
Badminton

Introduction

Badminton is a popular and physically demanding game with an interesting history. Like most sports, it requires that players be physically fit and alert. The game demands intense playing time on the court—in fact, games can last anywhere from thirty to ninety minutes.

Badminton is considered a good sport to help build and maintain overall fitness. During an average game, players jump, run, turn and twist in many different directions. In fact, a top-level amateur badminton player runs more in a badminton game than a football end does during a one-hour football game. A badminton player also uses his/her arms more than a pitcher does in the average one and one-half hour baseball game! In short, badminton is great aerobic exercise. It's a fun sport and also is a means to better physical fitness.

Origin

Badminton is said to have been played centuries ago in **China**; the earliest written records of the game date back to the twelfth century. However, the game that we know today as **badminton** was first played in **England** in 1873 by soldiers returning from military service in India. There the game was called "poona." In 1903, the first international badminton competition was played in **Ireland**. The International Badminton Federation (IBF) was founded in 1934. The IBF claims that today, more than **155 countries** participate in international badminton competitions. Badminton is not just a local or national activity.

The first tournaments in Europe were held at the villa of Duke of Beaufort in Gloucestershire. The competitions were carried out at the "**Badminton-House**" which explains the name "badminton".

Badminton was staged as a demonstration sport at the 1972 **Olympics** and it was added to the Olympic program in **1992** with singles and doubles competition for men and women.



Overview

In many ways, badminton is similar to **tennis**. Once it is determined which player will serve first, play starts from the right service court. A “shuttlecock” or “**shuttle**” is used instead of a ball. One popular form of shuttle has a cork base with sixteen feathers arranged around the edges. The plastic shuttle is thought to be as effective as the feathered version, is more durable and less expensive. When **served**, the shuttle has to fall into the corresponding court **diagonally opposite** the server. The receiving player then returns the shuttle and continues to do so until one player either **fails to return** the shuttle or commits a **fault**. In badminton, a fault consists of a shuttle falling **outside the boundaries**, failing to **go over the net**, and/or going **through the net**. **Striking the shuttle** before it crosses the net and **touching the net** with the racquet or part of the body also qualify as faults.

Terminology

1. **Ace** – a point often used to indicate an opponent’s **failure** to return a service
2. **Alley** – there are **2**, one on each side of the court. They are narrow **strips** between the **two side** boundary lines. area used only for **doubles play**
3. **Birdie** – another term for shuttle
4. **Clear** – a stroke that sends the shuttle **high** and **deep** to the **back** of the court
5. **Cut** – a **deceptive** shot that **looks** like a **clear** but just clears the net because of the wrist being turned on contact
6. **Doubles** – the **four**-handed game; i.e. **two** players on each side
7. **Down** – loss of **service** occasioned by the server (or serving side) failing to **score**. In **doubles**, each side has **2 downs**, except in the **first inning** of the game.
8. **Drive** – a hard, **horizontal** stroke that just clears the **net**
9. **Drop Shot** – a stroke in which the shuttle falls **just over** the net to the floor
10. **Fault** – denotes an **infraction** of the rules resulting in a **point**
11. **Foot Fault** – Standing on or over the service court boundary line by either **receiver or server**
12. **Inning** – a side's turn at **serving**
13. **“In” Side** – the player or side which is **serving**
14. **“Out” Side** – the player or side **receiving** the serve
15. **Let** – permitting the serve to be **taken over** or to **replay** a point
16. **Match** – the best of 3 games
17. **Rally** – an **exchange** of the shuttle between opponents by a **series** of strokes
18. **Serve** – the shot that **initiates** play
19. **Short game** – shots that are played **low** and **close** to the net
20. **Smash** – a powerful **downward** stroke using **wrist snap** to end the point
21. **Singles** – a game with **one** player on a side (**two**-handed)
22. **Toss** – how it is determined who will **serve** first and from **which** court
23. **Two-down** – term used to designate that **both** partners in **doubles** play have each **lost** a **service**



Skills

The Continental Grip

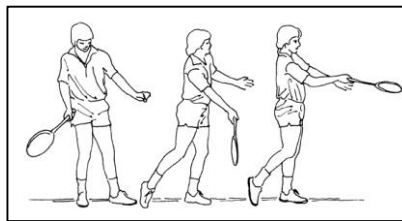
- The point of the "V" between your thumb and index finger should be placed on top of the handle of the paddle when the face of the paddle is perpendicular to the ground.

Forehand/Backhand Shots

- Basic forehand shots are similar to throwing a ball: the hand flexes at the wrist.
- Basic backhand shots are best described as flicking: the hand extends at the wrist.
- Both types of basic shots are best executed when the player is in a ready stance—knees bent, arms at waist level and weight forward.

