

To develop their understanding and knowledge of badminton



The Basics



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.
- **Overhead:** the shuttle is situated above the level of the head.



SMSC and British Values

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

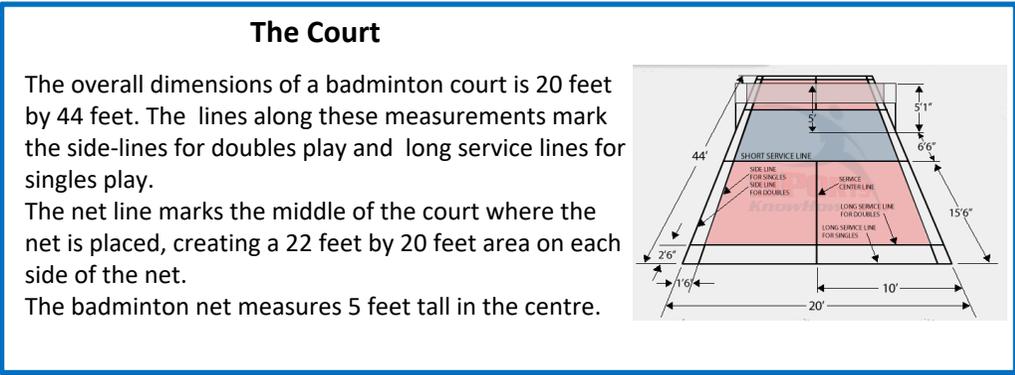
Work Related Learning:

Gaining knowledge to assist in a sports coaching/teaching career

Numeracy links:

- Estimating distances
- Counting and Addition.

BADMINTON MATCH SCORE CARD											
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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

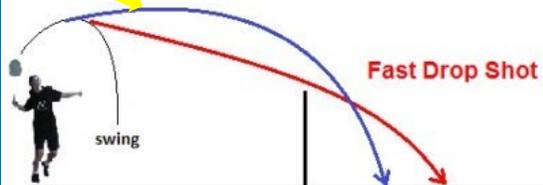
Drop Shots

An effective drop shot can be an outright winner. To execute the drop shot get behind and in line with the shuttle and turn side on to the net. Have the non-racket arm in front of the body and the racket hand should be up behind the head. To enable maximum disguise the racket/body preparation should be near as identical to how you would play a smash or a clear.

As the shuttle comes closer extend the racket arm and rotate the shoulders and hips round to face the net. Make sure to direct the shuttle downwards as with a smash but to decelerate the racket head speed – as opposed to accelerating it through. This will ensure the shuttle will drop in the forecourt area.

The Skills

Slow Drop Shot



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.

Net Shots

The net shot is played from the net and when played correctly should just tumble over the top of the net and drop as close to the net as possible on the opponents. Try and reach the shuttle before it drops too low to make the shot easier and give the opponent less time to react.

To reach the shuttle earlier step forward with the dominant foot and reach with the racket arm. Make sure to put the racket face in line with the dropping shuttle. Aim to put slightly more body weight on the front foot.

The racket hand palm should be facing up when making contact. The last of the racket lift should come from the shoulder. This should mean the shuttle bounces off the face with no pace on it, making it fall just over the net. After making contact with the shuttle the racket should keep moving in a upward direction with the shuttle's path.

Smash

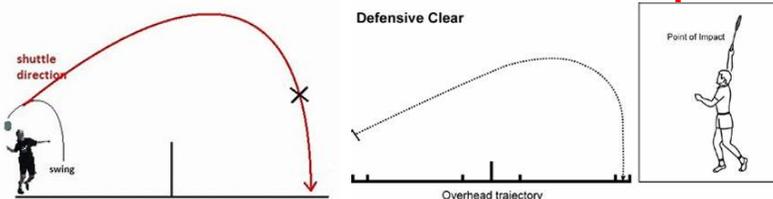
The smash is probably the most attacking shot in badminton and if executed well it is probably the most difficult shot to return, just because of the pace and direction put on the shuttle. Here we demonstrate and explain the backhand smash and forehand smash shots.



The smash is used when an opponent returns the shuttle high but short. The advantage of hitting a smash is that it gives an opponent very little time to react and return the shuttle, but if the shuttle is returned this then gives the smasher reduced time to prepare and set themselves for the next shot after hitting a smash. So it is important to choose the correct moment to unleash the smash, as hitting too many can also make a player tire quicker.

Overhead Clear

The purpose of the forehand clear is used to force your opponent to the rear court. It can be played as an attacking shot or as a defensive shot. The attacking clear is hit faster and flatter into the rear corners. The defensive clear is hit much higher and despite giving your opponent time to get behind the shuttle – it also gives you more time to get back to a base position. The overhead clear is played with a throwing action. To execute the shot turn sideways on with the non racket foot forward. Prepare the racket by lining the racket head and the non racket hand up, pointing towards the shuttle. Follow the line of the shuttle back with racket and hand until just before the shuttle is in hitting range. At this stage draw the racket back behind the shoulder and form a throwing position – not dissimilar to that of a javelin thrower.



Raise Racket Arm to around shoulder height



Lunge forward with Racket Foot