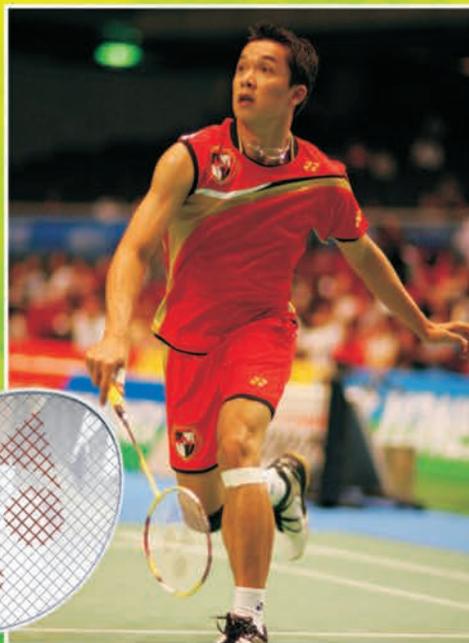


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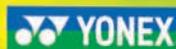
Play **TO** Win

By *M. J. Mohanachandran*

A TELL-ALL BADMINTON **LEVEL I** E-BOOK FOR
PLAYERS, COACHES AND PARENTS.



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World #1 in badminton. *Passion For Excellence*

**A COMPLETE STEP-BY-STEP GUIDE TO THE TECHNIQUES AND SECRETS OF ASIAN
BADMINTON SUPREMACY ALONG WITH DRILLS AND TRAINING MODULES !**



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28 September 2010

I am happy to see Mr. Mohanachandran coming out with a book on Badminton both in print and E book forms. The E-Book I understand is the first of its kind in India and should benefit a lot of computer savvy youngsters thanks to its wider reach. During our times, books on Badminton were difficult to come by and we had to almost entirely depend on watching seniors play. I hope young players, especially those who do not have access to expert Badminton coaching, make maximum use of this book. My congratulations to Mr. Mohanachandran for his novel venture to promote Badminton.

Prakash Padukone



Reading the Book "Play To Win" a "Tell-All Badminton E-Book" for players, coaches and parents is like watching a Badminton Documentary Film on DVD.

Its writer M.J Mohanachandran who himself is an International Badminton Coach, has scripted his lifetime experience in his book. Mr. M.J Mohanachandran has been working as Badminton Coach at various levels for many years and his work will be valuable to other coaches as well as players. I am sure this book will help all players and coaches at all levels to improve their knowledge of the game. It also gives an overview of the player requirements in terms of Training, Fitness and Psychology.

With Regards

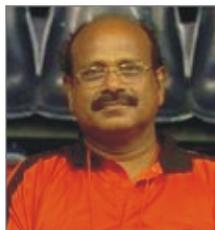
P. Gopichand
National Chief Coach.



This is an excellent coaching E-Book on Badminton and will be very useful for any aspiring player. There are very few informative E-Books on Badminton techniques available and Mr. Mohanachandran's effort in bringing out this work for the benefit of Badminton enthusiasts is very laudable.

All must appreciate the fact that Badminton is a very technical as well as physical sport. Hence, basics i.e. skills, coordination, attitude etc, learned at the beginning of one's career is very vital. This manual takes care of most of these essential fundamentals.

Vimal Kumar
Ex-Chief Coach (India)



"I have known Mohanachandran for over 2 decades. His knowledge of badminton is second to none. This E-Book is a godsend for all badminton players and coaches."

S. Muralidharan
Vice President, *Badminton Association of India*



Badminton is getting popular worldwide with lots of coaching centers opening all over the world. Still there are places where the game's correct techniques and fitness training methods have not reached affecting the performance of the players adversely.

I hope this E-book will be the remedy of the problem. Mohanachandran in his E-book "Play to Win" has made a great attempt to bring out correct techniques and fitness modules which will benefit players as well as players who intend to take up badminton coaching as a profession.

I wish him smashing success on his work.

Sanjiv Sachdeva
Chief Coach (Junior), India



“I won my first junior National title, while mohan sir was the coach. Even today he is the person who I turn to if I have any difficulty in my playing technique.”

V. Diyu

*Mixed Doubles, **World No. 7-2010***



“Mohan sir has been instrumental in shaping our doubles career right from the time we were junior’s. This E-Book will help players and coaches from all over to get access to his unique knowledge.”