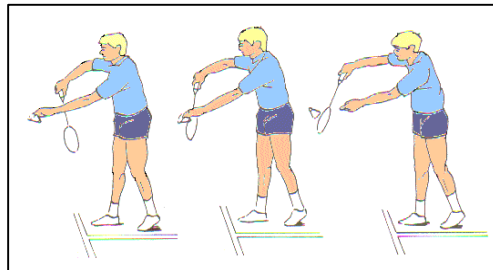
Forehand Serve

- Cock wrist back
- Opposite foot forward
- Contact birdie below waist
- Snap wrist and follow through on contact
- Serve should be high and deep
- Often used in singles play



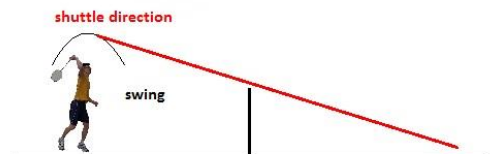
Backhand Serve

- Turn racquet to use backhand side.
- Dominant foot forward
- Contact birdie below waist
- Keep flight low, just above net
- Often used in doubles



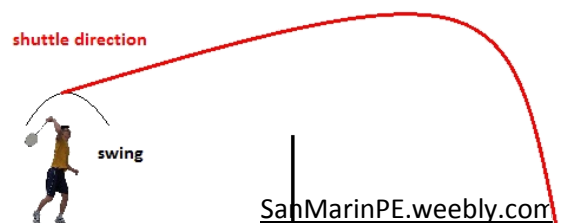
Smash Shot

- This type of shot is considered the ultimate "attacking" shot
- Requires a powerful arm stroke.
- Contact birdie high at "1 O'clock"
- Flight is directed towards opponents court
- Can be played from anywhere on the court, although it is usually played between the doubles back and the front service lines.



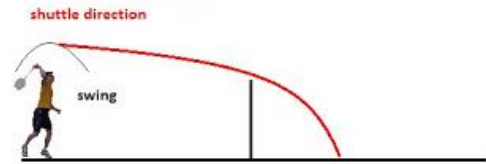
Overhead Clear

- The racket is taken back to the back-scratching position, wrist cocked, as one moves into position
- Shoulders point to net
- Hit the shuttle, extending as high as possible with the racket face pointing slightly up
- Drive opponent back
- Flight of birdie is high, over opponent, landing in back alley



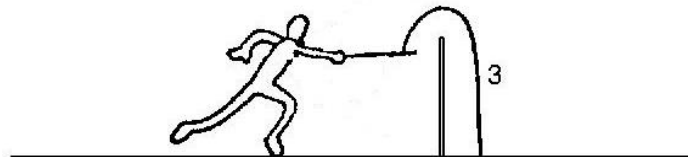
Drop Shot

- This is a shot that will go from the **back** of your court to **close** to the **net** on the other team's court.
- It consists in making the other player believe that we are going to do a **clear**.
- Contact birdie **high**
- Flight of birdie is **low**



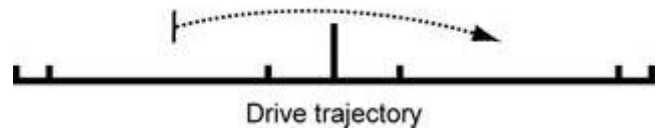
Hairpin

- This shot is made from **close** to the net on your court to close to the **net** on the opposing team's court.
- The birdie should pass almost **brushing** the net to avoid having the opposing player attack it.
- Contact is **low**, **below** top of net
- Flight is **low**, reaching **apex** just above net



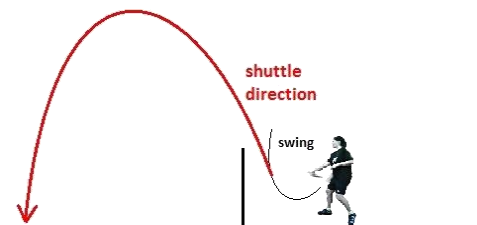
Forehand Drive

- The drive is a **straight shot** that is done from the middle of the court to the middle of the opposite court.
- Used to **get rid** of the birdie in front of you too low to smash
- Has the objective of hitting the **body** of the opposing player.
- It is the most commonly used shot in the game of **doubles**.



