BADMINTON

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Overview and History

- British military officers,
 1860 <u>British India</u>
- Badminton is a racket sport that is played on a court divided by a net five feet high.
- The game is played with a shuttlecock ("bird").

- ω Can be played as singles or doubles.
- The object of the game is to hit the shuttlecock over the net so that eventually the opponent is unable to return the shot.

In England it was called "badmintin".

Japan – Hanetsuki

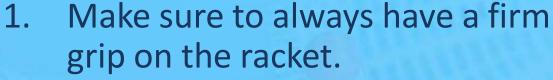
India – Poon- town of Poona

- ¬1893 Badminton Association of England
- -1899-

All England Open Badminton Championships,

- ¬1972 1988 Olympic exhibition game
- ¬1992 Barcelona Olympics badminton become a Olympic sports

Safety



- 2. Be careful not to hit your partner with the racket.
- 3. Stay on your own court.
- 4. Stop playing if others enter your court.
- 5. If your bird goes into another court, wait until their play stops.
- 6. Be careful and aware of your surroundings (poles, walls, etc.)



Equipment

- Rackets are fragile.
 - ✓ Avoid hitting the floor, walls, posts, nets, and other people.
 - ✓ Handle the shuttlecocks carefully and only by their rubber tips.
 - ✓ If birds get stuck in the net remove them carefully so that they don't tear.
 - ✓ If your assigned racket is damaged report it to your teacher at the beginning of class.
 - ✓ If you don't, you are held responsible for the damage and will be fined.
 - ✓ Make sure to return your racket to its numbered spot and bring all the birdies back to the teacher.



Techniques

- Serve long or short
 - **Forehand**
 - For right handed players: A stroke hit when the shuttle is on the right side of the body.
 - For left handed players: A stroke hit when the shuttle is on the left side of the body.
 - Round the head An overhead stroke played on the left or backhand side of the body.
 - **Smash** A hard hit overhand stroke with a fast downward path.
 - It is a main attacking stroke.



- **Drive** A powerfully hit forehand or backhand stroke which just clears the top of the net..
- Clear A stroke which sends the shuttle high over the opponents head and drops near the backcourt boundary line.
 - It may be hit with and overhand or underhand stroke.
 - Can be used as offensive or defensive play.
- Drop Shot The shuttle is stroked over the net so it drops very close to the net.



Scoring

 Points are scored only by the serving side.

A point is rewarded to the serving side whenever the other side commits a fault.

Scoring continued.....

Doubles

- There are 15 points in a doubles game.
- When the score is 13 all, the side that reached 13 first has the option of "setting" the game to 5.
- If the score becomes 14 all, the side that reached 14 first has the option of "setting" the game to 3.
- After the game has been "set", the score is called "love all" and the side that first scores 5 or 3 points wins the game.

Singles

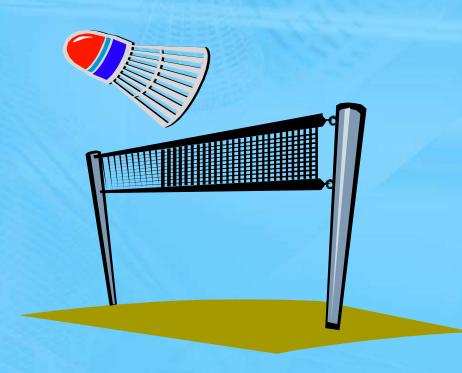
- There are 11 points in a singles game.
 - When the score is 9 all, the first person to reach 9 can "set" the score to 3

If the score is tied at 10, the first person to reach 10 can "set" the score to 2.



General Rules

- Winners of the first game must serve first in the next game.
- Teams change sides after each game.
- Any shuttle landing on the lines are good.
 - During a rally, if the shuttle touches the net and goes over it is good



Strategy

- Put your opponent on the defensive.
- Hit the bird so that your opponents only possible return is an upward direction.
- Use the smash if possible.
- Play to your opponents weakness.
- Use a variety of shots and keep your opponent moving.
- Recover your own court position quickly.



Systems of Play (Doubles)



- Side by side defensive positioning
 - Each player is responsible for one side of the court
 - Good positioning to defend against a smash

Up and back – offensive positioning

- One player in front half the other in back half
 - This allows the team to put pressure on the other team.

