

# Badminton

## History

" A form of badminton, with players kicking a small feathered shuttlecock, was first played in 5<sup>th</sup> century B.C. in China. The games derived its name from its introduction in England in 1873 at a country estate called Badminton. By this time players were using rackets, and the shuttlecock was put into play after each point by servants (this is where the term "to serve" comes from). Badminton was introduced in America in the 1870's, grew in popularity in the 1920's and 1930's, and became a full-medal Olympic sport in 1992."

## Procedures

The objective of the game is to hit the shuttle over the net so that it lands in your opponent's court out of your opponent's reach. You can hit the shuttle in many ways - hit down hard and fast, gently over the net, high, flat, or low. When several shots are exchanged between you and your opponent, a **rally** is created. Each rally begins with a serve. This gets the shuttle into play and this is the beginning of a battle of wit, shuttle control, movement and fitness. There are several ways to win a rally:

- When the shuttle hits the ground on your opponent's court.
- When your opponent makes a mistake or fault.
- When the shuttle hits any part of your opponent's body or clothing.

Since 2006, all official competitions use the 21 Point Rally Scoring System, where the winner of a rally always gets a point. The scoring is the same for singles or doubles. Games are played to 21 points and you must win by 2 points. If a game gets tied at 29-29, the next point wins, for a maximum of 30 points. Before a match, the winner of a coin toss or spin of the racket, chooses between serving, receiving, or on which side of the net she will begin. Play is continuous.

- To start a game, serve from the right service court.
- Once you win the right to serve, you alternate sides (right service court and left service court) until you lose the point.
- A match consists of the best of 3 games.
- The side winning a game serves first in the next game.
- In doubles, there is only one service per side.

## Serving

The server faces the net and stands inside the service court on her right. The receiver stands inside the service court on her right (diagonal from the server). Partners may stand anywhere as long as the receiver's view of the serve is not blocked. In doubles,

only the receiver may return the serve. Once a serve is returned in doubles, either player may return a hit; partners do not have to take turns hitting the shuttle. When it is the player's turn to serve and her score is even or zero, she begins serving from the right service court. When it is the player's turn to serve and her score is odd, she begins serving from the left service court. A server commits a "fault" and loses her serve if she misses the shuttle, if the shuttle becomes stuck in the net on the serve, or if she serves incorrectly. The server must:

- Keep her feet stationary ( not step) (as must the receiver while receiving)
- Make initial contact with the shuttle below the server's waist
- Have all of the racket's head clearly below the hand that holds the shuttle at the moment of contact.
- Serve in a continuous motion-no faking.
- Be totally within the boundaries of the service court, touching no lines.
- Hit the base of the shuttle first.

The receiver may not move until the server hits the shuttle.

#### Faults

In addition to service faults, faults also occur when the shuttle

- Hits outside the court
- Does not pass over the net
- Touches the roof, ceiling, or any side walls
- Touches a player or a player's clothing
- Touches any person or object out of bounds
- Is caught, held, and slung on the racket
- Is hit twice in a row by the same player on the same play
- Both partners hit the shuttle before it is returned to the other side.

The Sports Rules Book, Human Kinetics, Thomas Hanlon. Human Kinetics, Champaign, IL. 1998:19-23.

Level 101, Introduction to Badminton (Version 2.7), USA Badminton, 2007

## Grips

The racket is an extension of your arm. Therefore, controlling the racket helps you to play the shuttle effectively.

Different situations require different grips. You need to learn how to change grips quickly during games. For now, you need to learn two basic grips.

