

# Techniques and Tactics of Badminton Mixed Doubles in Colleges and Universities

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**Abstract.** Since the introduction of badminton from the West, due to its own unique sports charm in Our country has been a good concern and popular, and at the same time, badminton has been developed in Our country. In the actual practice, the teaching is rigid and the teaching mode is single, which makes some students have relatively low enthusiasm in the process of learning badminton. Badminton sports practice and teaching method innovation is very important. In this paper, literature survey method, experimental method and data analysis method are used to conduct experiments on the 2015 badminton students of Chengdu University of Physical Education. This paper focuses on the mixed doubles technical and tactical training methods and according to the data obtained from the experiment, get certain technical and tactical guidance and reasonable play of each person's different advantages for training to improve the mixed doubles technical and tactical has a certain significance.

**Keywords:** Badminton; mixed doubles; technique and tactics; practice method

## 1. Introduction

Badminton mixed doubles is a special competition form which tests the skill and cooperation of badminton players. Mixed doubles require both men and women to complement each other tactically, as well as delicate technique and feints. In recent years, the rise of Asian badminton has also impacted the dominant events of European mixed doubles, and badminton mixed doubles has received more and more attention. But as far as the present of our country in the mixed doubles, badminton mixed doubles the advantage of project in our country has not been obviously, badminton mixed doubles and singles and doubles there is different, the test to a certain extent, but also the degree of trust between male and female athletes and tacit understanding degree, and is tested for tactical application for men and women. If we continue to expand the advantages of mixed doubles in China, we should cultivate the skills and tactics, psychology, physical fitness and mutual cooperation. Therefore, in this context, the author of badminton mixed doubles technique and tactics practice methods for detailed research.

## 2. Objects and methods

### 2.1 Objects

This paper takes 24 students from the 2015 badminton class of Chengdu University of Physical Education as the research object. The 24 students are divided into two groups, group A and Group B, to practice against each other, and then investigate the scores of the application of practice tactics, the winning score of practice tactics, the application of technology in the attack and defense stage and the score of the last beat in practice. This paper analyzes the problems existing in the current athletes' technical and tactical exercises, and puts forward some targeted strategies according to the existing problems.

### 2.2 Methods

#### 2.2.1 Document method

According to the needs of research content and research purpose, this paper collected and analyzed literatures on the contact methods of badminton mixed doubles and the application of badminton

contact methods in databases such as CNKI and The Library of Chengdu University of Sport. It also includes collecting and consulting related materials by means of videos, pictures, magazines and periodicals, so as to further understand the competition training method and lay a foundation for the writing of this paper.

### 2.2.2 Experiment

Through the control experiment, 24 people in the formation of group A and group B for confrontation practice, to minimize the interference of various external factors on the experiment, in order to achieve the accuracy of experimental data, and data collection at the same time. In this experiment, 24 students from Class 1, Grade 2015 were divided into 2 groups. Pre-test: 24 male and female students were divided into two groups A.B according to their rankings after the competition. There are 6 men and 6 women in Group A and 6 men and 6 women in Group B. The experiment lasted from March to April, 2019

Experimental location: Sports space badminton hall.

The hypothesis is that the two groups are at the same level so there won't be much difference at the time of the experiment, but group A is guided. Group A had A better use of technique and tactics in the match.

In the experiment: From 7.00 to 9.30 on Monday, Tuesday and Friday, after the warm-up of both sides, the players of the two groups trained and guided the students of group A, practiced and competed in A circle within the group, and then summarized the tactics during and after the competition, and guided them in tactics and techniques. Group B practiced without instruction. After 1.5 hours of each training session, groups A and B compete.

Post-test: according to the previous experiment, after testing, there is no difference in the venue, physical condition, intelligence and other conditions, but there is a big gap in the hitting technique and tactical application in the match. This also provides evidence for the writing of this paper.

### 2.2.3 Data analysis

Statistical analysis was performed by comparing and analyzing the collected experimental data.

## 3. Results and Discussion

In this survey, the players of both sides of the mixed doubles are divided into Group A and Group B. Now the author's observation results are reported as follows:

**Table 1.** A comparative analysis of the practice tactics used in groups A and B

Group	A	B
Attack in the middle	14	14
Tapping one tactical	18	11
Kill after and seal before	2	6
Defensive counter-offensive tactics	12	6
Hard and soft tactics	14	14

Table1 is obtained by the observation method, and according to Table 1, it can be found that in the confrontation practice of group A and group B, the data of these two groups in the combination of soft and hard tactics and the tactics of attacking the middle are the same. However, in the application of attacking tactics, the score of group A was 18 points, and the score of group B was 11 points. It can be seen that the male and female athletes of group A are higher than the athletes of group B in the application of attacking tactics. In the post-kill and front-block tactics, the score of group A is 2 points, and the score of group B is 6 points. It can be seen that the male and female athletes of group A are lower than the athletes of group B in the application of the tactics of blocking after the kill and before. In the defensive and counter-offensive tactics, the score of group A is 12 points, and the score of group B is 6 points. It can be seen that the male and female athletes of group A are higher than the athletes of group B in the application of the tactics of post-kill and front-block. In the combination of

soft and hard tactics, the score of group A is 14 points, and the score of group B is 14 points. It can be seen that the male and female athletes of group A are the same as the athletes of group B in the application of the tactic of post-kill and front-blocking. It can be seen that the athletes in group A showed a balance of offense and defense in the application of tactics and tactical presentation, while the athletes in group B showed the phenomenon of attacking more than defense.