Combination – Combination of both systems

- When a team hits the shuttle in the air,
 they assume side by side position to
 defend against the smash
 - At other times they are in up and back positions

Terminology



- sides
 - Used in doubles.
- Back alley Between the doubles back service line and the singles back service line.
- Baseline Another name for the back boundary line.
- Bird Officially known as shuttlecock. Referred to as shuttle.
 - Carry Holding the shuttle on the racket during a stroke.
- Also called a "sling" or a "throw".
 - This is illegal.
 - Center or basic position Position in which a player
- stands in relation to the court, net, opponent and shuttle.

- Clear High, deep shot to the back boundary line.
- Double hit hitting the shuttle twice in the same stroke
 This is illegal.
- Doubles Game of four players, two on each team.
- Drive A hart hit horizontal flight over the net.
- Drop shot A stroke hit with very little speed that falls very close to the net on the opponents side.
- Fault any violation of the rules.
- Game A game consists of 15 points in doubles and 11 points in singles.

- Home position Ideal court spot for awaiting the opponent's return.
- "In" side Side having the right to serve.

Inning – Term of service.

- * Kill Fast downward shot which usually cannot be returned.
- Let Play that is allowed to be re-played.
- Lob Also called a clear, high clear, or a driven clear that
- goes over the opponent's head.

Love - No score, the score at the beginning of the game and

after "setting" the score.

Match – Best two out of three games.

- Mixed doubles Games played with partners of the
- opposite sex.

"Out" side – Side receiving the serve.

- Hand down The loss of serve in doubles.
- Serve or service act of putting the shuttle into play.
- Set up poor shot which makes a "kill" easy.
- **Singles** game involving two players, on each side of the court.
- **Smash** hard hit overhead shot which forces the shuttle sharply downward. The main attacking stroke.

Badminton

- **Introduction**
- -History
- -Equipment
- -Rules of the game
- -Badminton Court
- -Grips
- -Skills and Techniques
- -Shots
- -Badminton glossary



Crazy Badminton

 Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. Each side may only strike the shuttlecock once before it passes over the net. A rally ends once the shuttlecock has struck the floor.



History

A form of sport played in ancient Greece and Egypt.

The beginnings of Badminton can be traced to

mid-18th century British India.

Initially, balls of wool referred as ball badminton but ultimately the shuttlecock stuck.

The International Badminton Federation (IBF) (now known as Badminton World Federation) was established in 1934.

Was first contested as an official Olympic sport at

the 1992 Olympiana, S



Badminton Equipment

















Equipment

- Racquets: are lightweight (70-95 grams), not including grip or strings. They are composed of many different materials (carbon fibre composite aluminium, wood).
- Strings: The optimum tension for power depends on the player String tension is normally in the range of 80 N (recreational players) to 160 N (professionals).
- Grip: The choice of grip allows a player to increase the thickness of his racquet handle and choose a comfortable surface to hold. There are two main types of grip: replacement grips and overgrips.
- Shuttlecock: A shuttlecock (shuttle, birdie) is a high-drag projectile, with an open conical shape: the cone is formed from sixteen overlapping feathers embedded into a rounded cork base. The cork is covered with thin leather or synthetic material. Synthetic shuttles (nylon) are often used by recreational players to reduce their costs as feathered shuttles break easily.
- Shoes: The proper badminton shoes will have la little lateral support and a very thin sole, lower a person's centre of gravity, and therefore result in fewer injuries.

