**Serving Cues**

* **Forehand grip, opposite foot forward, knees flexed**
* **Hold shuttle at base with thumb and forefinger or by the skirt, waist level; racket back, cock wrist**
* **Release shuttle on the forward swing**
* **Minimal weight transfer, contact below the waist**
* **Follow through slightly on short serve and more on deep serve**
* **Feet stationary, short serve (low and slow)wrist firm**