### Forehand Grip

- This grip is used to hit shots that are on the racket side of your body and overhead shots
- Grip racket on the handle as if you are “shaking hands with it
- Hold the handle with relaxed and loose



Figure 18a Forehand Grip 1

fingers for greater flexibility

Note the “V” shape in between the thumb and your index finger

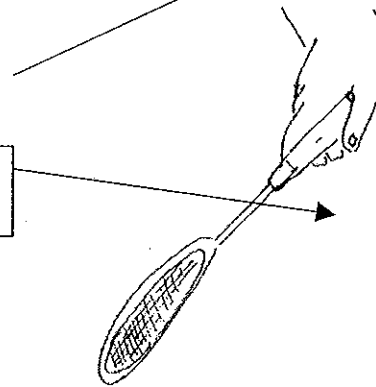


Figure 18b Forehand Grip 2

### Backhand Grip

- This grip is used to hit shots that are on the non-racket side of your body
- Hold the racket as you would on a forehand grip
- Place your thumb against the back bevel of the handle. This will provide greater control and power
- The thumb is pointing up towards the racket face
- As in the forehand grip, hold the racket very loosely

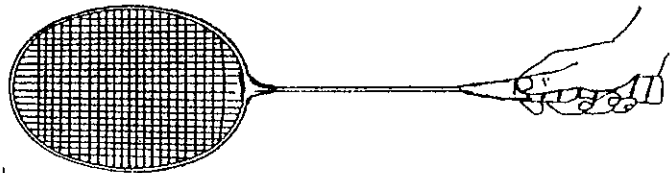


Figure 19 Backhand Grip

## High Serve

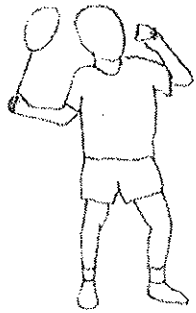


Figure 20a High Serve - Preparation

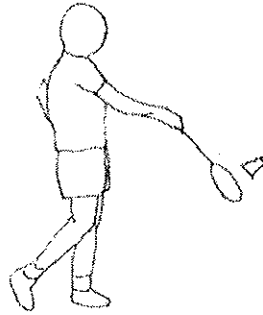


Figure 20b High - Hitting Phase

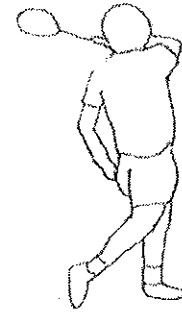


Figure 20c High Serve - Follow Through

This serve is used in singles play to move your opponent to the back of the court.

- Stand sideways with non-racket foot forward towards net
- Weight on back foot
- Hold the shuttle by the feathers at eye level and let it drop slightly in front of you
- Swing racket forward
- Hit it with the flat racket face
- Follow through until your racket reaches the non-racket side of your body
- Weight fully on non-racket foot

