

Year 9 Badminton – How do we outwit our opponent/s in Badminton, by using skills, tactics and abiding by laws of the game?



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.

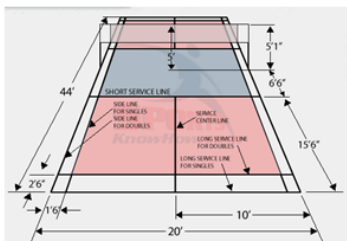
Scoring

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.



Rating	Males (seconds)	Females (seconds)
Excellent	< 15.2	< 17.0
Above Average	15.2 - 16.1	17.0 - 17.9
Average	16.2 - 18.1	18.0 - 21.7
Below Average	18.2 - 19.3	21.8 - 23.0
Poor	> 19.3	> 23.0

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.
- **Let:** Where the point is replayed for reasons such as: shuttle breaking mid-air or getting stuck in the net.

Wider experiences and opportunities:

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

Fitness Component	Training Method	Testing Method
Agility – To change direction at speed.	Circuit Training – SAQ circuit (hollow sprints plyometrics, acceleration sprints)	Illinois Agility Run – Start in the press up position, set off and run to each cone and then weave in and out the central slalom before completing the agility run in timed conditions.

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Net Shot

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. 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.

The Skills



Transferrable Skills

Retrieval: Building on previously learned skills from badminton, including serves, clears and drop shots to apply to more complex skills.

Gameplay Tactics

By forcing your opponent to move quickly about the court, you create situations where they will reach the shuttlecock late and have difficulty playing an effective shot. Once they play a weak shot, you have the choice between pushing him even farther out of position, or attempting to win the rally immediately.

Here is a simple example of creating movement pressure:

You play a **clear**.

Your opponent is forced to move into the rearcourt.

Your opponent plays a **drop shot**.

You play a **net shot**.

Your opponent is forced to move into the forecourt.

By this simple sequence of shots, you forced your opponent to move into the rearcourt, and then back to the forecourt. This puts some pressure on his movement ability.

Smash

The smash is the most attacking shot in badminton and if executed well is the most difficult shot to return, because of the pace and direction put on the shuttle.

1. Get into position and adopt the Forehand Grip. If you intend to hit the smash, you should move quickly towards the shuttle.

Your body should face the side of the court in a firm balanced position. Both your feet should also point sideways.

3. Raise your Racket Arm and Non-Racket Arm. Make sure you stretch your racket arm as far back as possible.

At the same time, raise your Non-Racket Arm to balance out the weight of your Racket Arm.

4. Take the shuttle at the highest point possible in front of you – between 1 and 2 o'clock.

5. Hit the Shuttle with a Full Arm Swing, extending from the shoulder, to the elbow and to the wrist.

Backhand Serve

The badminton backhand serve has two variations and can be used in both doubles and singles.

Your position on the court would be denoted by the red crosses, depending on your strategy and whether you are playing singles or doubles/mixed doubles. The target for the low backhand serve, would be anywhere within the yellow box.

Backhand Clear

Switch to the Backhand Grip. Keep your grip loose and relaxed for maximum wrist action. Turn your body to face the rear court. Slightly bend your knees.

Raise your elbow as high as possible so that you'll take the shuttle at a high point. Take the shuttle at the highest point possible. As you hit the shuttle, stomp your Racket Foot on the ground. Place your body weight on your Racket Foot to create more power.

Take shuttle at the highest point possible

