

Badminton Study Guide

History

The game of badminton is an ideal sport for everyone. Badminton is a game that was very popular in England during the late 1800's. In 1925, the game spread to Canada and then to the United States. Today, there are over 45 countries that belong to the International Badminton Federation. Although badminton's history dates back to Ancient Greece, more than 200 years ago, its first Olympic debut was in 1992. The two most successful countries are China and Indonesia, which between them have won 70% of all IBF events.

Badminton is one of the few sports that do not use a ball. Instead of a ball, shuttlecocks (birdies or shuttles) are hit back and forth over the net. When a shuttlecock is gently tapped, it will fly in a slow arching pattern. But when it is hit hard, the shuttlecock can leave the racquet at speeds over 110 miles per hour! However, the shape of the shuttlecock quickly slows down its speed, making it possible for the defender to return some of these hard hit shots.

The racquet has three parts: the head, the neck and the grip.

Terms

Ace – a point scored using a hard drive into your opponent's court.

Athletic Position – feet are slightly staggered, weight on the balls of your feet, knees bent.

Bird/Birdie – another name for a shuttlecock.

Block – a stroke in which the racquet is placed in front of the shuttle and gently rebounds the shuttle back into play.

Carry – an illegal stroke occurring when the shuttlecock is carried by the racquet. Similar to the "carry" in volleyball.

Clear – a high shot that travels to the back of the opponent's court.

Cross Court – hitting the birdie diagonally over the net from one side to the other.

Double Hit – an illegal hit. Hitting the birdie twice to get it over the net.

Drive – a hard hit placed just over the top of the net.

Drop Shot – a shot that barely clears the net and falls to the opponent's front court.

Fault – any infraction of the rules where the resulting penalty is the loss of the serve or point.

Game Point – the point that causes the server to win the game.

Racquet – the equipment used to hit the shuttle. Typically weights about 5 ounces.

Rally – hitting the birdie back and forth over the net.

Serve – the shuttle is put into play with an underhand stroke. (Alternate sides like you do in tennis.)

Setting – choosing how many more points to play when certain tie scores occur.

Shuttlecock or shuttle – the plastic, feathered, or nylon “bird” that is hit back and forth in badminton.

Smash – an overhead stroke hit downward with force. The main attack stroke in badminton.

Throw – an illegal shot where the shuttle is carried or “thrown” by the racquet.

Underhand – a stroke that is hit upward when the birdie is below shoulder height.

Wood Shot – hitting the shuttle with the metal of the racquet rather than the strings.

Rules and Regulations

- Establish the boundary lines with your opponents prior to the start of play.
- An official game has 15 points. However, in PE the games have fewer points to allow for more frequent playing time for all students.
- Only the side serving the shuttle can score.
- The serve must be performed with an underhand stroke.
- If the shuttle hits the net during play (not during the serve) it is considered good and playable.
- If the shuttle hits the boundary line during play it is considered in.
- If the shuttle is missed entirely while attempting to serve, another serve is permitted.
- Only one touch on the shuttle is allowed in an attempt to return the shuttle during play.
- Remember to state the score before serving.
- If a player attempts to play a shuttle that is traveling out of bounds and DOES NOT make contact, the shuttle stands as being out of bounds.

Strategies

1. Learn to serve well. You only score when you are serving.
2. Know how to hit the birdie high and far, short and low.
3. Always be ready and in an athletic position.
4. Try to hit the birdie so your opponent has to run to get it.
5. Hit an overhead clear if they are close to the net.
6. Hit a drop shot if they are far away from the net.
7. Use a smash if the birdie is high and close to the net.
8. Mix up your shots in the game.
9. Keep your eyes on the birdie.