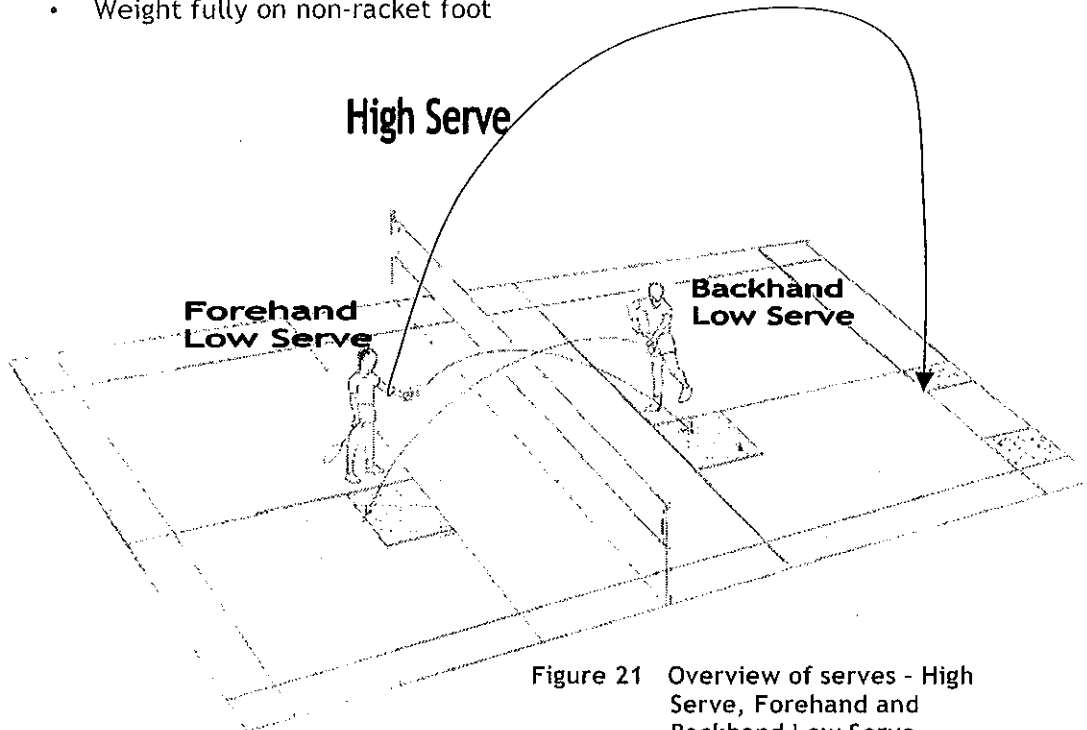


Figure 21 Overview of serves - High Serve, Forehand and Backhand Low Serve

## 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 Low Serve

- Stand sideways two to three feet behind the short service line with non-racket leg facing the net
- Relax your body
- Hold shuttle just below waist level
- Keep racket to waist level then start forward swing
- Contact the shuttle at the highest point below your waist
- Push the shuttle with the racket face instead of striking
- Try to make the shuttle skim the top of the net

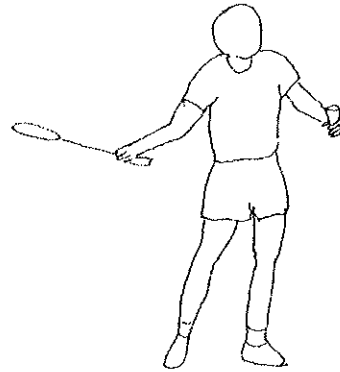


Figure 22 Forehand Low Serve

### Backhand Low Serve

- Use backhand grip
- Stand square facing the net with racket foot forward
- Hold the shuttle by the feathers
- Use small swing and push the shuttle with the racket face and try to make the shuttle skim the top of the net

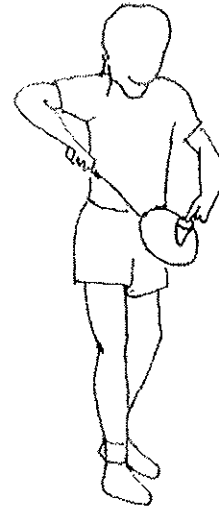


Figure 23 Backhand Low Serve

## Overhead Strokes

These aerial shots are made when the shuttle is over your head. You can play these in 3 possible ways:

- Hit very high to the Back Court - Clear (1)
- Hit gently just over the net to the Front Court - drop shot (2)
- Hit hard downwards to the sides at Mid Court- smash (3)

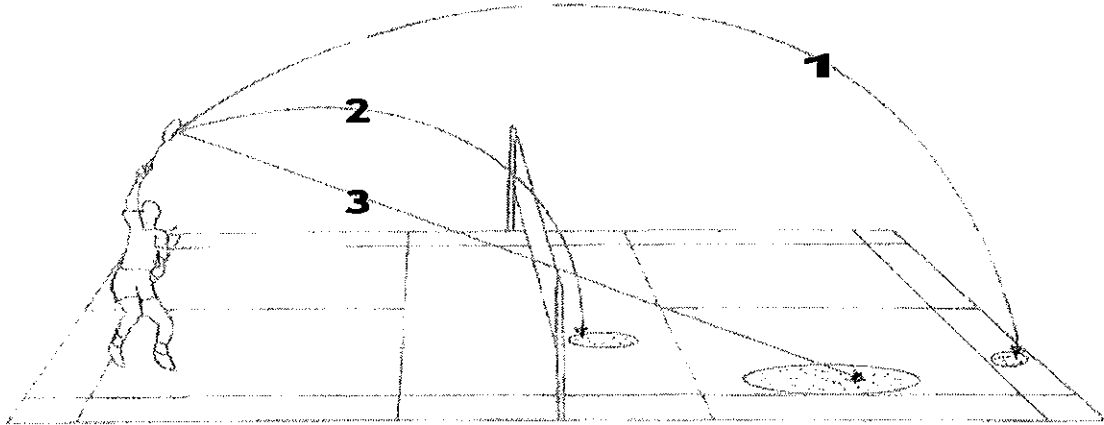


Figure 24 Overview Of Overhead Shots : Clear, Drop Shot and Smash

## Clear

The clear is a high shot played to the back court of the opponent. The aim is to move the opponent to the back court.

