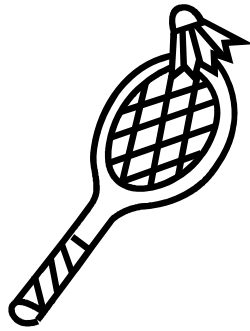


Physical Education, Athletic Coaching and Health Conference 2010

Badminton in Physical Education Classes

Presented by Nancy Janeck and Lisa Tescallo

Physical Education Teachers, Kenilworth Junior High School, Petaluma, CA



History of Badminton

Equipment and Court

Rules of the Game

Teaching Sequence:

- A. Grip of the Racket
- B. Pop-ups
- C. Ready position
- D. Serving
- E. Rally
- F. Strokes/Shots for strategies
- G. Drills and Lead up games
- H. Rotations for games

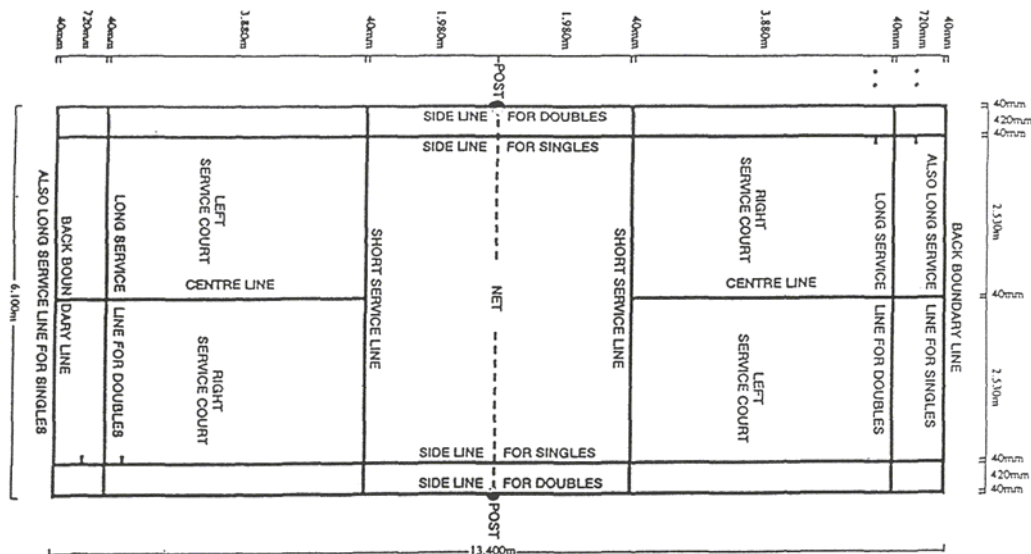
Athletic competition opportunities



History of Badminton:

In England the medieval game of Battledore was played. Paddles were used to keep the shuttlecock in the air to prevent it from hitting the ground. The British then took this ancient game to Japan, China and Siam over 2000 years ago. The addition of the net for competitive badminton began in the 19th century by British Army officers in India. In 1893 the Badminton Association was formed to standardize rules and to serve as the governing body for the game in England, the world's first badminton association. The International Badminton Federation was formed in 1934. The sport of Badminton became an Olympic sport at the summer Olympics in Barcelona in 1992 where Indonesia and Korea each earned two gold medals. The men's team world badminton championship is the Thomas Cup and the women's is the Uber Cup.

Equipment and Court:

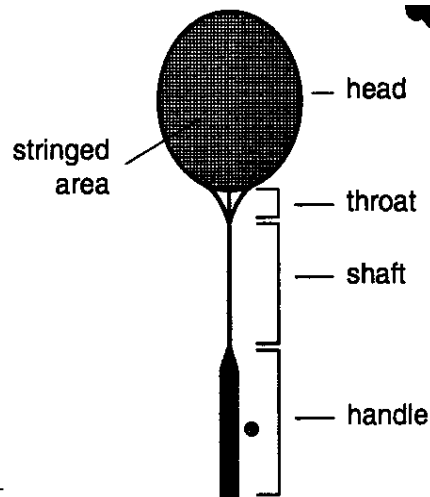


Length of court: 44 feet

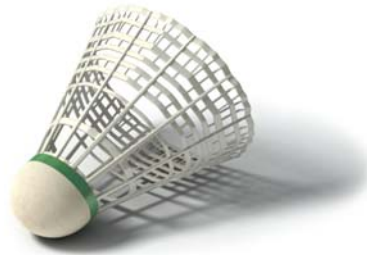
Width of court: 20 feet for doubles, 17 feet for singles

