

# *The Application of Competitive Tactical Rhythm in Badminton Competition*

Lei Wei, Yu Kemeng

*Jiangxi Normal University of Science and Technology, China, 330108  
Aixi Lake No.1 Primary School, High-Tech Zone, Nanchang, China, 330108*

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**Abstract:** The ubiquitous rhythm in competitive sports activities not only affects the competitors' competitive style and performance, but also determines their performance to a certain extent. The research on the basic theory and empirical application of competitive rhythm will help to improve the cognitive level of competitive activities of competitors. Through the analysis and elaboration of the basic theoretical problems of competitive rhythm of badminton, this paper can solve many practical problems such as the application and control of rhythm in the process of sports training and competition, and establish the theory of competitive rhythm of badminton. Besides, it also has important research significance and value on the practical application of badminton.

## 1. Introduction

The success or failure of the competition depends to a great extent on the correct competitive rhythm and tactics. The rhythm of badminton competition is a problem of studying the global regularity of badminton competition. Badminton tactics is to study the specific offensive and Defensive Methods in badminton matches. From the overall point of view, competitive tactics are dominant, and tactical rhythm should be subordinate to the purpose of competitive tactics. And the realization of competitive tactical goals depends directly on the successful completion of tactical tasks. Therefore, they are both subordinate and dependent. The basic elements of badminton tactical action are composed of technology, tactical methods and tactical forms. Badminton players' technical abilities are composed of technical categories, quality and combination ability of various techniques. The tactical ability of badminton players is to use technical categories and combinations of various techniques in competitions. Therefore, tactical rhythm and tactics are inseparable in badminton matches. It is of great practical significance to study competitive tactical rhythm in badminton matches.

## 2. Characteristics of badminton competitive tactics

The pace of the new competition system is much faster than before, which significantly shortens the competition time between players with similar level, but the average duration of the competition has not changed significantly. Physical fitness is still the guarantee of winning badminton.

Badminton match is composed of short-term and long-term intermittent repetition alternately. At present, the competition requires more and more players' sports ability, hitting power is getting stronger and stronger, hitting point is getting more and more difficult, and the ball speed is getting faster and faster. With the normal footwork of badminton, the ball cannot be received. Therefore, high-speed rescue has become more and more common in men's singles matches. And the technical gap between players is getting smaller and smaller, and abundant physical ability has become one of the most important factors to determine the victory or defeat. Physical training is to store energy, technical training is to save energy, tactics is to regulate energy, and the three are unified. Under the new competition system, the chance of winning or losing increases and the psychological pressure increases, which leads to a series of technical and tactical changes.

### **2.1. Focus on offense, supplemented by defense**

Offensive techniques and tactics normally precede the development of defensive techniques and tactics. The development of defensive techniques and tactics promotes the development of offensive techniques and tactics. In badminton sport, it has its inherent special characteristics, the change of competition rules makes physical training and training intensity more and more demanding; tactics reflects the trend of mainly attacking; technology concentrates on fast, comprehensive and outstanding advantages, among which speed is the core of winning; rhythm manifests in the shortening of competition time, the quickening of attack and defense conversion, and the obvious improvement of antagonism.

### **2.2. Front court is the main service area**

Statistical data show that most excellent badminton players serve mainly in the front court, while fewer in the back court. Pre-serve is the area that excellent players often choose. Pushing, push-and-pick combined with rubbing and releasing is the main receiving technology for players to receive pre-serve. Therefore, badminton players need to further improve the service quality and change, especially in the service rhythm. When receiving the service, it should improve the technology on the basis of fast, and actively organize the attack. In the application of the tennis front ball, it should make the consistency and concealment of the action well, get the ball fast, the line flexible and changeable, the landing point stable and tricky, make it more difficult for the opponent to return the third racket, and win more attacking opportunities for our side.

## **3. Time elements of competitive rhythm system**

### **3.1. Training rhythm**

Training rhythm is the time-series change of training arrangement and training behavior of badminton players and coaches in time dimension. Any level of training activities has its inherent characteristics of timing. It mainly includes the arrangement and change of training load, the alternation of training content, the application of training methods and means, and also includes the improvement of badminton players' competitive ability, the law of transfer of competitive state, the improvement and display characteristics of sports performance, etc. Training rhythm depends on such factors as special events, badminton players' actual state, training objectives and training tasks, which are embodied in training time, training load and training content.