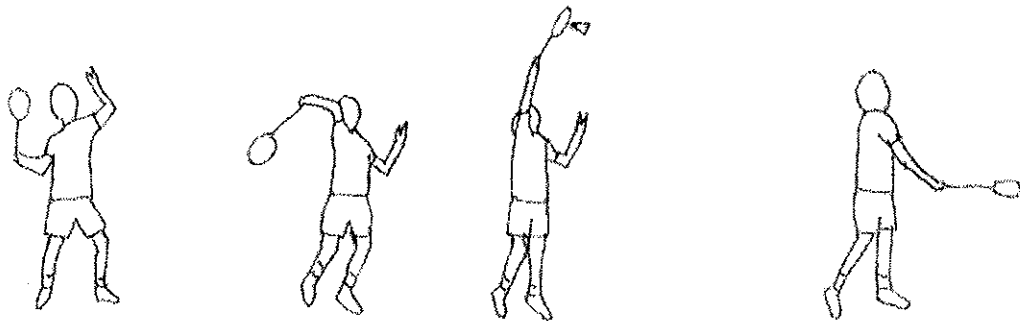


Figure 25 Phases of the Clear

- Stand sideways with non-racket leg facing the net
- Weight on racket foot (now at the back)
- Elbow high and bent as in “throwing action”
- Swing racket upward towards shuttle
- Racket hip and shoulder follow
- Reach up high to contact shuttle early
- Body weight is transferred forward
- Follow through continues to non-racket side of body

## Drop Shot

The drop is a gently struck shot that falls close to the net within the front court.

- The preparation is the same as for the clear
- Take away the force just before impact
- Body weight is transferred forward
- A short follow through continues forward

## Smash

The smash is a powerful steep downward shot. It is usually targeted at the sidelines of the court.

- The preparation is the same as for the clear
- Contact shuttle slightly in front so that the full force from the explosive swing can be applied on the shuttle
- Body weight is transferred forward
- Follow through continues to non-racket side

## Backhand

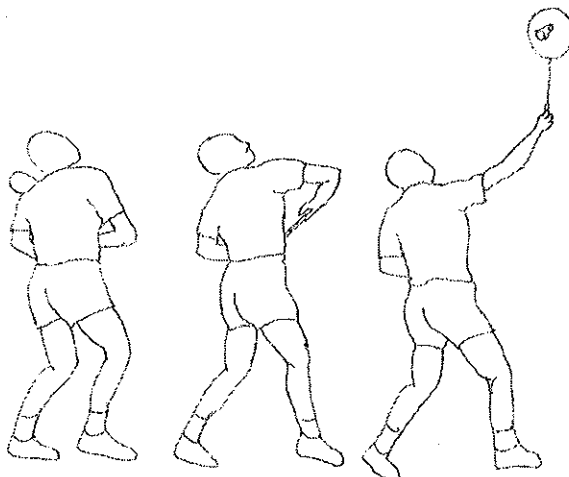


Figure 26 Backhand Clear

The backhand is an advanced stroke. When possible it is advisable to play round the head shots.

- Use backhand grip
- Racket foot in the direction of the shuttle
- Keep racket elbow low just before hitting the shuttle
- Play a short and explosive whip like swing
- Racket foot lands at most same time as shuttle is hit
- There is no follow through after impact

## Block

The block is a mid court stroke. This shot is used to counter the smash. The block involves taking the speed off the smash. The shuttle should fall just over the net at the front court.

