

Year 8 Badminton – How do we abide by the rules to play successfully in Badminton?

To develop their understanding and knowledge of badminton



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

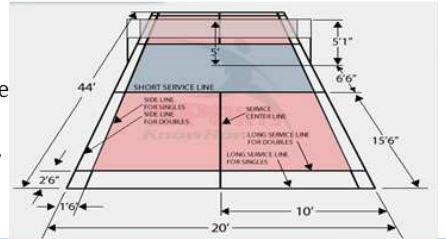
To win a game you must reach 21 points before your opponent. If you do so then you will have won that set. If the scores are tied at 20-20 then it comes down to whichever player manages to get two clear points ahead. If the points are still tied at 29-29 then the next point will decide the winner of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

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.

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 double 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.



	men		women	
	cm	inches	cm	inches
super	> +27	> +10.5	> +30	> +11.5
excellent	+17 to +27	+6.5 to +10.5	+21 to +30	+8.0 to +11.5
good	+6 to +16	+2.5 to +6.0	+11 to +20	+4.5 to +7.5
average	0 to +5	0 to +2.0	+1 to +10	+0.5 to +4.0
fair	-8 to -1	-3.0 to -0.5	-7 to 0	-2.5 to 0

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

Fitness Component	Training Method	Testing Method
Flexibility - The range of movement possible at a joint.	Stretching Exercises - Dynamic stretches, hold each stretch for at least 20 seconds	Sit and reach test - Remove your shoes. Sit on the floor feet against the sit and reach box. Place hands one on top of the other and reach forward. Keep the backs of the knees flat against the floor. Mark the distance at which your fingers reach forward and hold the position for at least 2 seconds.

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Drop Shots

An effective drop shot is an attacking drop shot. 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. Direct the shuttle downwards as with a smash but to decelerate the racket head speed. Aim for the shuttle to drop in the forecourt area, between the net and service line.

The Skills



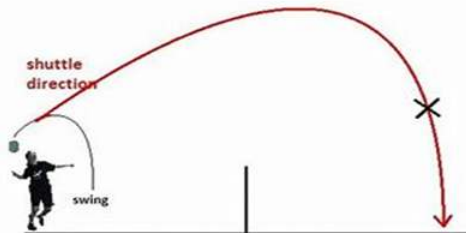
Key Words:

Trajectory: the path followed by a projectile flying or an object moving under the action of given forces.
Decelerate: The action of slowing down and decreasing in speed.

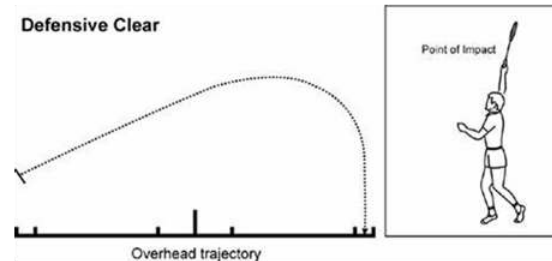
High Serve (Under arm)

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.

- Played with a forehand underarm action.
- Stand sideways on slightly 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 backwards
- Pinch 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



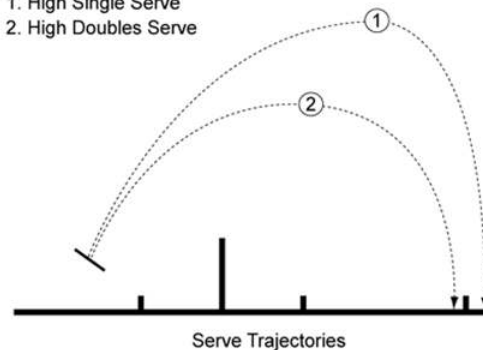
Defensive Clear



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 overhead clear is played with a throwing action. Turn to stand sideways on with the non racket foot forward. Draw the racket back behind the shoulder and form a throwing position. Follow the line of the shuttle back with racket and hand until you hit it above your head between the 12 and 1 o'clock position. Step through with the shot to add power. Keep a flat vertical racket face.

1. High Single Serve
2. High Doubles Serve



Low Serve (Back hand)

It is common to use this badminton serve during singles and doubles, to play quick, short over the service line and disguised

- Played with a backhand push action.
- Stand sideways on slightly behind the short service line.
- Relax your body and bent your knees slightly.
- Lead with your non-racket leg
- Bring your racket face in front of your waist (belly button) at a 45 degree angle
- Pinch 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 extend from the shoulder, lifting the bent elbow up and forwards