

---

## METHODS OF TEACHING BADMINTON IN SPORT CLASSES

---

**Sodiq Ramazonovich Qazoqov**

Senior teacher of Department of Rehabilitation Sports Medicine and Physical Education  
Bukhara State Medical Institute

---

**Abstract** - This article gives you a brief overview on badminton. There is also a brief overview of the study, analysis, rules of the game, and how to use the racket during the game. There is also theoretical information about the game.

**Key words:** badminton, rules of the game, racket, theoretical information, field, athletes, belt line.

---

### I. Introduction

The meaning of the game of badminton is to throw rockets into the net using a racket. This game can be played by two or more players, the main one being theirs the number is the same because you have to be in two teams. Professionals are oneno more than four people play on the field. If you are just on the beachif you decide to play as a company, then the number of playerswill depend directly on the number of applicants. The object of the game is to net the rocket throwing into the opponent's zone through, most importantly, he lands on the badminton court touch if he falls off the field, points are added to the opponent. The more points you collect, the closer you are to victory. When serving in badminton, the racket hits only from below, now the racket should not be higher than the belt line. When submitting, you lieyou can't move and hit the top of the cassette. But athletes play this way, often to children and amateurs alikerules are hard to follow. So it serves as a recipe, as a ruleas he knocks it down and then sends a rocket to the opponent.

### II. Literature review

How many parties in badminton?

The game consists of three games, more precisely, up to two wins. The meeting is onecontinues until the player has 21 points. 2 in a row with "20-20" pointsthe party with the most points wins and scores 30 points in a 29-29 scorethe team is the winner. Game breaks: Usually take a few breaks during the game. For example, the account when there are 11 points, players are given a one-minute break. Between the sides, the players rest for two minutes. In the third installment, if 11if there are points, the parties change places. Badminton for kids: Children's badminton is very different from professionals. There is no grill on the simplified badminton court. That's itthe only requirement is that it should be a flat surface with no gaps or creases. The rules are also simplified: who dropped the cassette. And this is the cash registerthat is closer to. "Right" checkouts for badminton Stubs are made from both natural raw materials and synthetic materials.

However, no matter what material the shrimp is made of, its flight features are as close as possible to those determined by the actual feather flight the head should be made of mantle pillars and with a thin leather shellcoated:

- a real “correct” vehicle should have 16 pats at the beginning;
- feathers should be the same length, about 63-71 mm;
- the ends of the feathers form a circle with a diameter of 58 to 68 mm;
- of course, these feathers should not fall out;
- the standard head of the adjusting device should be 26 mm in diameter and round must have a shape;
- the weight of the head should be 5 grams.

### III. Analysis

The density and properties of synthetic materials are slightly lower than those of natural ones deviations of up to 10% are allowed because of the difference.

How to choose a badminton racket?

The frame of the racket should not exceed 68 cm in length and 23 cm in width. Row area: The game of badminton is not only exciting, but also strengthens certain muscle groups. In addition, similar exercises increase endurance and reaction speed exercises.

*The rules of badminton are brief.*

The main goal of the game of badminton is not to reflect the blow and the racket to the ground to send the opponent in half so as not to touch. Opposition groups are playing in a divided court. Players can be two or four possible. The court is a flat rectangular area lined with lines the length of the badminton court is 13.40 meters. The width for a single player is 5.18 meters. Width for couples - 6, 10 meters. The fence is mounted on poles, the height of which is 1, 55 meters. The net is woven from black cord and the top is covered with white weave. The right to file the first application is determined by the court's choice of lot. Usually the game consists of three games, but one player plays twice in a row if he wins, he may be limited to two. In the game, the athlete scores 15 points, in the women's competition - 11. 14 (10) with the result, the service player without continuing the game or up to 17 (13) points.

Badminton offenses

An offense during a game is called a “failure”. Put your sensor in your field the throwing service player will be disqualified and the point is not given to anyone. If the sneaker falls off the platform, it is under the net or narrow flying under, on the walls or ceiling of the court, on the player's clothing, or if it touches the body, it is wrong.

Players touch the net with their body, arms, racket or opponents should not touch the ground. However, after the blow you are accompanied by mercy you can go. A player's misbehavior on the court is also rude. By the way, none of the players are allowed to stream the playground during the game cannot leave. Negotiations and outside advice are also wrong for the player is calculated. Repeated by the player after warning the referee violation is punishable by a misdemeanor. In case of serious violation the issue of disqualification of a player can only be decided by the referee. The game of badminton is distinguished by its dynamics and the continuity of the game and very short breaks between games entertain and clarify the game increases.