- Stand square to the opponent and crouch slightly
- Keep arm relaxed and glide racket to take pace off the shuttle
- Maintain a loose grip
- Follow through is short towards the target area

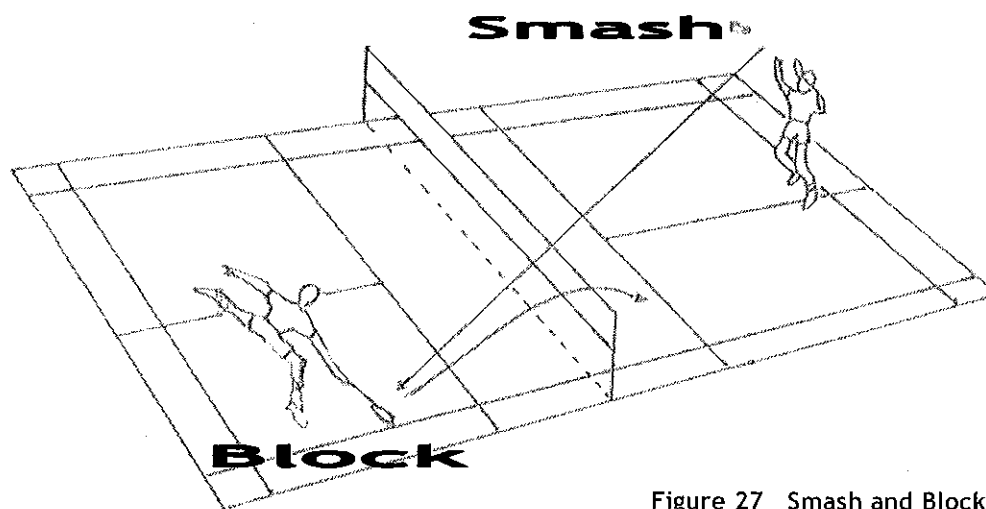


Figure 27 Smash and Block

## Drive

The drive is a hard flat shot that travels parallel to the floor.

- Shuttle about net height
- Take a short backswing and play and short explosive swing
- Follow through is small towards the target area

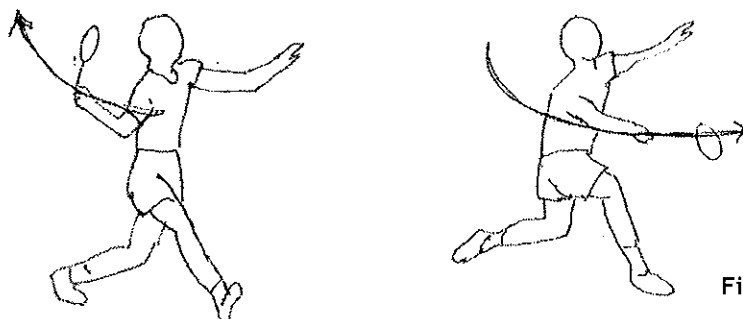


Figure 28 Drive

## Net Lift

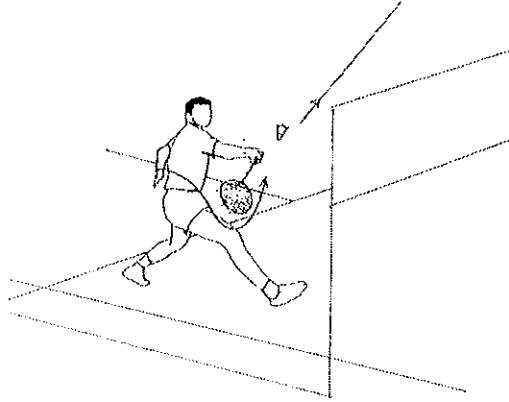


Figure 29 Net Lift

The net lift is an upward shot where the shuttle is struck high and lands at the back court along the singles service line.

