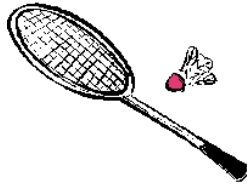


# 6<sup>TH</sup> GRADE BADMINTON STUDY GUIDE



## History

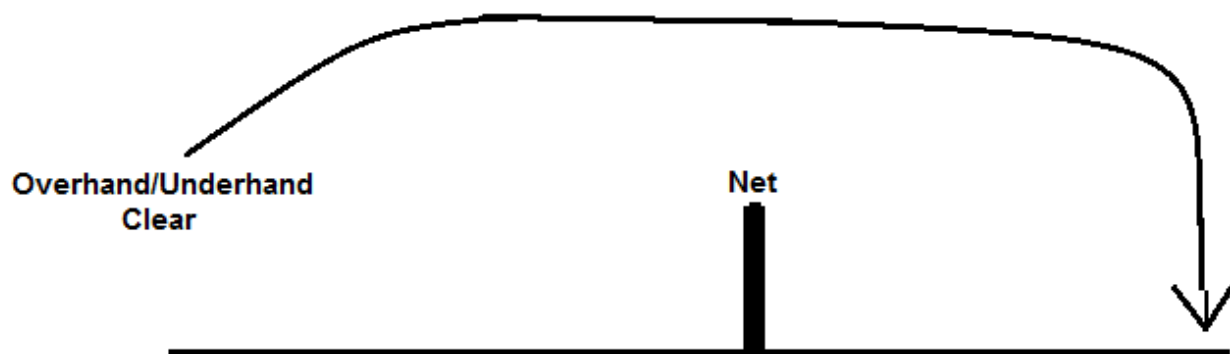
- British Army officers in India played a grown up version of this game. Known in its early days as 'poona', it was played with many people who tried to keep the 'bird' in the air. A net came to be added later and badminton in its present form was born.

## Equipment

- Racquet - the equipment used to hit the shuttle. Typically weighs about 5 ounces.
- Birdie or shuttle - the plastic, feathered, or nylon bird' that is hit back and forth in badminton.

## Strokes

- Serve - underhand stroke used to start game play.
- Overhand Clear - overhand stroke driving the birdie high and deep into the opponent's court.
- Underhand Clear - underhand stroke driving the birdie high and deep into the opponent's court.



## Game Play

- The side that wins the rally wins the point.
- On the line is IN.

## Faults

- Serve is made when standing in the wrong serve/receive court.
- The wrong player returns the birdie on the serve.

## Doubles and Singles

- The serve must be delivered so that the birdie is hit below the waist.
- The birdie must travel into the diagonally opposite serve/receive court.
- If the birdie touches the net on the serve it is a fault.

## Terminology

- Ace - a point; often used to indicate an opponent's failure to return a serve.
- Backhand grip - the grip used to hold the racquet when swinging at the bird on the non-racquet side of the body.
- Fault - means the rally has ended due to an error by the serving or the receiving team.
- Forehand grip - the grip used to hold the racquet when serving or swinging at the bird on the racquet side of the body.
- Rally - the continuous hitting of the bird back and forth over the net. The rally begins with the serve.