How to play Badminton

Singles Badminton





Doubles Badminton

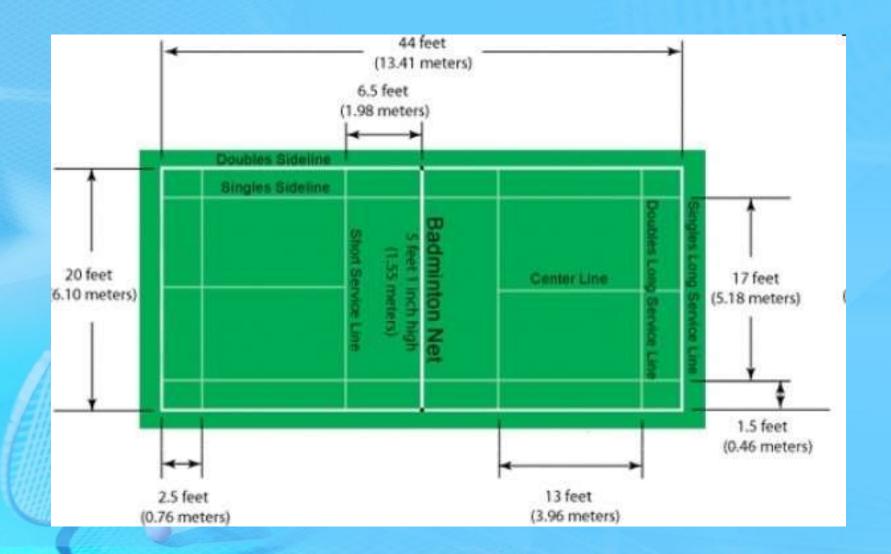








Badminton Court





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.
- 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.



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.

Skills and Techniques

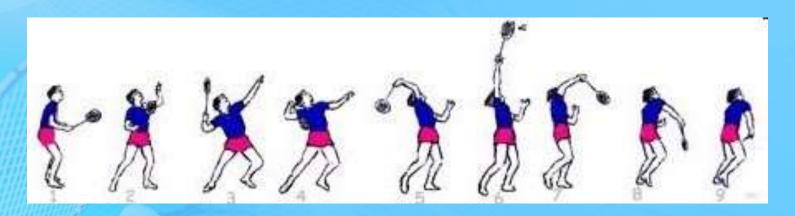
- Skill
 - It is a action that we use in an activity.
 - e.g. service, clear shot, etc
- Technique
 - It is the way in which a skill is performed.
 - e.g. high/low service, smash or jump smash, etc.





Describing a Skill

- Trying to describe a skill is often easier when you look at it in 3 parts:
- 2. Preparation
- 3. Action
- 4. Recovery



Forehand and Backhand Shots

- All strokes can be played either <u>forehand or backhand</u>.
- A player's forehand side is the same side as their playing hand: for a right-handed player, the forehand side is their right side and the backhand side is their left side.
- Players frequently play certain strokes on the forehand side with a backhand hitting action, and viceversa.





How to find your <u>ready position</u> in badminton

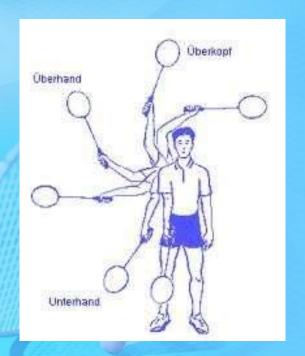
- Your position on court will vary a lot depending on wheter you are playing singles or doubles, and also depending on the circumstances during the rally.
- Stance: your feet a little more than shoulderwidth apart. Your weight should be shifted forwards a little, with your knees slightly bent.
- Racket carriage: bring your racket up!, your racket should be held out in front of you, and away from your body.
- Your left arm: should be used to balance your right arm and racket, holding it in front of your body and slightly out to the side.