Net to service line: 6 feet 6 inches

Net height: 5 feet in center



Racket



Shuttlecock

”Birdie”

Rules of the Game:

The main purpose of the game is to score points by placing your shots so that your opponent cannot return the shuttlecock to your court. Make your opponent work harder than you by mixing up your moves.

The game of badminton had always been a game of 15 points. In 2006 they experimented at the Thomas and Uber Cup games with a 21 point official rally game such as in volleyball. It is now the format used in tournaments and official games.

Scoring:

A team wins two out of three games to win the match.

A team scores 21 points to win a game.

A team that wins the rally shall add a point to their score.

A team wins the rally by the other team committing a fault or play ceases because the shuttle hits the surface of the court inside the opponent’s court.

If the score is 20-all, the side which gains a two point lead first will win the game.

If the score becomes 29-all, the side scoring the next point, 30, will win the game.

The team winning a game will serve first in the next game.

Changing sides of the court:

Teams switch sides at the end of a game on games one and two (if there is a third game). In the third game when a team's score reaches 11.

Service:

Server and Receiver must stand within the diagonally opposite service courts without touching the boundary lines.

Their feet must remain in contact with the ground in a stationary position until service is delivered.

The server's racket must hit the base of the shuttle.

The whole shuttle must be below the waist of the server on contact and the shaft of the server's racket must be pointed down.

The path of the shuttle must be upward from the racket and go over the net diagonally to the receiver's service court (within or on the line).

The server must not miss the shuttle on the serve or it is a fault.

The server must not serve until the receiver is ready. (We have the students say the score before they serve or they lose service to ensure that everyone knows server is serving.)

The players shall serve from their right service court (right side when looking at the net) when the server has not scored (0) or has an even number of points, left service court when the server has an odd number of points.

If the server wins a rally they score a point and then serve again from the alternate service court.

If the receiver wins a rally they score a point and gain service.

Service in any turn of serving shall be delivered from the service court corresponding to the serving side's score.

Serving sequence: (Sept 2009 Laws of Badminton)

In any game, the right to serve shall pass consecutively:

- *initial server who started the game from the right service court
- *to the partner of the initial receiver
- *to the partner of the initial server
- *to the initial receiver
- *to the initial server and so on

Faults:

- *service is not correct
- * if during service the shuttle is caught in the net (on either side or the top)
- * if during service the shuttle is hit by the receiver's partner
- *the shuttle lands outside the boundaries of the court (on the line is in)
- *the shuttle goes under the net or through the net (fails to go over the net)
- *the shuttle touches the ceiling or walls or objects outside the court
- *the shuttle touches the person or their clothing
- *the shuttle is hit twice in succession by the same person or same partners on a team
- *players may not invade their opponent's side of the court with their body or equipment

Grip of Racket:

V thumb and forefinger, like shaking hands

Light not tight grip on racket

Ready Position:

Racket at chest level in front

Body faces net

Knees are bent

Serving:

Forehand (palm forward) and backhand (knuckles forward)

Low serve: Stays within 12 inches high of net and lands in front half of service court

High serve: Get shuttle up high to land at the back of opponent's court

Shots:

Netshot: hit the shuttle just over the net bringing opponent close to net

Lift: lift the shuttle to the backcourt sending opponent back

Clear: hit overhead in an upward direction from backcourt to opponents backcourt

Smash: hit the shuttle down from overhead as fast and hard as you can

Drop shot: overhead hit from the backcourt to opponent's forecourt just in front of net

Drive: often hit as sidearm aiming to keep shuttle low and going to opponent's backcourt

Deception is the key! Keep your opponent's guessing and on their toes. Try to hit the shuttle at their body. Try to hit where no one is covering. Discover your opponent's weaknesses and play to them. Communicate with your partner. Use teamwork!

Don't forget **GOOD SPORTSMANSHIP!**

Other handouts will be available at session.