- Racket foot forward
- Racket swing is relaxed and made in an upward loop
- Contact shuttle on the racket side if playing a forehand net lift or on the non-racket side if playing a backhand net lift
- Follow through in the direction of the shot

## Net Shots

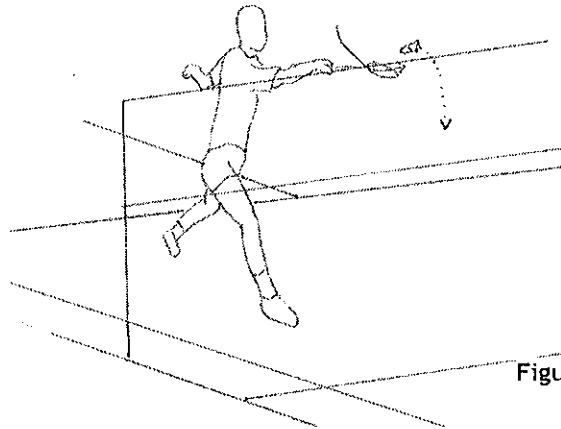
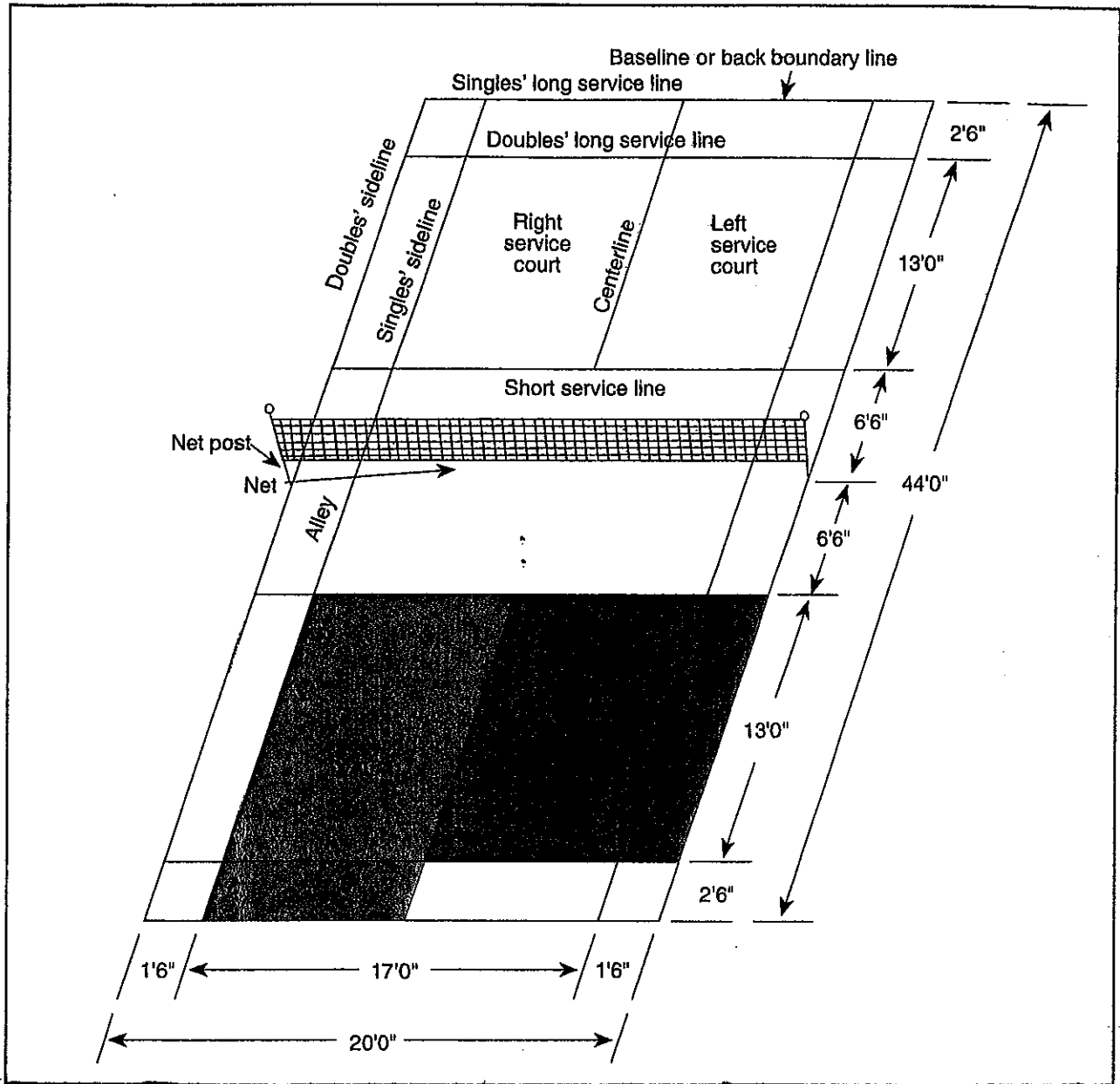