Sanave Thomas & Rupesh Kumar

*Doubles Players, **World No. 15-2010***



“I owe my badminton career to Mohan sir. After this book is released, many more players will owe their badminton careers to him.”

P. C. Tulasi

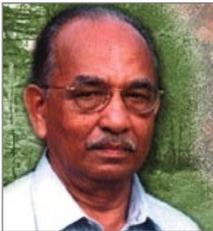
(Youth Common Wealth & SAF Games Gold Medalist)



“My dream of becoming an International Medal Winner was realized when I started attending Mohan sir's coaching camp. I hope this coaching manual will benefit the players who have a dream”

H.S.Pronnoy

(Youth Olympics Silver and World Junior Bronze Medal Winner-2010).



“I have been involved with the wonderful game of Badminton for the last 40 years in various capacities vis as administrator, player and sponsor. I have had the privilege of watching and understanding the game closely and I realize the importance of a good coach in nurturing talent and bringing it to full bloom with years of dedicated work. Unfortunately, in our country, good coaches are hard to come by as they are very few in number and beyond the reach of majority of our players. Under these circumstances, Mr. Mohanachandran's work assumes special significance. Here, he brings his vast experience within the reach of players who would otherwise have been handicapped due to want of expert coaching. I hope that this book, both in print and electronic formats, reaches and benefits the maximum number of players”

Mr.C.V.Jacob,

(Chairman and Managing Director,
Synthite Industries Ltd.)



Glossary of terms

- | | |
|------------------------|---|
| Pronation | - It is the movement of forearm to bring the palm downward |
| Supination | - It is the upward movement of forearm (opposite of pronation) |
| Snap forward | - It is the forward movement of wrist |
| Stance | - It is the position of legs while attempting a stroke (hit) |
| Back swing | - It is the action of racket hand before starting a stroke |
| Forward swing | - It is the forward movement of the racquet hand while attempting a stroke |
| Point of contact | - It is the point where racket head meets the shuttlecock |
| Padmasan | - It is the cross-legged sitting position (Yoga) |
| Above the head | - It is the area above the head of a player |
| Backhand side | - It is area on left hand side for a right-hander and vice versa for left-hander |
| Underarm strokes | - Under arm strokes are strokes played below waist level |
| Around the head stroke | - It is the stroke played just above your left shoulder for a right-hander and vice-versa for left-hander |
| Drives | - Strokes played at shoulder level |
| Square or flat | - The shuttle should meet at the center of the racquet |
| Bud of the racquet | - It is the edge of the racquet handle |



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Legal notice

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Important Information

Images of Saina Nehwal and other international players used in this book are courtesy Yonex Sunrise India Pvt. Ltd. Special Thanks to Vikram Dhar Country Manager, Sunrise India Pvt. Ltd



Prologue

There has always been a great void in the badminton field for an authentic badminton coaching book with technical and physical fitness training methods. This book, without a doubt, will satisfy all the needs of beginners, advanced players and players who want to become coaches.

I have spotted and groomed many talented youngsters into international medal winners. This book is the result of my lifelong experience and fruitful coaching in the field of badminton. This book is prepared meticulously and diligently with complete attention to detail. Pictures, photos, and drills are placed wherever necessary to illustrate the points. Definitions and useful tips are in plenty.

Nutrition and diet tips given are well researched and scientific. Correction of wrong techniques and strokes have been given. The remedies for possible injuries are suggested. Innovations, creativity and deception in strokes have also been dealt with thoroughly.

I am very thankful to the philanthropic Mr. M. C. Vargheese & Mr. T. R. Balachandran for their help in bringing out this edition. I am also thankful to Mr. Manoj Ramchandran and his team at Touché Communications Pvt. Ltd., Mumbai, for designing the book pro bono. I dedicate the book to all badminton lovers. Suggestions are welcome for the improvement for this book.

Introduction

It gives me great pleasure to write this book and share my experience in coaching with the readers. This book was my lifelong ambition. I have taken pains to make it very simple because the playing community cannot be expected to be scholars who relish heavy language. Moreover, the main motivation to bring out such a book is that I have noticed the growth of badminton in India and that former players are taking up coaching seriously. These players have tremendous playing experience. They can guide and develop youngsters to become good badminton players, provided they have sufficient knowledge of coaching techniques. Therefore, I also dedicate this book to everybody who works for the development of the game.

End of Preview.

Rest of the book can be read @
<http://kinige.com/kbook.php?id=536>