



Badminton

Answer the following questions by highlighting the appropriate answer in the text or provide the answer as directed.

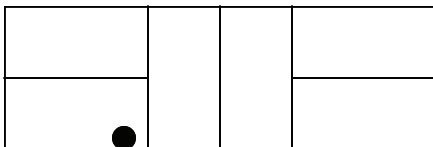
HISTORY

- Badminton was originally referred to as:

- The game that was played in India that the British soldiers brought back was called: _____.
- The game of badminton was popular among the: _____.
- Why is the shuttlecock referred to as a birdie?
- What countries dominate in International Badminton?
- Why is Badminton considered to be the fastest racquet sport?

RULES & SCORING

- True or False: Either player or team can earn a point on a serve.
- True or False: In doubles, the two people on one team take turns serving during the game.
- If you miss on your serve, can you serve again? _____
- If your score is even, you will serve from the _____ side of the court.
- If the shuttle lands on the line it is considered to be _____.
- If the score is 14 all, you choose to play to 17 points by _____ the game.
- What are three different faults?
- Shade in the part of the court that the serve cannot land in.



- If "●" serves the shuttle, place an "X" where the ball should land on a serve.

Travel Back in Time

Badminton has a surprisingly long history given it's relatively recent introduction to the Olympic scene in 1992. It's origins date back at least two thousand years ago when the game was referred to as Battledore or Shuttlecock. The game was played in ancient Greece and the more modern game was played in India and China.

The game of Badminton (formerly known as Poona) was brought back to England by the British soldiers in the early 1870's. The British soldiers played Poona while they were stationed in India. The object of the game at that point in history was to see how long a group could volley the shuttlecock (shuttle/birdie) with the battledore (racquet).

It is the Duke of Beaufort who officially introduced the game to England during a lawn party in 1873. The game was a hit among the guests and became a popular activity among the wealthy.

The shuttlecock is often referred to as a birdie because it is made out of 16 feathers from the left wing of a goose. The largest shuttle in the world can be found on the lawns of the Kansas City Museum. The replica of the shuttlecock is 48 times larger than the real thing, measuring 18 feet tall and weighing 5000lbs.

The modern game of badminton is very popular in China, Indonesia, and Malaysia. These countries dominate in the international competitions. While badminton can be a very competitive sport in which the speed of the shuttlecock can be as high as 164 mph when it leaves the racquet face, it is a game that is played recreationally by individuals of all ages.



SERVICE & SCORING

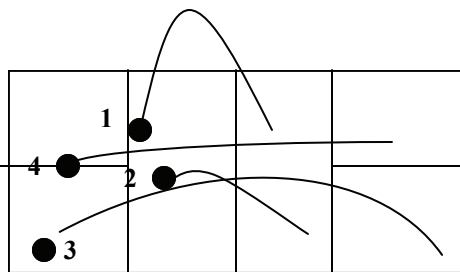
- You can only score a point when you are serving.
- Service begins on the right side. Server stands inside of the service court.
- When playing doubles and your score is even, you serve from the right side, if your score is odd, you serve from the left side.
- The server must serve into the opposite service court. The receiver cannot move until the server hits the shuttle.
- The server must hit the base of the shuttle below his/her waist while keeping some part of both feet on the ground.
- You win a rally if you hit the shuttle into the ground on your opponents court.
- When you earn the serve back, the doubles partner will serve.
- Serve goes to the other team when you have lost two rallies (in doubles). When the first server on your team loses the rally, the serve goes to your partner. When the second rally is lost, the serve goes to the opposing team.
- After every point you make, you rotate to the other side (right to left). The same person will serve. The receiving team will stay on their sides of the court. Games are played to 15 points.
- If the game is tied 14 all, the team that reached 14 first has the option to "set" or "not to set."
- "Setting" the game means that you will play until 17 points. The team that wins the next three points wins.