Badminton referees

The Chief Justice is the highest body for resolving disputes exactly fully responsible for the proper conduct of the meeting and the competition in general will be. The guard is responsible for enforcing the rules in a separate match, and the Chief reports to the arbitrator. The service judge records the application process. The line judge decides where the vehicle will fall, i.e. the fall to the court line determines whether it is included.

According to statistics, every fifty people in the world play badminton. More than 3,000 years the game that has existed since time immemorial will remain young and beautiful forever. More than a billion spectators from around the world are fans of international competitions it is not surprising that they observed the flight of the lights at the time. How to choose the best equipment to play badminton equipped with a net for you to play badminton according to all the rules you need a badminton court and at least two players equipped with all the rules.

*The technique of inserting a shuttlecock into a badminton game.*

Strike it at the highest point of the flywheel trajectory at maximum altitude you can use the speed by hitting, keeping the speed under control, hitting hard. If it flies closer to you, it's the potential of the altitude and the speed accordingly loses. Return to the Central Part of the Court must remain in the original position after the impact. So the whole site will be more convenient for you. Active in the court center when you are, you can always reflect the impact in a timely manner. Running, flying long distances to do this you need precision and strength. Such an approach pushes the opponent back forces it to return and uses more force to take such a blow. If long if the line is weak and you can clearly point the spy, send it in that direction. But first you have to learn to send it over smaller distances, so you protect yourself from danger — the flywheel doesn't go out of the back line. Learn to move right through the court to win the right move in this game is the key. A move that relies entirely on the foot courts would be wrong, and that would be a blow prevents; It is recommended to use only socks, reflecting each stroke and slightly bend the legs to move in any direction at any time activates. Short submission practice the abbreviated feeding method may surprise the other player. Such without waiting for the blow, he just can't find the time to get out of the closet. Short meal it will not be enough to take it with just a little force to reflect, otherwise the noise falls in your direction. Beat should be strong and at the highest flight point. Manage meals away from each other in the game, a long-range service can surprise an opponent — stay long enough and not being able to hit the run (or enough power to do so) is what it cannot accept the service. You need a rocket to reflect a long-range blow it will take time to gain speed.

#### **IV. Discussion**

How to prolong the life of badminton net

The most vulnerable stretch - this is the place near the rim, if you will if you do not allow the mercy to hit this area, then the threads are longer continues. Broken wires require complete compression of the entire wired surface. Good players are advised to pull the racket regularly, because over time, even the extension weakens.

Badminton uniform

The main thing in an athlete's equipment is to be considered. Comfortable, non-slip, a well-supported heel shoe is very dynamic in badminton protects the athlete from injuries in the game. Otherwise, the requirements for clothing are minimal. The key is to be comfortable.

Mostly badminton players wear comfortable T-shirts and sports pants for the game. The color doesn't matter, although traditional badminton is played in a white dress both. It can be said that this game is more professional than its usual entertainment has traversed an interesting and informative path of continuous development to sports. That's along with; badminton is one of the oldest sports. Modern type of game that existed thousands of years ago. However, he from ancient Greece to Japan and India was popular in a number of countries in different corners of the planet. In competitions that use equestrian sports, it is permissible to hit it with the hands and even the feet were. The real revolution was the first rackets developed by the Japanese around the 14th century exit time passed and badminton became popular in medieval Europe began. This game is from Sweden, France, England and other UK countries. It should be noted that badminton in most cases which was entertainment for privileged classes.

#### Badminton legends.

Games like badminton were only available in Asian countries. This is not the case. Ancient amphorae, which are about 3,000 years old, have images of ancient Greece playing the shuttle during those long periods, playing not only with the hands but also with the feet. In China, too, there was this type of game - "ji juu qi". It is mentioned in one of the manuscripts dating back to 1122 BC. In Japan, in the fourteenth century, they played with wooden rockets in a sluice made of large ripe cherries with a few goose feathers. This sun-dried construction turned out to be lightweight and more durable. In France, there was a similar game, where "je-de-pom" ("playing with apples") or "coke vanten" ("flying rooster"), and later - "shuttle". And disagreements over the interpretation of the rules even served as an excuse for a quarrel between the Bourbons and the speculators. The game of shuttle was mentioned by the famous Venetian traveler Marco Polo (1254-1323), as well as Friedrich Schiller in his work Don Carlos (1787). Even in England, until the end of the 16th century, farmers held competitions to play the "feather ball" with two lizards, and in 1650, Queen Christina of Sweden ordered the construction of a court to play checkers next to her palace ("Kingdom palace"). In Stockholm.

The first badminton books appeared after 1872. This is not the case. The book "Badminton-Battledor - a new game" was published by Isaac Sprat a little earlier - in 1860.