Forehand Underhand Clear

- Bring racquet **back**
- Contact birdie below **waist**
- **Follow through** on contact
- Drive opponent **back**
- flight of birdie is **high**, **over** opponent, landing in back of court



Rules

General

- A shuttle landing on the **line** is **good**.
- A shuttle hitting the net is **good** and play **continues** (including the serve)
- All players must be **inside** their respective **service courts** prior to the serve
- A "**let**" is a situation requiring a replay (given for various reasons listed below)

Faults

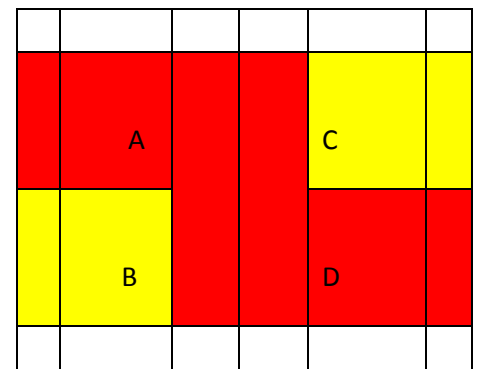
- Serving
 1. shuttle is struck higher than the **waist**
 2. head of the racket is **not** below server's hand holding the racket
 3. shuttle falls into the **wrong** service court or out of bounds
 4. shuttle falls before the short serve line
 5. server's **feet** are not in the correct service court
 6. receiver of serve does not have their feet in the correct **service court**
 7. server steps **forward** when serving
 8. server intentionally **balks**, **fakes**, or feints
 9. server serves before the opponent **is ready**
 10. part of both feet must remain **in contact** with the surface of the court in a stationary position until the service is delivered or a fault is called
 11. shuttle passes through, under, or gets caught on or over the **net** on the serve
 12. server attempts to serve and **misses** the bird completely
- Regular Play
 1. player reaches **over net** to play birdie (**follow through** over the net is legal)
 2. player hits the bird **twice** in one motion or momentarily **holds** or **throws** the birdie
 3. player fails to return the bird to the opponent's **court**
 4. player **obstructs** or hinders opponent
 5. player touches the **net** with racket, **body**, or clothes
 6. in doubles the **receivers partner** returns the serve
 7. shuttle passes through or under the **net**
 8. shuttle touches the **ceiling** or **walls**
 9. shuttle touches a **person** or their **clothes**

Lets

- Server serves **before** receiver is ready
- Shuttle **breaks** during play
- Shuttle gets **caught** on top of the **net** or in the **net** after having gone over (except on the serve)
- A "let" or replay will be given for any "**accidental hindrances**"
- **Double fault** (one on each team) equals a let.

Singles

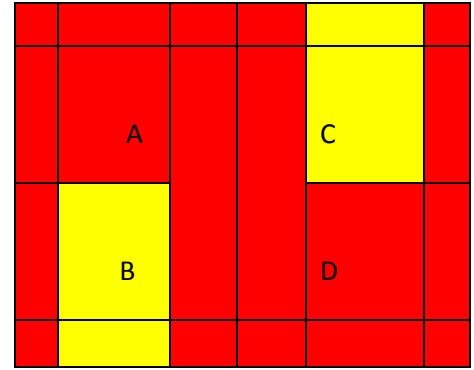
- Singles **serving** court is **long and narrow**. The **playing** court is also **long and narrow**.
- Serving is from the right side when the server's score is "**even**" and from the left side when their score is **odd**.
- All serves must be to the **diagonal**.
- Both players shall change service courts after **each point** has been scored.
- Players must be in their **service court** upon **contact** with the serve.



Doubles



- Doubles **serving** court is **short and wide**.
- After the serve the **playing** court changes to **long and wide**.
- A team is given **2 downs** for each inning except for the very **first inning** of the game.
- The first team to serve at the beginning of the game **starts** with **one down** and will only have **one player** serve before the other team wins the serve. All **subsequent** innings have **both servers** of a team serve before their **opponents** get the serve back.
- When calling the **score** the number of **downs** must also be called signifying how many servers are left to serve for the serving team. (Score example: 9 to 5, no downs or one down)
- If the **serving** team scores a point, the **same** server serves the next serve diagonally from the **other half** of their court. This continues until the receiving team wins the rally.
- The serving team **only** changes **service courts** after a point is scored. There is **no change** of courts for the serving team when the team loses a down. The **receiving team never** changes courts.
- The **first** server of each inning is always the server in the **right hand court**, regardless of the score or whether that player served last or not.
- The player served to may alone receive the service. No player ever receives **two** consecutive **serves**.



Strategies

Serving

- Forehand serve is best utilized during **singles**
- Backhand serve is best utilized during **doubles**

Receiving Positions

- When receiving a serve have your racquet up and **be ready** for anything

Shot Selection

- Combine **all shots** to keep your opponent **guessing** what is coming next.
- Being controlled and **unpredictable** is key
- Clears
 - Use this shot when you want to push your opponent to the **back of the court**
 - Can be used to return **to the net** after receiving a clear
- Drop/Hairpin
 - Use this shot when your opponent is too far **away** from the **net** or expecting a different shot
- Overhead Slam
 - Use this shot to **attack** the opponents court
- Drive
 - Use this shot to **recover** for a hit directly at you
 - Only possible if you have your racquet **ready**

Game Log

Game	Your Partner	Your Score	Opponents	Their Score	W or L	Stamp
1						
2						
3						
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