

DEVELOPMENT HISTORY OF BADMINTON SPORT

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Abstract. *The article discusses the history of the development of badminton sport in Uzbekistan, the development of physical qualities of badminton athletes, as well as the problems of improving the training and development of badminton players.*

Key words: *badminton, physical training, sports specialty, technical-tactical training, training exercises, tactical training, methodology of training exercises.*

ИСТОРИЯ РАЗВИТИЯ ВИДА СПОРТА БАДМИНТОН

Аннотация. *В статье рассматривается история развития вида спорта бадминтон в Узбекистане, развитие физических качеств спортсменов-бадминтонистов, а также проблемы совершенствования подготовки и развития бадминтонистов.*

Ключевые слова: *бадминтон, физическая подготовка, спортивная специальность, технико-тактическая подготовка, тренировочные упражнения, тактическая подготовка, методика тренировочных упражнений.*

Badminton is one of the oldest games. Some facts confirm that modern badminton originated from the ancient shuttlecock game. Two thousand years ago, volans were played in ancient Greece, China, Japan, India and African countries. Most researchers believe that the modern interpretation of badminton originated from the Indian game called puna, which was adopted by British army soldiers in the 1860s. Duke Beaufort of England played a big role in the spread of this game in Europe. In 1873, the duke built the first amateur court on his land. The game was named after the castle there - "Badminton House". Twenty years later, the English Badminton Association announced the rules of the game, and five years later, the first official tournament was held. Badminton has a rich history dating back thousands of years. Its origins can be traced back to ancient civilizations in countries such as China, Greece, and India. Early forms of the sport were played under various names and variants.

In ancient China, a game called "ti jian zi" involved hitting a metal base to raise a shuttlecock-like object made of feathers.

This game can be considered as the early precursor of badminton. In Greece, a game called "battledore and shuttlecock" was played with a racket made of small rackets and hoofs.

British officers stationed in India in the middle of the 19th century were introduced to a similar game called "poona" or "puna" by the locals. The British liked the game and introduced it to England, where it became popular among the upper classes. The Duke of Beaufort is credited with formalizing the rules of badminton in England at the end of the 19th century and founding the Bath Badminton Club.

The sport was originally played indoors, with rules similar to today's badminton. The name 'Badminton' is derived from Beaufort's Badminton House, Duke, where the game was played. The Badminton Association of England was formed in 1893 to oversee the rules and regulations of the sport.

Badminton quickly spread to other countries. The first international competition - Thomas Cup (men's national team competition) was held in 1948. The Uber Cup (women's national team competition) followed in 1956. Badminton was officially introduced as an Olympic sport in Barcelona in 1992 and continues to be enjoyed by millions around the world.

Since its early beginnings, badminton has evolved with changes in equipment, rules and playing styles. Today, it is known for its fast rallies, strategic gameplay, and wide participation at both the recreational and competitive levels.

Badminton is a racket sport with a rich history that can be traced back thousands of years. The origins of the game can be found in the ancient civilizations of China, Greece and India.

Similarly, in ancient Greece, a game called "battledore and shuttlecock" was played using small rackets and a feather shuttlecock. The goal was to keep the shuttlecock in the air as long as possible.

A similar game called "poona" or "puna" was played in India during the 18th century. It involved hitting the fairway with the racket back and forth across the net. British officers stationed in India during the colonial period were interested in this game and brought it back to England in the middle of the 19th century. At this time, the Duke of Beaufort played an important role in the development of Badminton. He established standardized rules for the game and introduced it at his estate Badminton House, which later became the name of the sport.

The Badminton Association of England was formed in 1893 to organize regulatory bodies and simplify the rules of the game. In the 1940s and 1950s, international competitions such as the Thomas Cup (men's national team competition) and the Uber Cup (women's national team competition) were held.

Badminton was officially introduced as an Olympic sport in 1992 at the Barcelona Olympics. Since then, it has become a popular sport played around the world, with millions of participants at all levels, from recreational players to professional athletes.

Today, badminton continues to be enjoyed by people of all ages and skill levels. It is played both indoors and outdoors and is recognized as one of the world's most popular racquet sports.

