

Freshman Badminton Study Guide

History/Facts

- Badminton is a lifetime activity, which means it can be played throughout any stage of life.
- Badminton became an Olympic sport in the 1992 Barcelona games for both men's and women's singles and doubles.
- The shuttle has been clocked at speeds of 200 mph during a smash shot.
- During doubles play, there can be between 40-50 shots in a 20 second time interval.

Game Play

To start a match, toss a birdie into the air and let it land on the ground. Whichever side of the net the head of the birdie is pointing to gets choice of first serve.

3 strategies that allow you to be successful during game play:

- 1. Hit the birdie to open space**
- 2. Keep your opponent moving**
- 3. Use a variety of shots**

Scoring

- Rally Scoring – you do NOT need to be serving to score a point. Games are played to 21, you must win by 2. The games are capped at 30, which means that if the game is not won by 2, the first to 30 wins.
- 2 wins out of 3 constitutes a match.

Service

- The server and receiver must stand diagonally from each other the service courts and must remain stationary until the shuttle is struck by the server with a below the waist and wrist strike. **FAKING OUT MOVES BY THE SERVER ARE ILLEGAL.** The receiver and server's partner may stand anywhere on the court.
 - If the birdie hits the net and lands within the service box, the serve is considered in.
- There are no "faults" (redo's) in badminton.**

Rotation

- Service side is determined by odd/even scores. Partners only rotate after scoring a point while serving.
- In double's, each team gets one opportunity to serve until the rally is lost. After the rally is lost, the other team then gets one opportunity to serve. (In other words, one person from each team serves until their side loses a point. Then serve goes over to the other side.)

Serves

Forehand Serve is the most basic serve.

Short Flick Serve has many advantages. It travels a short distance. It gets across the net sooner. Also, it tends to blend with your clothing and provides a form of camouflage.

Flick Serve is used to place the shuttle on your opponent's backhand. This is a long

serve that appears to be a short serve when you set it up.

Common mistakes on Serves:

Don't throw the shuttle, **drop** the shuttle.

Don't hit the shuttle above waist level.

The shuttle is served into the net or way too far.

- Adjust the angle the racket face slightly to clear the net, or to flatten the serve.

You serve too far.

- Adjust your position in the serving square back

Strokes

*The strokes are best if the wrist is snapped.

Overhead clear is contacted above the head and placed high in the backcourt.

Underhand clear is contacted below the waist and placed high in the backcourt.

Backhand clear is similar to the over head clear, but with the racket hand shoulder facing the net.

Smash is contacted slightly in front of body well above the head and forcefully shoots down to the opponent's court with a wrist snap.

Drive is contacted between the waist and shoulders and flies across the net in a straight trajectory.

Drop Shot is when the birdie is lightly contacted so that it falls into the front court of opponents side. Usually used when opponent is off the net near the baseline

Also know...

-Doubles Formations (Side by Side, Diagonal, Front and Back)

-The following court markings...

