

My Favourite Game Badminton

◆ A Game I Truly Love

Among all the games I have played, **badminton** holds a special place in my heart. It is not just a game but an activity that gives me joy, fitness, and mental strength. I enjoy playing it both at school and during free time at home. The game is exciting, energetic, and easy to learn, which makes it suitable for people of all ages.

◆ Why I Chose Badminton as My Favourite Game

I was first introduced to badminton by my elder brother. He taught me how to hold the racket and hit the shuttlecock. Since then, I have found myself more drawn to badminton than to any other sport. I like how it combines quick movements, smart thinking, and constant alertness. Unlike other games, it requires very little equipment, which makes it easy to play anywhere.

◆ Basic Equipment and Rules of Badminton

To play badminton, a player needs a **racket**, a **shuttlecock**, and a **net**. The shuttlecock must be hit across the net, and each side tries to score points by landing the shuttle on the opponent's court. A match is played best of three games, with each game consisting of 21 points. It can be played as singles or doubles, and each format has its own fun and challenges.

◆ Physical and Mental Benefits

Badminton is an excellent way to stay **physically active**. It improves flexibility, hand-eye coordination, and cardiovascular health. Playing regularly strengthens leg muscles and improves balance. Mentally, the game sharpens focus, builds patience, and develops decision-making skills under pressure. It also teaches the value of **discipline** and **consistency**.

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◆ Daily Routine and Practice

I make it a habit to practice badminton after school for at least one hour. I start with basic warm-ups and footwork drills before playing with my friends or family. These daily sessions improve my skills and help me stay energetic and refreshed for my studies.

◆ The Role of Sportsmanship

Badminton has taught me how to be fair, respectful, and humble—whether I win or lose. Sportsmanship is important in every match. I have learned to shake hands after every game, appreciate my opponent's efforts, and accept defeat with grace.

◆ Inspiration from Professional Players

I am greatly inspired by **P.V. Sindhu** and **Lin Dan**, who are both legends in the badminton world. Their discipline, focus, and sportsmanship have motivated me to train harder and aim higher in life. Watching their matches helps me learn new techniques and strategies.

◆ Balancing Studies and Sports

Badminton has helped me maintain a healthy balance between academics and physical fitness. When I return from school, playing for an hour helps me clear my mind before studying again. It boosts my memory and concentration, which are useful for exams and classwork.

◆ Memories and Achievements

One of my proudest moments was when I won the school's inter-house badminton competition. The trophy I received still reminds me of the hard work and teamwork it took to win. These memories encourage me to keep improving.

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◆ Conclusion

To me, badminton is more than just a favourite pastime. It is a **source of motivation, strength, and happiness**. It keeps me healthy, builds my confidence, and teaches me life lessons. I hope to keep playing it for many years and maybe even participate in national-level tournaments someday.