

P.E. L.A. AINGER



BADMINTON
UNIT
7th and 8th Grade

Coach Stier &
Morton

History

BADMINTON was invented long ago; a form of sport played in ancient Greece and Egypt.

The game was called "POONA" in India during the 18th Century, and British Army Officers stationed there took the Indian version back to England in the 1860's.

In 1934, the International Badminton Federation (IBF) was organized

Badminton was first contested as an official Olympic sport at the 1992 Olympic games in Barcelona, Spain.

The 10 Rules of Badminton

1. A game starts with a coin toss. Whoever wins the toss gets to decide whether they would serve or receive first **OR** what side of the court they want to be on. The side losing the toss shall then exercise the remaining choice.
2. At no time during the game should the player touch the net, with his racquet or his body.
3. The shuttlecock should not be carried on or come to rest on the racquet.
4. A player should not reach over the net to hit the shuttlecock.
5. A serve must carry cross court (diagonally) to be valid.

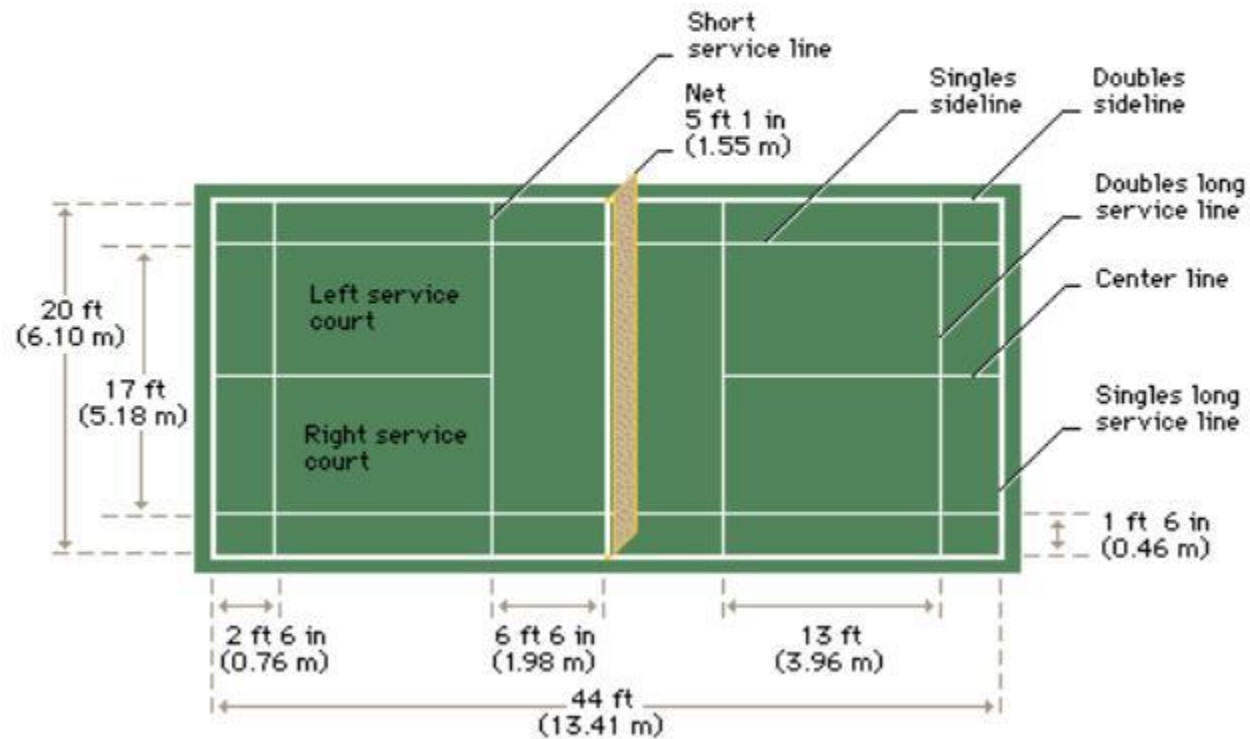
The 10 Rules of Badminton cont.

- 6. During the serve, a player should not touch any of the lines of the court, until the server strikes the shuttlecock. During the serve the shuttlecock should always be hit from below the waist.
- 7. A point is added to a player's score as and when he wins a rally.
- 8. A player wins a rally when he strikes the shuttlecock and it touches the floor of the opponent's side of the court or when the opponent commits a fault. The most common type of fault is when a player fails to hit the shuttlecock over the net or it lands outside the boundary of the court.
- 9. Each side can strike the shuttlecock only once before it passes over the net. Once hit, a player can't strike the shuttlecock in a new movement or shot.
- 10. The shuttlecock hitting the ceiling, is counted as a fault.

