important that the player's right foot is as close as possible to the point of contact of the flywheel and the projection of the racket on the field when struck, and that the left hand is lowered so that the dynamics of the shot are correct.

Big badminton has another secret that is unique to top-notch (smesh). When spreading the arm, the left arm should be slightly raised, bent at the wrist, and the claws should be directed toward the flying flywheel. Standing in this position enhances the movement of the elbow, and consequently the dynamics of the impact, as well as allows the athlete to move the involuntary racket head to the point of impact on the flywheel technically accurately and precisely; the racket head helps you make the most of the rules of the game. The position of the elbow is also important in blows from above. During the stroke, it should not be below the shoulder and should not stick to the athlete's body or come too close. Some beginners do not have time to choose the right place, so they hit from above when the body moves backwards. This is an error related to the wrong approach to the point of impact on the flywheel. When such a blow is made correctly, the body must move forward as if it were thrown on a flywheel, which gives the blow extra force.

V. CONCLUSION

Two advices for all strokes given from above. First, the athlete must not tilt or lower his head, and second, he must not let go of the flywheel until he is hit directly. Thus, we became acquainted with the general technique of striking from above with the open side of the racket. These strikes are distinguished by the final stage, in which two main elements play an important role: the position of the racket head and the movement of the claw during the impact. Since all the blows in this group are similar to the actions of the athlete during the training phase, this makes it difficult to mask the blow, which means that it is difficult for the opponent to prepare for the response.

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