RULES

- A shuttle that lands on the line is "In."
- Matches are made up of the best of three games.
- Faults are when a shuttle lands outside of the court boundaries, player, racquet or clothing touches the net during play, shuttle is hit twice on one side of the net, re-

Answer the following questions by highlighting the appropriate answer in the text or provide the answer as directed.

- On the lines provided, name the different shots the arcs represent.

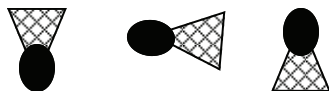


- _____
- _____
- _____
- _____

- Draw an arrow pointing to the spot & direction in which the racquet would need to contact the shuttle to execute a drop shot.



- Circle the shuttle that best represents the position that it would be in the air to use a drive shot.

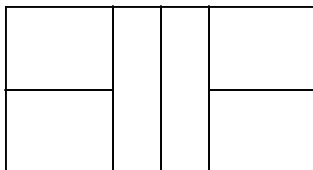


- Identify what type of shot would be best to use if you were to receive the following shots:

- Clear → _____
- Drive → _____
- Drop → _____

- Place the appropriate number on the court to describe where you would be when performing the following shots:

- Drop
- Drive
- Clear
- Smash



- Place the appropriate letter on the court to describe where you would want you opponent to be if you were to use that type of shot.

- Drop
- Smash
- Clear

GAME STRATEGY

Offensive Strategy– Place the shuttle in the opposite court in a space not defended well by the other team. Use a strategy with a difficult hit to return. Set up several plays in a row to pull the defense out of position.

Defensive Strategy– Defend your space/court. Anticipate where the shuttle will be hit by the other team. Block offensive shots or return with a specific strategy.

OFFENSIVE STRATEGY Stroke/Shot used...	DEFENSIVE STRATEGY Return Shot/Stroke...
SMASH: "Put-away", a powerful shot where the offensive player drives the ball straight to the ground of the defenders side of the court. This strategy can be used to end a rally.	CLEAR: the opponent will be closer to the net when hitting a smash leaving the back court open space.
CLEAR: This strategy allows a player to keep the opponent deep in the back court. The shuttle should land in the back court are.	DRIVE: you can try to catch your opponent off guard with a line drive back at your opponent.
DROP: Is a gentle shot just over the net. It is also used to catch the defenders off guard, which also creates open space in the back-court.	CLEAR: will cause your opponent to be closer to the net creating open space in the back of the court or it will give you time to get back to ready position.
DRIVE: A powerful shot used to catch the defenders off guard. The shuttle is hit as hard as possible straight at the defender.	DRIVE: will allow you to put pressure on your opponent hitting it right back at them.

SKILL AND HEALTH RELATED FITNESS

Components of Movement

- Balance: The ability to maintain total body control or equilibrium.
- Coordination: The ability to combine movements smoothly with total body control.

Components of Sport

- Agility-The ability to change direction quickly.
- Speed-The amount of time it takes to get from one place on the court to the other.
- Reaction Time-The time it takes to react to a stimulus.
- Power-The ability to combine strength and speed.

Components of Fitness

- Muscular Endurance– The ability to exert a low to medium force on an object repeatedly.
- Body Composition– The relative amount of lean body mass to body fat.
- Cardiovascular– The ability to supply energy to the working muscles during activity.

SKILL DEVELOPMENT

Ready Position

- Standing with good balance.
- Athletic position.
- Lower center of gravity.
- Eyes on opponent and/or target.
- Proper spine alignment & shoulders retracted.

Forehand Serve

- Side to your target feet are in opposition.
- Racquet swings below the waist and makes contact in front of the front foot.
- Follow through is across the body but does not go up very far.

Underhand Stroke

- Step towards your target with your racquet foot.
- Scoop under the shuttle– flat contact position of the racquet face.
- Follow through to your opposite shoulder with racquet face pointing behind you.

Backhand Serve

- Body is square to the net with feet shoulder width apart. Shuttle is held out in front and the racquet is held across the body.
- With a quick snap of the wrist you strike the shuttle.
- Follow through is very little.