**Table 2.** A and B group practice tactics winning score comparison table

Group	A	B
Front-court	16	14
Mid-court	14	12
Back-court	20	16

From Table 1, it can be found that the players in Group A mainly focus on the frontcourt and the backcourt in terms of winning points in the whole game. By simulating the tactical confrontation between the A and B groups, it can be found that the technology used by the A group is more reasonable. To a certain extent, it can force the opponent to make certain mistakes in going back, so as to create a good opportunity for the players in the frontcourt. Therefore, in the comparison of the winning points in the frontcourt, the winning point of Group A is 2 points higher than that of Group B. According to Table 2, it can be found that Group A has relatively few smashes compared with Group B in terms of technical application, but in this regard, Group A is higher than Group B in the backcourt. The main reason for this phenomenon is that the players in Group A can handle the defense properly, and at the same time, they can also make good use of defensive and counter-offensive tactics. To sum up, the players in group A are higher than the players in group B in terms of winning points. It can be seen that the players in group A played well in this confrontation exercise, and there are relatively few mistakes, and they are also relatively tactical. more reasonable.

**Table 3.** The technical application of the offensive and defensive stages in the practice of group A

Technology	Total
Push	211
Closed	303
Smoke	504
Rub and put	369
Block	654
Pick	654
Hook	35
Kill	215
Intercept	65
Hang	125
Row	210

**Table 4.** The technical application of the offensive and defensive stages in the practice of group B

Technology	Total
Push	198
Closed	332
Smoke	305
Rub and put	64
Block	587
Pick	598
Hook	36
Kill	198
Intercept	62
Hang	136
Row	223

According to Table 3 and Table 4, it can be concluded that among the technical use of mixed doubles players in the offensive and defensive stages, the smashing and smashing techniques of group

A are higher than those of group B. This shows that in the process of actual combat drills between groups A and B, when they enter the multi-shot confrontation, group A has more control over their opponents and attacks them. The second is the technology of blocking the net and picking the ball. Compared with the group B, the application of blocking net technology and the technology of picking the ball in Group A. When Group A is passive or under forced pressure by the opponent, it will more use blocking and picking the ball to transition, so as to get rid of the unfavorable situation of Group A, and at the same time try to create good offensive opportunities.

**Table 5.** The score of the last shot of the athletes in the two groups of A and B

Technology	Male	Female
Push	9.6	10.6
Closed	12.5	48.7
Smoke	16.7	6.9
Rub and put	3.1	12.3
Block	3.5	5
Pick	1.6	1.6
Hook	1.9	2.2
Kill	46.8	12.5
Intercept	0.6	1.6
Hang	3	0.3
Row	1	0

According to Table 5, it can be seen that in the processing of the last shot, there is a certain difference in the proportion of technical application between male athletes and female athletes. The smashing ratio of male athletes has reached 46.8%, while that of female athletes Applications are only 12.5%. Followed by swipe, 16.7% of male athletes used swipe technique, and 6.9% of female athletes used swipe technique. For other techniques, the proportion of techniques applied by female athletes is relatively small compared with that of male athletes, and the main reason for this phenomenon is the positioning problem of male and female athletes. In mixed doubles competitions, female athletes are mainly responsible for the handling of penalty kicks in the middle and front court of the entire field, while the principle of male sports is mainly responsible for the handling of penalty kicks in the middle and back courts, so male athletes will have more time to play. For smashing the ball, the female athlete closes the net in the front court to handle the ball.

#### 4. Conclusions

(1) In the serving and receiving stage, the serving area is dominated by the first area, and the players in group A and group B show a certain difference in the front and rear serving areas. Team B players combined with the backcourt serve directly destroyed the opponent's receiving rhythm, which to a certain extent provided the basis for the team B players to score. The players in group A are mainly stable, and there is no obvious difference between the two sides in the effect of serving. In terms of technical application, the players in group B mainly use the technical changes in the front, middle and back, while the players in group A mainly control the ball in front of the net and control the midfield.

(2) In the stalemate stage, the main purpose of the athletes in the A and B groups is to complete the transition between control and prevention, and at the same time, make full use of the techniques of leveling, drawing and blocking to complete the transition. In terms of technical use, the players of Group B mainly use the ball-picking technique for technical application in the frontcourt, and consume the opponent's attacking ability by continuously picking the ball in the process of passive and compulsory attack by the opponent. Athletes in group A achieved the effect of active attack through the midfield blocking technique, and during the observation process, it was found that the athletes in group A were stronger than those in group B in terms of control and anti-control abilities.

(3) In the multi-shot stage, in the process of defense and control and offense, athletes themselves need to strengthen physical ability training and psychological and tactical ability training. Players in

Group A are more active in hitting the ball in front of the net, which creates certain necessary conditions for the male players in the backcourt to smash the ball to a certain extent. Players in group B mainly focus on picking the ball during the transition process, which is similar to the technique used in the stalemate stage.

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