

Questions

BADMINTON STUDY GUIDE

Badminton was originally referred to as: _____

Why is shuttlecock referred to as a birdie? _____

In badminton you play to _____ and you must win by _____.

The badminton serve must be done how?? _____

If you miss on your serve, can you serve again? _____

When you serve in badminton do you serve diagonally or straight across? _____

If the score is "odd" which partner serves? _____

If the score is "even" which partner serves? _____

Who switches boxes the serving team or non serving team? _____

Are you allowed to hit the birdie twice in a row? _____

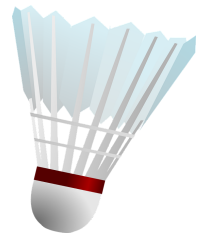
Can a player's racquet touch the net? _____

Where do you hit the birdie when you do a drive shot? _____

History

Badminton has a surprisingly long history given its relatively recent introduction to the Olympics in 1992. It's origin dates back at least two thousand years ago when the game was referred to as Battledore or Shuttlecock.

The shuttlecock is often referred to as a birdie because it is made out of 16 feathers.



Serving and Scoring

- Play to 21 points using rally score. (Must win by 2)
- The serve must be delivered so that the birdie is hit (contacted) below the waist.
- The birdie must travel into the diagonally opposite serve/receive box.
- You do not get a second chance on your serve.

Doubles

- When the score is "0", the partner in the right service box serves first. If the serving team wins a point, the partners of the serving team switch places so that the same partner serves again but from the left service box. The partners on the receiving team never switch places while they are receiving (being served to).
- Partners do not switch places unless they win a point WHILE they are serving.
- Once a receiving team wins a rally and the right to serve, their score at the time will determine which one of them will be the next server. If their score is an "odd" number, the partner on the left will be the server. If their score is an "even" number, the partner on the right will be the next server. This server continues serving until they lose a rally...and each time they score a point while they are serving, the partners will switch service boxes.
- The receiver in the service court diagonal to the server must be the one to return the serve. Once a serve is returned the players can move to anywhere on the court and either one can hit the birdie. but, the birdie may only be hit once per side.

DOUBLE STRATEGY

UP and BACK

One partner covers the front court the other partner covers the back court.



SIDE by SIDE

Partner on the right covers the right side and partner on the left covers the left side

Badminton shots (All shots may be hit with a forehand or backhand stroke)

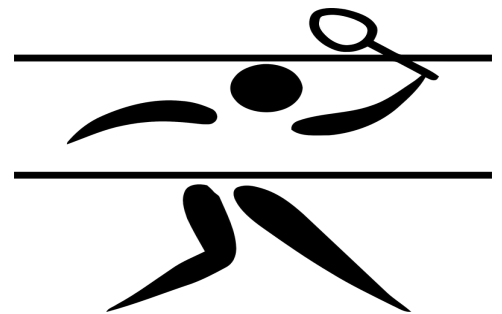
Shot Name	Contact in relationship to body	Where shot goes
OVERHEAD CLEAR	Overhead	High and deep
UNDERHAND CLEAR	Below waist	High and deep
DRIVE	Between shoulders and knee	Low and deep
DROP SHOT	Anywhere	Low and Short
SMASH	Above Waist	Down

Faults - Results in a point for the other team

- Serve is made above waist level.
- Serve goes to wrong serve/receive court.
- Wrong player returns the birdie on the serve.
- Birdie lands out of bounds.
- Birdie fails to go over the net.
- More than one hit is made on the same side of the net.
- A player reaches over the net to contact the birdie.
- A player touches the net or their racket touches the net.

Game Strategies

- Know how to hit the birdie high and far, short and low
- Always be ready and in an athletic position
- Try to hit the birdie so you opponent has to move to get it.
- Hit an overhead clear if opponents are close to the net.
- Hit a drop shot if opponents are far away from the net.
- Use a smash if the birdie is close to the net.
- Mix up your shots in the game.
- Keep your eyes on the birdie.



--	--

