

BADMINTON STUDY GUIDE

SKILL PROGRESSION: ** All information given assumes right-handed players.

Substitute opposite direction given for left handed players.

- 1) Grip - shake hands with racquet (forehand). Move thumb on back of racquet for added leverage (backhand).**
- 2) Ready Position**
 - a. feet shoulder width apart, toes facing net.**
 - b. knees bent, weight on balls of both feet.**
 - c. both shoulders facing net.**
- 3) Forehand Clear (Overhead)**
 - a. Keep eye on shuttle.**
 - b. Back foot (right foot) pointing to right sideline, front foot (left foot) pointing to net.**
 - c. Shoulders at right angle to net - front (left) shoulder facing net.**
 - d. Back swing - above and behind right shoulder.**
 - e. Hit shuttle at peak of reach, arm fully extended, step toward net with leg opposite hand holding racquet.**
 - f. Follow through - racquet head should be beside left thigh.**
- 4) Forehand Clear (Underhand) - same as #3 except:**
 - a. Back swing - behind body about waist level.**
 - b. Hit shuttle below hand.**
 - c. Follow through - racquet head over left shoulder.**
- 5) Backhand Clear (Overhead) - same as #3. Reverse directions given.**
- 6) Backhand Clear (Underhand) - same as #5 except:**
 - a. Back swing - behind body about waist high.**
 - b. Follow through - to net.**
- 7) Serve - underhand. ** Allow server to serve overhand if student has trouble with underhand serve!**
 - a. Holding shuttle - pinch base of shuttle with thumb and index finger of left hand.**
 - b. Left arm extended shoulder high toward net.**

c. Long serve - release shuttle, left shoulder facing net, back swing, contact shuttle knee high, follow through with racquet over left shoulder.

d. Short serve - contact shuttle hip high, follow through should end with head of racquet facing the net.

8) Smash - same as forehand clear except:

- a. contact shuttle farther in front of body.
- b. follow through to left of player at knee height.

9) Drop shot - same as forehand clear except shorten follow through (in front of the player waist high)so that shuttle clears net and drops to front court.

TERMINOLOGY:

- 1. Let - a point must be replayed.
- 2. Fault - a violation of the rules.
- 3. Rallying - players hit the shuttle back and forth to each other.
- 4. Smash - the shot that travels downward with great force.
- 5. Drop shot - the shot that barely clears the net and immediately falls into the opponent's court.
- 6. Clear - the shot that is hit high to the back of the opponent's court.
- 7. Drive - the shot that sends the shuttle skimming low over the net in a more or less parallel line with the floor.

RULES AND SCORING:

***Warm-Up - rally the shuttle to opponent so he or she can warm up also.

- 1. Winning a rally - one (1) point to the serving team.
- 2. Total points to complete a game - 15, win by two (2).

Serving:

1. Service fault - occurs when 1) shuttle does not clear net 2) shuttle clears net but

does not fall into proper diagonal court.

*** NOT a service fault if server completely misses shuttle.

- 1. Same player serves as long as he or she is making points.

2. Court in which player serves:

Right court - if server's score is zero or an even number.

Left court - if server's score is an odd number.

3. Server calls out score before each serve. Server calls out their score first.

- (Ex. 8 serving 3 means the serving team is winning 8-3.
3 serving 8 means the serving team is losing 8-3.)
4. Doubles - serving team changes court (left and right) after winning a point or after getting the serve back
 - receiving team never changes service courts.
 5. Doubles - serve to player in diagonal court. That player can only return serve.
 - Fault if other player returns serve (point awarded to serving team).

Playing:

1. Fault - if racket touches net.
2. Play continues if shuttle touches net and falls into opponent's court during play.
3. Lines are part of the court.
4. Shuttle must hit floor when it is out of bounds for a fault to occur.
5. A let is called when any unusual occurrence interferes with play.

STRATEGY:

1. Use clears and drop anywhere on court.
2. Avoid hitting a shot to the middle of the court.
3. Use smash when in the front three quarters of the court.
4. Singles - after hitting shot, player should return to center of court.
5. Use clear when opponent is moving toward the net.
6. Try to hit to opponent's backhand 50-75% of the time.

SAFETY:

1. No horseplay.
2. Return equipment in proper designated areas.
3. No throwing of racquets or hitting players.

HISTORY:

1. Badminton was first known as "poona", and was first seen in India.
2. The modern game of badminton was developed by the Duke of Beaufort at his home "Badminton", in Gloucestershire, England.

REVIEW QUESTIONS FOR BADMINTON

**** All questions assume the player is RIGHT handed!**

2. (T or F) The proper grip of a badminton racquet should have all fingers around the racquet EXCEPT the index finger.
3. (T or F) The hand should be near the end of the racquet.
4. Which one of the following is not true concerning the proper skill of the underhand long serve?
 - a. The follow through should be over the left shoulder
 - b. Contact the shuttle knee high
 - c. Step forward with the left foot pointing to the diagonal court
 - 2.) Before the back swing, both shoulders should be facing the net
4. Toes facing net, feet shoulder width apart, knees bent describe:
 - a. Scoring
 - b. Service fault
 - c. Ready position
 - d. Unready position
5. Where is the follow through for an overhead forehand clear for a right-handed player?
6. Explain the difference between the long and short underhand serve.
7. Define smash and drop shot.
8. Describe the proper form when using a smash and drop shot.
9. Define: let, fault, rallying, clear drive.
10. How many points to complete a game?
11. Explain from which court is the serve taken?
12. List three strategy facts.
13. List two history facts of badminton.