Figure 30 Net Shot

Net shots are played to keep the shuttle close to the front court area.

- Racket foot forward
- Body relaxed
- Racket arm stretched out but keep elbow and wrist flexed
- Grip held with loose fingers
- Contact shuttle as early as possible
- Initiate gentle slicing movement with fingers and wrists



# Badminton Rubric – Skills

Name \_\_\_\_\_

Date \_\_\_\_\_

Composite Score \_\_\_\_\_

	100-93%	92-85%	84-77%	76-70%	69-60%	59% and below
<b>Serve</b>	Always serves with excellent form, power and location with no teacher assistance. Has a variety of serves.	Consistently serves with good form, power and location with no teacher assistance.	Somewhat consistent form – has 60% success rate; some teacher reminders.	Somewhat erratic form – has 50% success rate with adaptations (1 fault allowed)	Erratic form – 40% success rate with adaptations (multiple faults allowed)	Seldom serves the ball in even with adaptations.
<b>Forehand &amp; Backhand</b>	Always demonstrates excellent stroke mechanics. Shots have power and excellent location.	Consistently demonstrates good stroke mechanics. Shots have moderate power and consistent location.	Form is somewhat consistent, and can sustain a short rally. Shot lacks power.	Form is somewhat erratic and ineffective - results in inconsistent shot placement. Has difficulty in sustaining a short rally. Shot lacks power and location.	Inconsistent stroke mechanics. Defensive style of play, just trying to get bird over net. Unable to sustain a rally. Shot has no power.	Form is very poor and erratic. Virtually no control or shot placement. Experiences difficulty in getting the bird over the net.
<b>Overhead Drop Shot</b>	Always demonstrates excellent stroke mechanics. Shots are well disguised and paced.	Consistently demonstrates good stroke mechanics. Shots are moderately disguised and appropriately paced.	Form is somewhat consistent. Shots are occasionally disguised, but still are appropriately paced.	Form is somewhat erratic and ineffective. Shot is not disguised. Placement is erratic.	Inconsistent stroke mechanics. Shot is not disguised and lacks placement.	Form is very poor and erratic. Experiences difficulty in getting the bird over the net.
<b>Underhand Drop Shot</b>	Always demonstrates excellent stroke mechanics. Bird travels within 6" from the top of the net.	Consistently demonstrates good stroke mechanics. Bird travels within 1' from the top of the net.	Form is somewhat consistent. Bird travels higher than 1' from the top of the net.	Form is somewhat erratic and ineffective. Bird travels higher than 1' from the top of the net.	Inconsistent stroke mechanics. Success rate of keeping bird in play 50%.	Form is very poor and erratic. Success rate of keeping bird in play less than 50%.
<b>Drive</b>	Always demonstrates excellent stroke mechanics. Bird always stays straight & close to the top of the net.	Consistently demonstrates good stroke mechanics. Bird consistently stays straight & close to the top of the net.	Form is somewhat consistent. Bird occasionally stays straight & close to the top of the net.	Form is somewhat erratic and ineffective. Shot lacks power and travels too high above the net.	Inconsistent stroke mechanics. Shot has little power, and poor direction.	Form is very poor and erratic. Shot has no power, and no direction.

## Badminton - Serving - Peer Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

NASPE Content Standard #1: Demonstrates competency in many movement forms and proficiency in a few movement forms.

#2: Applies movement concepts and principles to the learning and development of motor skills.