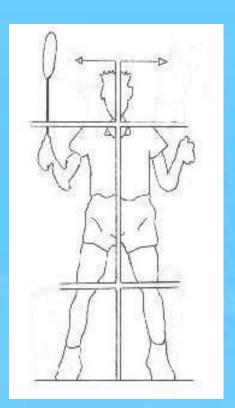


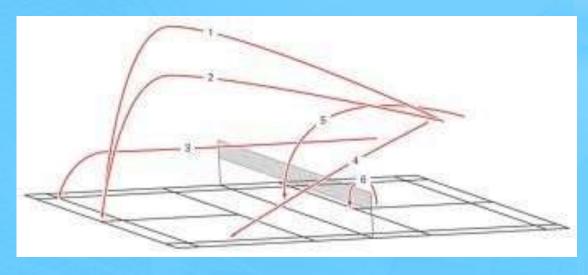


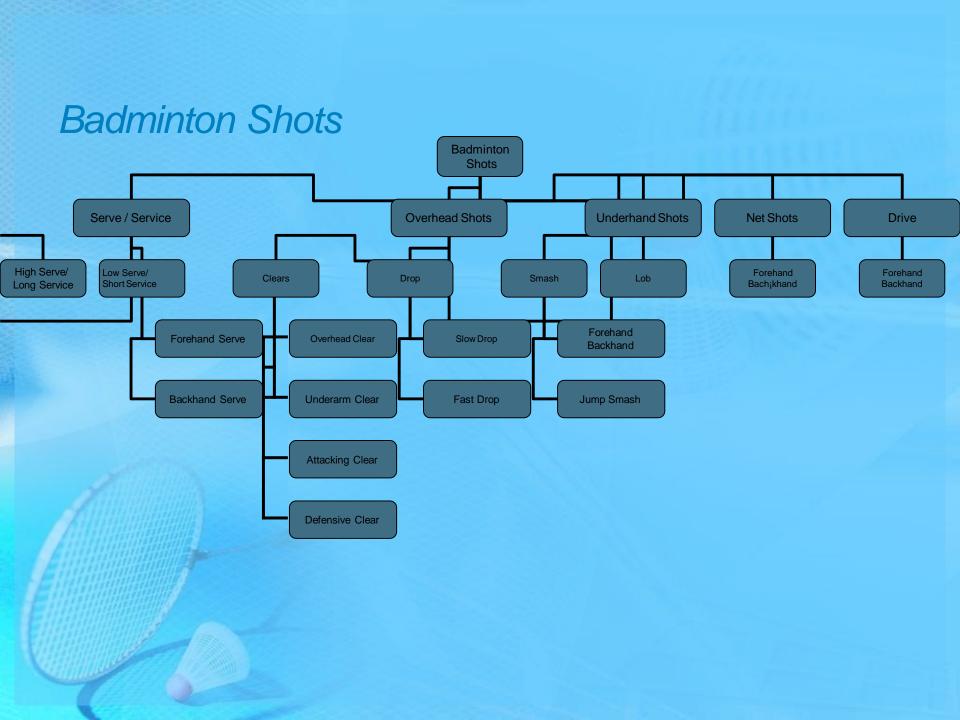
Where hit the shuttle

- Overhand areaClear, Drop, Smash
- Underhand areaService, Lob, Net Drop
- Drive area









Badminton Shots

Net Shots

- drop shot (dejada alta)
- net kill (mate rápido en la red)
- long kill (mate largo en la red)
- Net drive (golpe plano en la red)
- net lift / lob (levantada en la red)

Middle Court Shots

- drive (golpe plano)
- lift /lob (levantada)
- smash (remate)

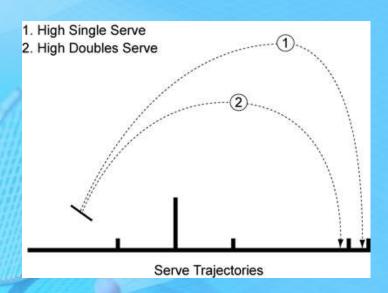
Back Court Shots

- clear (fondo)
- smash (remate)
- jumpsmash (remate en suspensión)
- dropshot (dejada)

Serving

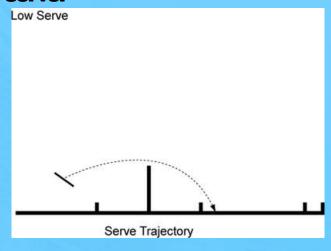
• High Serv

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.



• <u>Low</u> <u>Serve</u>

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 and Backhand Service

- Stand two to three feet behind the short service line.
 - -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
 - -If you normally use high serve during singles, mix the low serve in occasionally. You might be able to catch your opponent off-quard if you can execute it well.

- 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 vour 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.







Badminton Clear Shot

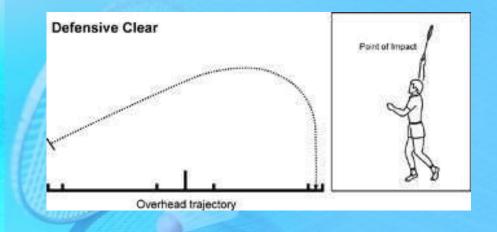
Defensive Clear

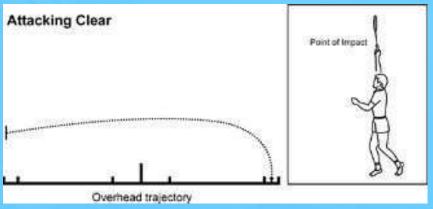
Has a high and deep trajectory.

These shot give you more time to return to your base and prepare for the next shot. The shuttle is hit with your racket fce leaning slightly backwards.