Preview of Badminton

- Badminton is a game that somewhat resembles tennis and volleyball and involves the use of a net, lightweight rackets, and a shuttlecock, a cork ball fitted with stabilizing feathers.
- The players hit the shuttlecock back and forth over the net with the rackets.

Badminton Court



Badminton Grips

Forehand Grip

- This grip is used to hit shots that are on the forehand side of your body and around the head shots.
- Hold the racket head with your non-playing hand so that the handle points towards you.
- Your racket face shall be perpendicular to the floor.
- Place your playing hand on the handle as if you are shaking hands with it.
- There shall be a V shape in between your thumb and your index finger.
- The racket handle shall rest loosely in your fingers for greater flexibility.
- Can try shortening your grip and place it nearer to the shaft to increase control and accuracy when serving and hitting from the forecourt and midcourt.



Badminton Grips

Backhand Grip

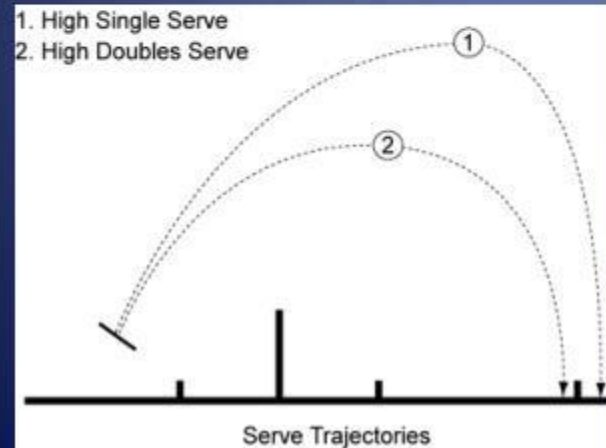
- This grip is used to hit shots that are on the backhand side of your body.
- Hold the racket as you would on a forehand grip.
- Turn the racket anti-clockwise so that the V shape moves leftwards.
- Place your thumb against the back bevel of the handle for greater leverage and power.
- The racket handle shall also rest loosely in your fingers.
- Can try shortening your grip and place it nearer to the shaft to increase control and accuracy when serving and hitting from the forecourt and midcourt.



Serving

High Serve

- Use this badminton serve during singles play to move your opponent as **far back in court** as possible, thus opening up his 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.



Low Serve

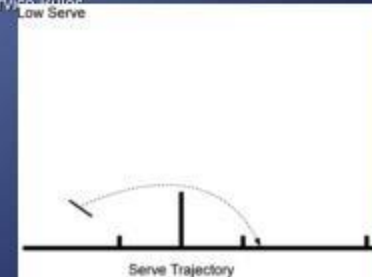
- Use this badminton serve when you want your opponent to **lift the shuttle**. It is commonly used during doubles, but you can use it during singles too if your opponent's attack is too strong. You can use either forehand or backhand to play this serve.

Forehand

- 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 your waist level then start your forward swing.
- Hold the shuttle by the feathers and bring it closer to meet the racket instead of dropping it in front.
- Contact the shuttle at a higher point but still below your waist line.
- Push the shuttle with the racket face and try to make the shuttle skim the tape of the net.
- If you normally use high serve during singles, mix the low serve in occasionally. You might be able to catch your opponent off-guard if you can execute it well.

Backhand

- Stand in a comfortable and balanced position with your racket hand in front.
- Lead with your racket leg and place your non-racket leg behind with your feet pointing towards your opponent.
- Carry out a short back swing then bring the racket forward.
- Hold the shuttle on the tip of the feathers in front of your waist level.
- Push the shuttle with the racket face and try to make the shuttle skim the tape of the net.
- You can try to shorten the grip for a better control of the racket.
- Beware of breaking the Service Rules.



Vocabulary

Alley - The area 18" wide, that runs the length of the court, and is in play only for a doubles match.

Clear - The hit used to hit the shuttlecock high and deep into the backcourt.

Drive - The hit used to send the shuttlecock, hard and parallel to the floor.

Drop Shot - The hit, similar to a dink in Volleyball, where the shuttlecock is barely hit over the net.

Doubles - When you play with a partner, 2-on-2.

Fault - When a serve is missed, for any reason.

Foot Fault - When the server steps on the back line while serving.

Game - A series of points.

Let - When there is an occurrence, with no one at fault the point is played over, "let".

Long service Line - The back line that marks the end of the service area.

Match - If a player or team wins 3 games, they win the match.

Score - The score should be even when the server is serving from the right side, and odd when the server is serving from the left side.

Serve - The serve should be hit underhand, and may touch the net, as long as the shuttlecock lands in the correct service area.

Short Service Line - The front line of the service area.

Shuttle - Also known as the shuttlecock or birdie, could be made out of bird feathers, if they were very expensive.

Singles - Anytime you play one person against another person.

Smash - The one hit you use to strike the shuttlecock down to the floor on your opponent's side of the net.