



Year 7 Badminton

SMSC and British Values

- Understanding the need for rules and regulations.
- Ensuring fair play at all times.



Key Skills	Description
Grip and ready position	The correct grip allows you to have control and helps you dictate where you place your shot. The ready position will allow you to return the opponent's strokes efficiently and enable you to get an advantage in rallies.
Serve	A good serve is likely to get you points and may give you some advantage during the rally. Serves include low, high, and flick.
Overhead Clear	The overhead clear is used to push the opponent deep to the rear of their court and expose the court space near the net for a follow up drop shot or net shot. It can be performed forehand and backhand.
Underarm Clear	Underarm Clears are defensive shots. They can be performed using both the forehand and backhand. They are hit from the forecourt and usually performed when your opponent hits a Drop Shot to you.
Drop Shot	Often disguised as an overhead clear but softer execution. The shuttle drops to the forecourt. Can be played forehand or backhand.
Footwork	Good footwork helps you cover more of the court without tiring yourself out in the process,. Includes split step, side steps, crossover steps and lunges.

Example of a Badminton Game



When watching the game look out for the following:

- How a player varies the height, depth and direction of their serves
- How the players use footwork to cover the court and return to the ready position after each shot.
- Identify some of the different shots you have learned in lessons.

Components of fitness used in Badminton:

- Speed
- Agility
- Aerobic Fitness
- Power
- Coordination

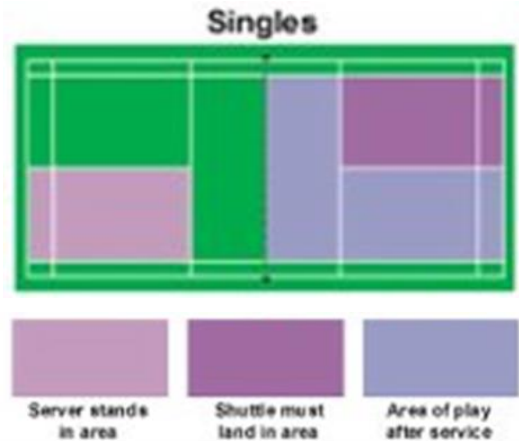
Transferable Skills

- Grip
- Serve
- Footwork
- Stance
- Timing
- Spatial awareness

Rules

- A competitive match must be played indoors utilising the official court dimensions.
- A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.
- At the start of the rally, the server and receiver stand in diagonally opposite service courts.
- A legal serve must be hit diagonally over the net and across the court.
- A badminton serve must be hit underarm and below the server's waist height with the racquet shaft pointing downwards, the shuttlecock is not allowed to bounce. After a point is won, the players will move to the opposite serving stations for the next point.
- The rules do not allow second serves.
- During a point a player can return the shuttlecock from inside and outside of the court.
- A player is not able to touch the net with any part of their body or racket.
- A player must not deliberately distract their opponent.
- A player is not able to hit the shuttlecock twice.
- A 'let' may be called by the referee if an unforeseen or accidental issue arises.
- A game must include two rest periods. These are a 90-second rest after the first game and a 5-minute rest after the second game.

Badminton Court Markings



Badminton Scoring

In recent years, badminton has changed how players can score a point. In 2006, the rules were changed to a rally point system, and this now allows both players to score a point during a rally, regardless of who served.

- Games are played to a best of three games.
- To win a game, a player must reach 21 points.
- However, if the game is tied at 20-20 (or 20-all) then you are required to win by two clear points.
- Unlike most sports, however, if the score becomes 29-29 (or 29-all), the player or team to score the 30th point will win the game.

Badminton Singles Tactics

- Hitting into space – keep opponent moving.
- Shot selection – select right shot for the right situation.
- Target opponent's weaknesses.
- Disguise shots.

Grip

Forehand Grip – hold racket handle as if shaking hands.



Backhand Grip – twirl the racket handle anti-clockwise so that the thumb rests on the wide side.



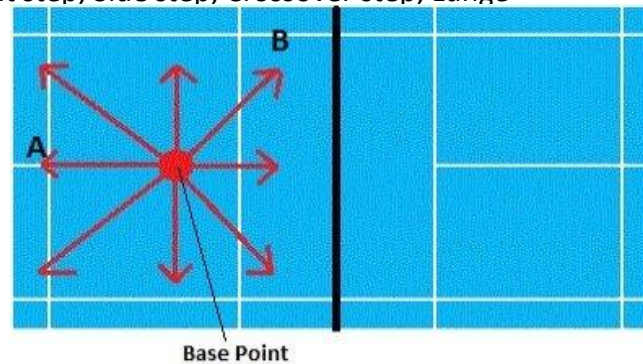
Ready Position

Face your body to the front of the court. Place your racket in front of you, around waist height and pointing slightly forward. Raise your non-racket arm for better balance.



Footwork

Split step, Side step, Crossover step, Lunge



Serve

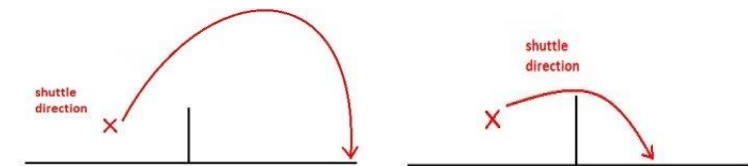
The racket head must always start from below the waist. Your feet must remain on the ground.

High

Hold head of shuttlecock with head facing downwards. Stand sideways and relax racket arm. Let go of the shuttlecock and swing racket arm upwards. Twist waist to the extent that body faces the net. Flick wrist upwards towards the direction you want the shuttle to land. The back leg should lift up naturally onto the toe.

Low

Hold the feather of shuttlecock with head of the shuttlecock facing downwards. Position racket behind shuttlecock. Step slightly forward with right (left) leg if right-handed (left-handed). As you let go of the shuttlecock, flick racket lightly while pushing thumb forward towards direction you want the shuttle to land. Power comes mainly from the push of thumb and the slight flick of wrist.



Wider Experiences & Opportunities

- All students will be encouraged to watch Olympic, Commonwealth and BWF World Championships.
- All pupils invited to attend Badminton Club.
- Students may be invited to represent the school.