

Year 7 Badminton - How do we embed skills to play successfully in Badminton?



The Basics

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.

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.

	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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Serving

Serving is how you start the rally: someone has to hit the shuttle first.

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.

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.

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

Low Serve (Back hand)

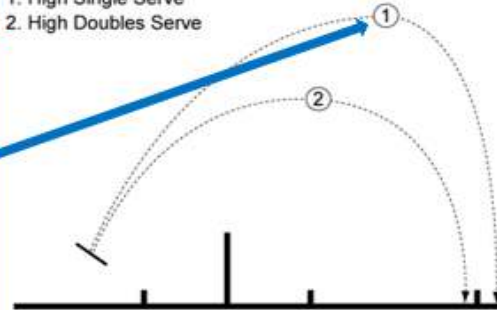
It is common to use this badminton serve during singles and doubles, to play quick, short over the service line and disguised

- 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

The Skills

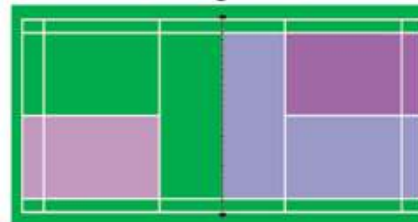


1. High Single Serve
2. High Doubles Serve



Serve Trajectories

Singles



Net Shots

A net shot is typically played from the front court area to between the net and the service line.

The shot can be returned as a low net return, a flick smash, or a net clear to the back of the court.

- Adopt the forehand grip for a forehand underarm clear or the backhand grip for a backhand underarm clear.
- 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.
- Follow through with your racket in the direction of the shuttle's trajectory.
- Push with both legs and move back to your base position, whilst maintaining a side on stance.

Over arm 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 get 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