### 3.2. Competition rhythm

The competition rhythm includes the tournament rhythm, rhythm of take part in competitions and racing rhythm. As shown in Figure 1 below. Competitive tactical rhythm in badminton competition, the participants will design different tactics according to the needs of the competition, by badminton players in the game application. Coaches control tactics, badminton players use tactics, because of opponents and other objective environment, there are changes in tactics in time and space, and competitive tactical rhythm can be formed.

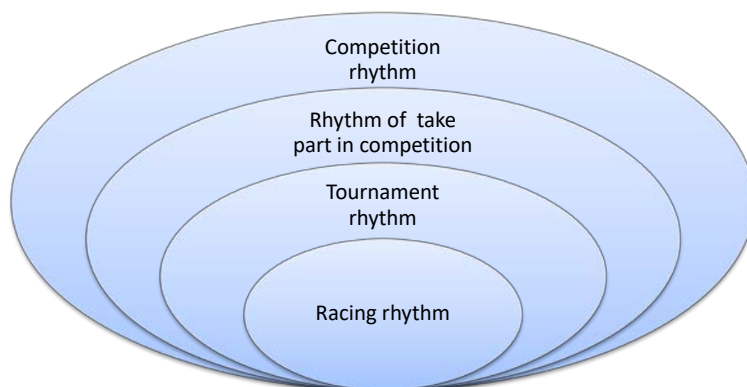


Figure1. Competition rhythm

### 4. The application of competitive tactical rhythm strategy in badminton matches

The control strategies of competitive tactics rhythm include goal-oriented strategy, strength positioning strategy, strength-promoting strategy, and multi-path adjustment strategy. These strategies are also applicable to badminton competition. These four strategies are embodied in badminton matches as shown in Table 1 below.

Table1. Specific performance of athletic tactics rhythm strategy

Strategy	Application
Goal-oriented	The rhythm of the same round, different stages and different opponents
Power positioning	Controlling the rhythm based in characteristics and strength of competitive ability
Advancing advantages & shorting shortcomings	Change the starting line-up / Substitutions / Position wheel transition matrix
Multipath adjustment	Choice of technology and combination of tactics

#### 4.1. The application of goal-oriented strategy

To win the final victory in badminton competition, we should differentiate tactical purposes at different stages of the competition and adjust the rhythm of competitive tactics accordingly. For example, in the group stage, the first priority is to get out of the line. If the strength is stronger than the opponent, other tactical goals can be designed on the premise of guaranteeing the exit, such as training new players, honing new tactical cooperation, etc. If the strength is weaker or equal to the opponent, winning should be the only goal design. The group stage is for tactical needs, or to preserve physical fitness and other reasons, without affecting the overall interests, there may be a planned abandonment of a game. In the second stage, every match is very important, and the players' optimal competitive tactical rhythm will be brought into play.

## 4.2. The application of power positioning strategy

Competitors should correctly and objectively orientate their competitive level according to their own competitive strength. If a player is second-rate, but positioned as first-class, in the face of real first-class opponents, of course, there is no win or lose, and in the face of opponents of the same level, ideological paralysis is easy to occur, but also easy to lose is not easy to win.

## 4.3. The application of the promoting advantages and shorting shortcomings strategy

Badminton competition competitive tactical rhythm of the strategy is mainly reflected in the doubles line-up combination and change. By changing tactical style, we can rebuild the rhythm of competitive tactics.

## 4.4. The application of multipath adjustment strategy

Technology is one of the leading competitive abilities of badminton, which plays an important role in the development of badminton and the formation of its pattern. In the competition, if we master the new technology of checking and balancing the opponents, the possibility of controlling the rhythm will be great and the winning rate will be high. At the beginning of the new technology, it will break the relative balance between attack and defense, and play an active role in tactics. Therefore, we can control the rhythm of competitive tactics by changing technical factors and methods.

## 5. Conclusions

The problem of competitive rhythm exists in different levels of competitive phenomena, all the activities or behaviors of sports practitioners are subject to the needs of competition, and must be controlled by a certain rhythm before they can be effectively achieved. In order to win the game, badminton players should use competitive tactical rhythm control strategy to deal with the possible problems in the game, pre-design the competitive tactical rhythm plan, and adjust the competitive tactical rhythm in time according to the development of the competition situation.

## Acknowledgement

Research on the technical and tactical modes of the world badminton elite men's singles players - and SWOT matrix analysis on the preparation strategies of China's men's singles players for the 2020 Olympic Games.

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