The World Badminton Championships are held every year. Indeed, the World Badminton Federation holds the World Championships every year (excluding the Olympic years) to determine the best players, but this has not always been the case. Until 1983, the above-mentioned competition was held every 3 years, and since 1985 - every two years. The World Badminton Championships have been held annually since 2006.

Badminton players first competed in the Olympics in 1992. Badminton has been included in the program of the Olympic Games since 1992, but the first demonstration of badminton players took place much earlier - in 1972 (XX Summer Olympic Games, Munich).

Badminton is an easy game, a fun pastime. At the amateur level, it is enough to just try to keep the gateway in the air, but to win; professionals must demonstrate dexterity, flexibility, endurance, perfect coordination, excellent strength and agility, the ability to develop high speed, rapid attacks for a very long time.

Older people with cardiovascular disease cannot play badminton. When it comes to professional sports, that's true. However, amateur badminton is a completely different matter. In addition, experts say that playing badminton in adulthood can increase life expectancy by at least 2-3 years, provided that the duration of the game is at least half an hour. In addition, engaging in

this sport helps to reduce the basal heart rate and lower blood pressure, so it is very beneficial for hypertensive patients. Researchers have shown that exercise leads to a decrease in the amount of certain types of cholesterol (triglycerides, low and very low density lipoproteins) that narrow the blood vessels in the body. As a result, badminton players do not suffer from heart disease. And during this game, the condition of the heart muscle improves and as a result the risk of myocardial infarction is reduced. People with heart disease can also practice badminton, but in this case the lesson should be supervised by a doctor. In addition, badminton helps strengthen bones, activates the absorption of calcium in the intercellular substance of bone tissue, thereby preventing osteoporosis. Finally, this game reduces the risk of cancer (especially breast and bowel cancer).

Rackets are often made of wood or metal. In fact, initially the rockets were made only of wood, and after a while metals appeared. However, today a variety of materials are used for the production of these sports equipment: aluminum, steel, titanium, carbon fiber, etc., so the products can withstand the tension of the strings for a long time and are very durable. Rockets for professional athletes are often made of composite carbon fiber with structural elements mounted on another material, which ensures the flexibility and durability of this type of sports equipment.

## V. Conclusion

The difference between professional and beginner rackets cannot be determined "by eye". Determining a racket's ability to play is not really easy. But there are some characters that are easily distinguishable. For example, the presence of a T-shaped knot ("tee") that is clearly visible at the junction of the rim frame and the shaft is unique to rackets for beginners and amateur athletes alike. You can also determine the power of a racket by getting information about what kind of material (or materials) it is made of. However, such game features include rigidity (amplitude of racket rod movement during impact), control (impact depends on the degree of rotation of the rod, affects the accuracy of shuttle flight) and energy (shuttle force) depending on the balance distribution of impact - to the edge of the missile the closer it is, the stronger the shock and the lower the control) can only be detected by experts. In conclusion, it is very important to analyze actions and situations during the study of any game.

## References:

1. SodiqRamazonovichQazoqov, BADMINTON: HISTORY OF ORIGIN, DEVELOPMENT STAGES, TYPES, GAME RULES; International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 06, 2020 ISSN: 1475-7192
2. Khojaev P., Rakhimkulov K.D., Nigmanov B.B. Sports and action games and itteaching methods. (Moving games) Textbook TDPU T .: 2008.
3. Azizova R.I. Textbook "Methods of teaching sports and movement games." T .: 2010
4. Raximqulov K.D. "National action games" Textbook T .: 2012.
5. Arjan Egges, Arno Kamphuis, Mark Overmars Motion in Games First International Workshop, Utrecht, MIG 2008. 236 p.
6. Zhukov M.N. - M .: Featured games: Ucheb. for stud. ped. vuzov. Izdatelskiytsentr «Akademiya» 2000. - 160 p.
7. Nurimov R.I. Textbook "Football" T, UzSWLI 2005.

8. Ayropetyants L.R. “Volleyball” Textbook. T, UzGosIFK 2006
9. Rasulov O.T. “Basketball” Textbook. Toshkent 1998 y.
10. Pavlov SH., Abdurahmanov F., Akromov J. Handball textbook. T, UzDJTI 2005y.
11. Nigmanov B.B., Khodjaev F, Rakhimkulov K.D. “Sports games and their teachingmethod”textbook Ilm-Ziya Publishing House Tashkent 2011.
12. MirziyoevSh.M. Our brave and noble people have a great future.
13. Maxkamdjanov K.M., Nurmatov F.A, Inozemseva L.A, Rustamov L “SportMethods of organizing and conducting holidays ”Textbook T .: 2008.