

**To develop their understanding and knowledge of badminton**



# The Basics

**SMSC and British Values**

- Understanding the need for rules and regulations
- Ensuring fair play at all times

**Work Related Learning:**

Gaining knowledge to assist in a sports coaching/teaching career

**Numeracy links:**

- Estimating distances
- Counting and Addition.

BADMINTON MATCH SCORE CARD												
HOME		VISITING PLAYERS		SCORE		SETS		MATCH		DATE		ACRES
NAME	SCORE	NAME	SCORE	1	2	3	4	5	6	7	8	9
1												
2												
3												
4												
5												
6												
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The aim of badminton is to hit the shuttle with your racket so that it passes over the net and lands inside your opponent's half of the court. Whenever you do this, you have won a rally; win enough rallies, and you win the match.

Your opponent has the same goal. He will try to reach the shuttle and send it back into your half of the court. You can also win rallies from your opponent's mistakes: if he hits the shuttle into or under the net, or out of court, then you win the rally.

**Scoring**

A point is scored when you successfully hit the shuttlecock over the net and land it in your opponent's court before they hit it. A point can also be gained when your opponent hits the shuttlecock into either the net or outside the parameters

To win a game you must reach 21 points before your opponent. If you do so then you will have won that set. If the scores are tied at 20-20 then it comes down to whichever player manages to get two clear points ahead. If the points are still tied at 29-29 then the next point will decide the winner of the set. Winning the overall game will require you to win 2 out of the 3 sets played.

**Equipment**

Badminton is played using a stringed racket and a shuttlecock. There is a court and a net that the players have to hit the shuttlecock over.

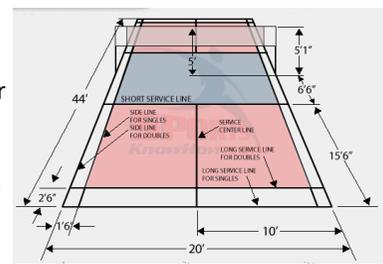
**Key Words**

- **Racket:** A racket or racquet is a sports implement consisting of a handled frame with an open hoop across which a network of strings or catgut is stretched tightly.
- **Singles:** one player on each side of the court.
- **Shuttlecock:** A shuttlecock is a high-drag projectile used in the sport of badminton. It has an open conical shape formed by feathers embedded into a rounded cork base.
- **Doubles:** 2 players on each side of the court, same sex or mixed doubles are allowed.



**The Court**

The overall dimensions of a badminton court is 20 feet by 44 feet. The lines along these measurements mark the side-lines for doubles play and long service lines for singles play. The net line marks the middle of the court where the net is placed, creating a 22 feet by 20 feet area on each side of the net. The badminton net measures 5 feet tall in the centre.



**Wider experiences and opportunities:**

- All students will be encouraged to watch Olympics and World badminton championship
- All students are invited to Badminton practice
- Students may be invited to compete in Badminton fixtures and tournaments

## Serving

Serving is how you start the rally: someone **has** to hit the shuttle first! To prevent the server gaining an overwhelming advantage, there are special restrictions placed on serving that don't apply during the rest of the rally.

The receiver is the person who hits the second shot in the rally. In doubles, the receiver's partner is not allowed to hit this shot.

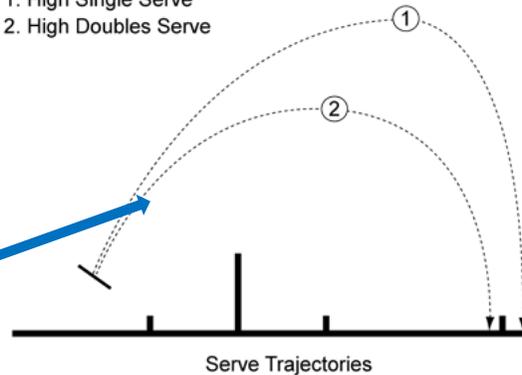
In badminton, the serve must be hit in an upwards direction, with an underarm hitting action. You are not allowed to play a "tennis style" serve.

The main rule here is that when you hit the shuttle, it must be below your waist. To be exact, the rules define this to be a height level with the lowest part of your ribcage. In other words, you can serve from a bit higher than the top of your shorts, but not much.

## The Skills



1. High Single Serve
2. High Doubles Serve



## Transferrable Skills

**Motivation:** Badminton is quite often a lonely sport where you are out on court for long periods. It is key that you can keep yourself motivated.

## Underarm Shots

The underarm clear is usually played from the front court area to your opponent's back court. Whether to play it high and deep or a flatter, cross court clear will depend on the situation at that time and your opponent's positioning on court.

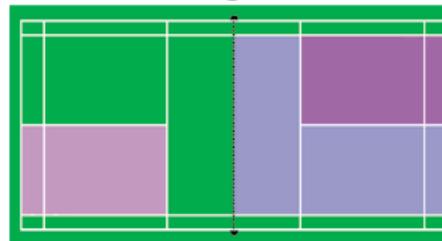
- Adopt the forehand grip for a forehand underarm clear or the backhand grip for a backhand underarm clear.
- Extend and put your racket up when you go for the shot.
- The point of impact shall be well out in front of you and as high as possible with your racket leg leading in a lunge position.
- Swing your racket upwards as the shuttle drops in the hitting area.
- Unlock your wrist as you contact the shuttle, producing a whip action.
- Follow through with your racket in the direction of the shuttle's trajectory.
- Push with both legs and move back to your base position.

## High Serve

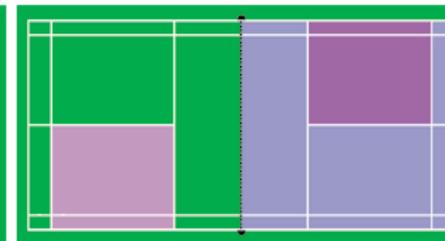
It is common to use this badminton serve during singles play to move your opponent as far back in court as possible, thus opening up the court. Be more cautious if you use this serve during doubles. Opponents with strong attacking abilities will work this serve to your disadvantage.

- Played with a forehand underarm action.
- Stand two to three feet behind the short service line.
- Relax your body and bent your knees slightly.
- Lead with your non-racket leg and place your racket leg behind.
- Bring your racket back to almost your shoulder level then swing it forward following the rhythm of the stroke.
- Hold the shuttle by the feathers and let it drop slightly in front of you.
- Hit it with the flat face of your racket and follow through until your racket reaches the non-racket side of your head

### Singles



### Doubles



Bend your body & Contract your abs

Bend your knees as you hit the shuttle