#5: Demonstrates responsible personal and social behavior in physical activity settings.

Goal: To be able to competently execute a long serve (singles) and short serves (doubles) in drill as well as appropriate game situations.

Directions: With two other students, practice a few serves. Once you have warmed up doing this, have each student be the performer, facilitator, and assessor. Each performer gets ten tries; use a check or a minus to indicate how well the performer executes each part of the skill.

	Attempts									
	1	2	3	4	5	6	7	8	9	10
Long Serve										
1. feet staggered up & back, shift weight(5-6 ft. from short service line)										
2. cocked wrist, arm back										
3. contact at knee level										
4. forearm rotation and wrist action provide power										
(second assessment)										
5. shuttle travels high and deep(target area-string and cones)										

"Coach" performer to help her achieve correct form. Share the assessment with her, then go through the exercise again and only look for #5 on assessment form. Share this information as well.

Seldom (69% down)	Occasionally (70-76%)	Competently (77-84%)	Consistently (85-92%)	Always (93-100%)
1-2	3-4	5-6	7-8	9-10

First Assessment Score: 1= \_\_\_\_\_ 3= \_\_\_\_\_ Second Assessment: 5= \_\_\_\_\_  
 2= \_\_\_\_\_ 4= \_\_\_\_\_

Assessor(s) Name(s) \_\_\_\_\_

## Short Serves

	Attempts									
Forehand	1	2	3	4	5	6	7	8	9	10

1. feet staggered up & back, shift weight (6 inches from short service line)
2. cocked wrist, arm back
3. contact at thigh level
4. little or no wrist action; push or guide shuttle
- (2nd assessment)
5. shuttle travels low, close to net (between string & net)

"Coach" as before and record assessment scores.

First Assessment Score:	1= _____	3= _____	Second Assessment: 5= _____
	2= _____	4= _____	

	Attempts									
Backhand	1	2	3	4	5	6	7	8	9	10

1. square stance, wt on ball of feet
2. racket head is lower than wrist
3. contact (backhand surface) at thigh level
4. little or no wrist action; push or guide shuttle
- (2nd assessment)
5. shuttle travels low, close to net (between string and net)

"Coach" as before and record scores.

First Assessment Score:	1= _____	3= _____	Second Assessment: 5= _____
	2= _____	4= _____	

Assessor(s) Name(s) \_\_\_\_\_

## Badminton - Forehand Overhead Clears - Peer Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

NASPE Content Standard #1: Demonstrates competency in many movement forms and proficiency in a few movement forms.

#2: Applies movement concepts and principles to the learning and development of motor skills.

#5: Demonstrates responsible personal and social behavior in physical activity settings.

Goal: To develop sufficient clearing skills to enable competent performance in a drill or game situation.

Directions: With two other students, practice a few forehand clears. Once you have warmed up a little, complete the skills check list that follows. Have each person take a turn as the performer and two turns as the assessor of the performers performance (two students assess performer and record). Each performer gets ten tries; place a check or minus for each part of the skill. Performer stands at mid-court and throws the shuttle from their racket to begin each attempt. Have performer do another ten tries and complete chart for #7.

	Attempts									
	1	2	3	4	5	6	7	8	9	10
1. "trigger" grip, sideways hitting stance										
2. elbow leads arm extension										
3. wrist in cocked position										
4. forward swing to contact as high as possible										
5. pronate forearm(racket hand)										
6. follow-through across body										
7. can clear the shuttle to the back portion of court- over a string 6' above net-to target area of cones										

"Coach" the performer to help her achieve correct form. Share the assessment with her and then go thru the exercise again and assess the ability to clear to designated areas on court.

Scoring				
Seldom (69% down)	Occasionally (70-76%)	Competently (77-84%)	Consistently (85-92%)	Always (93-100%)
1-2	3-4	5-6	7-8	9-10
First Assessment Score:	1= _____		4= _____	Second Assessment Score: 7= _____
	2= _____		5= _____	
	3= _____		6= _____	

Assessor (s) Name (s) \_\_\_\_\_