Attacking Clear

Has a trayectory that runs almost parallel to the ground. The shuttle travels flat and fast towards your opponents back court. These shot alows less time to your opponent to get behind the suttle, potentially causing weak returns. The shuttle is hit square with your racket face.





Badminton Drop Shot

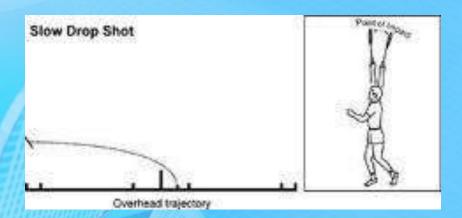
Use these shot to move your opponente to the frontcourt. It create space in the midcourt and backcourt for you to exploit. You can play Slow and Fast Drop Shot. Can be played both on the forehand and backhand sides. Wrist action is essential.

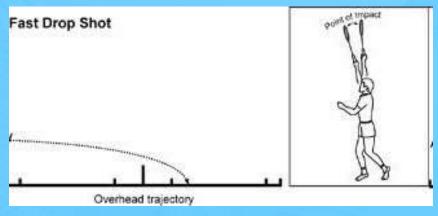
Slow Drop Shot.

The point of impact is above the racket shoulder. It is intented to move your opponent the frontcourt, hopefully forcing a weak return to your midcourt for you to kill.

Fast Drop Shot.

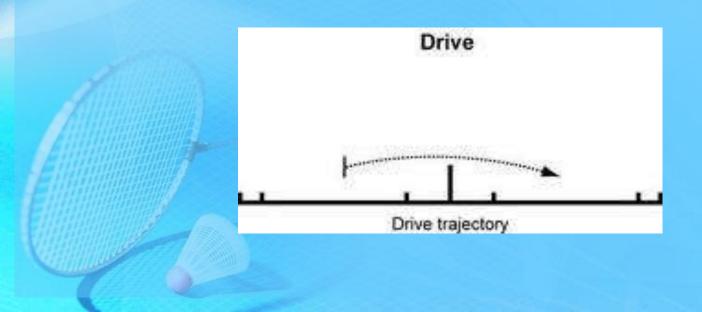
Hit the shuttle slightly further in front of the body to produce a shallower trajectory at a faster speed. It is intended to catch your opponent off balance and have less time to respond.





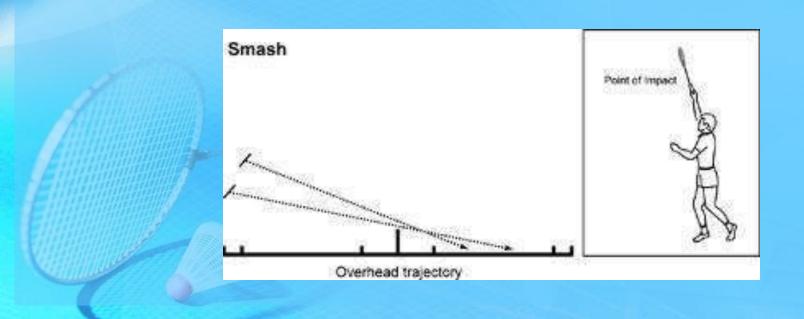
Badminton Drive Shot

 The drive is an attacking shot that is usually played from the sides of the court when shuttle has fallen too low for it to be returned with a smash. The shuttle shall be between your shoulder and knee height. Can be played diagonally crosscourt or straight down the line. It can be played both on the Forehand Drive and Backhand Drive.



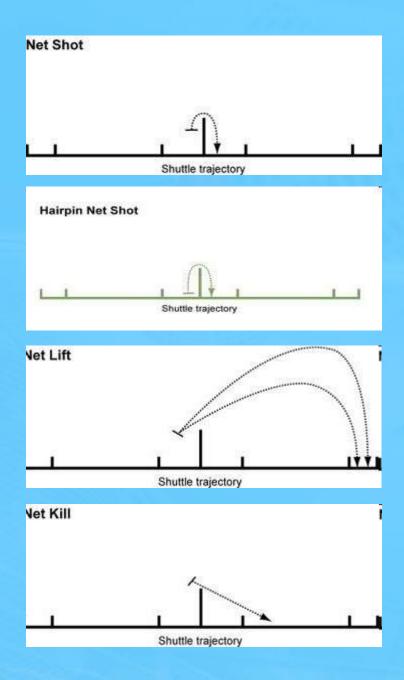
Badminton Smash Shot

 It's the most potent of all badminton shots. Hit with power and speed. Contact the shuttle further in front of your body than the clear or the drop shot. You can also jump and smash the shuttle at the same time. It can be played both on the forehand and backhand sides.