In ancient China, there was a game called "ti jian zi" or "shuttle kicking". In it, players use their feet to lift up a street-like object made of feathers and a metal base. This early version of the game has similarities to modern badminton. Similarly, a game called "battledore and shuttlecock" was popular in ancient Greece. It involved using a small racket or paddles to hit a racket made of feathers and a small ball-like base. The goal was to keep the shuttlecock in the air for as long as possible.

A game called "poona" or "puna" was played in India during the 18th century. It involved hitting the fairway with the racket back and forth across the net. British officers stationed in India during the colonial period were interested in this game and brought it back to England in the middle of the 19th century. Beaufort Duqi, who came across the game in India, played an important role in the development of modern badminton. He formalized the rules of the game and introduced it at his Badminton House estate in Gloucestershire, England. Badminton got its name from this place.

The Badminton Association of England was founded in 1893 to standardize the rules and regulations of the game. The first set of standardized rules was published in 1893, and the first official badminton tournament was held in 1899.

International competitions in badminton began to gain popularity from the middle of the 20th century. The Thomas Cup, a men's national team event, was inaugurated in 1948. The Uber Cup, a women's national team competition, was introduced in 1956. These competitions demonstrated the growth and popularity of the sport at the international level.

Badminton was officially recognized as an Olympic sport in 1992 at the Barcelona Olympics. Since then, it has become a global sport with a significant following. The Badminton World Federation (BWF) serves as the international governing body for badminton, overseeing various tournaments and competitions around the world.

Today, badminton is played by millions of people around the world, from casual players to elite athletes. It remains a popular sport both recreationally and professionally. Many tournaments and championships are held every year.

Badminton has been an Olympic sport since 1992 and is one of the top three new sports that cause severe physical stress.

According to the classification of the game, there are the following types of badminton:

1. Men's singles category.
2. Women's singles category.
3. Men's doubles category.
4. Women's doubles category.
5. Mixed doubles category.

In terms of the capabilities of athletes:

1. Badminton.
2. Parabadminton.

Badminton improves eyesight because the eye muscles work during the game. Watching the flight of the flywheel, which often changes its direction, the eye is engaged. It improves far and near vision. Badminton is also good for strategic thinking and quick reactions. By following the flywheel's flight trajectory and predicting its landing, a person forces his brain to make a quick decision, which will later come in handy when working under stress.

Badminton also exercises the human cardiovascular system and makes it more durable.

Improve your game when basic skills are established. Cut the strokes under the mesh. The flywheel is twisted and falls in an unexpected direction. To cut the blow, you need to start with a forward movement, then push the racket inward and direct it perpendicular to the center of the nail. The opponent waits for the right direction for him, but cuts off his usual trajectory. Cut Short Shots The racket must hit the center during movement and move perpendicular to the shaft.

Because of this, he loses his speed and falls right into the net by another player. Hit to fly from top to bottom You need to hit at its highest point. The hand should be raised in the direction of the trajectory of the flywheel, and the other hand should shake the racket, hit its central part, and hit the enemy's side, downwards. The technique is the same as tennis. It is very important to come down from the top and do it with maximum force, and the blow should be directed as much as possible from or away from the opponent.

In modern badminton, there are 4 types of shots: short, straight, long distance and offensive.

The first two are used for deceptive maneuvers when the opponent is on the edge of his own half. An offensive knockback is a powerful blow directed at a specific location in the enemy's zone. As for long range, this is used to force the opponent to move back as far as possible.

There are also strokes to the right and to the left. The first is considered the main one and is performed with the open side of the racket. In this case, the body turns to the right and bends slightly so that the weight of the body is directed to the supporting leg.

The swing of the racket depends on the required impact force. When hitting from the left, the body and legs turn in the same direction. What differs from the front is that it is done with the closed side of the racket.

During the swing, you only need to look at the wicket.

A toss is always drawn before the start of the game to determine the side and right to serve first. The opening stroke of the shuttle should be performed from below so that the edge of the racket does not rise above the attacker's waist. It is worth noting that in this sport (badminton), the rules of the game allow several false moves to distract the opponent. Receivers must be in their zone at this time and must not cross the lines.

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