Badminton Net Play

- These shots are played from around the net area back to your opponent's net area.
- It's played both on the forehand and backhand sides.
- These shots can be played straight or crossed.



General faults

A general fault occurs if:

- The bird falls outside the court (if it falls on a boundary line it is good).
- A player is struck by the bird.
- A player hits the bird twice in succession or a player and partner hit the bird on successive shots.
- The bird is struck before it crosses the net (however, a racket may follow through over the net).
- A player touches the net while the bird is in play.
- A player catches the bird instead of letting it drop.
- The bird is carried on the racket.
- A player obstucts an opponent.



Badminton Glossary Descriptions of many terms and expressions

used in the sport of badminton.

- **Alley** extension of the court by 1-1/2 feet on both sides for doubles play
- Back Alley- Area between the back boundary line and the long service line for doubles.
- Backcourt- Back third of the court, in the area of the back boundary lines.
- Balk (Feint)- Any deceptive movement that disconcerts an opponent before or during the service.
- Baseline- Back boundary line at each end of the court, parallel to the net.
- **Carry** An illegal tactic, also called a sling or a throw, in which the shuttle is caught and held on the racquet and then slung during the execution of a stroke.
- **Center or Base Position** Location in the center of the court to which a singles player tries to return after each shot.
- Center Line- Line perpendicular to the net that separates the left and right service courts.
- **Clear** A shot hit deep to the opponents back boundary line. The **high clear** is a defensive shot, while the flatter **attacking clear** is used offensively.
- Court- Area of play, as defined by the outer boundary lines.
- Drive- A fast and low shot that makes a horizontal flight over the net.
- **Drop** A shot hit softly and with finesse to fall rapidly and close to the net on the opponent's side.
- Fault- A violation of the playing rules, either in serving, receiving, or during play.
- Feint (Balk)- Any deceptive movement that disconcerts an opponent before or during the service.
- **Flick** A quick wrist and forearm rotation that surprises an opponent by changing an apparently soft shot into a faster passing one; used primarily on the serve and at the net.
- Forecourt- Front third of the court, between the net and the short service line.
- **Hairpin Net Shot** Shot made from below and very close to the net with the shuttle rising, just clearing the net, and then dropping sharply down the other side. The shuttle's flight approximates the shape of a hairpin.
- Halfcourt Shot- A shot hit low and to midcourt, used effectively in doubles against the up-and-back formation.
- Kill- fast downward shot that cannot be returned; a "putaway".

- Let- A legitimate cessation of play to allow a rally to be replayed.
- Long Service Line- In singles, the back boundary line. In doubles a line 2-1/2 feet inside the back boundary line. The serve may not go past this line.
- Match- A series of games to determine a winner.
- **Midcourt** The middle third of the court, halfway between the net and the back boundary line.
- Net Shot- Shot hit from the forecourt that just clears the net and then falls rapidly.
- **Push Shot** Gentle shot played by pushing the shuttle with little wrist motion, usually from the net or midcourt to the opponent's midcourt.
- Racquet (Racket)- Instrument used by the player to hit the shuttlecock. Weight about 90 grams (3 oz). Length 680 mm (27 in). Made from metal alloys (steel/aluminum) or from ceramic, graphite or boron composites. Generally strung with synthetic strings or natural gut.
- Rally- Exchange of shots while the shuttle is in play.
- Serve (Service)- Stroke used to put the shuttlecock into play at the start of a rally.
- Service Court- Area into which the serve must be delivered. Different for singles and doubles play.
- **Short Service Line** The line 6-1/2 feet from the net which a serve must reach to be legal.
- Shuttlecock (Shuttle)- Official name for the object that the players must hit. Composed of 16 goose feathers attached to a cork base covered with leather. Synthetic shuttles are also used by some.
- **Smash** Hard-hit overhead shot that forces the shuttle sharply downward. Badminton's primary attacking stroke.
- **Wood Shot** Shot that results when the base of the shuttle is hit by the frame of the racket. Once illegal, this shot was ruled acceptable by the International Badminton Federation in 1963.

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