

# BADMINTON

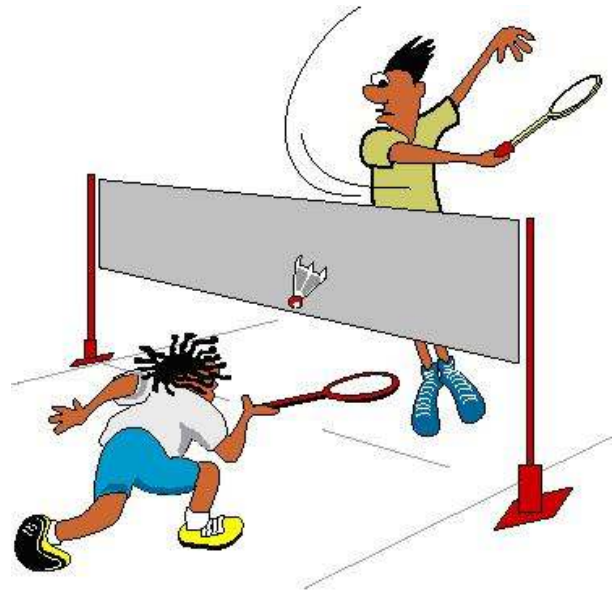
**BADMINTON** is a **racket sport** played by either two opposing players (singles) or two opposing pairs (doubles).

The badminton court is rectangular and is divided by a net.

Players score points by hitting a **shuttlecock** with their racket so that it passes over the net and lands in the other side of the court.

Competitive badminton is best played indoors because shuttlecock flight is affected by wind. But badminton, as a casual recreational activity, can also be played outdoors.

Badminton has been an **Olympic sport** since 1992 (Barcelona),



## History

Games similar to badminton have existed throughout history, from ancient **Greece** to medieval **Japan** and colonial **India**, where a form of the game called "**poona**" was played.

In the 1860's, British Army officers posted to India became interested in "**Poona**" and took the game home to **England**, where the rules of badminton were set out.



BADMINTON HOUSE, GLOUCESTERSHIRE painted by JOSEPH APPLEYARD

This new sport was definitively launched in **1873** at the **Badminton House**, where the Duke of Beaufort introduced the game to his guests. The sport was then known as "**The Game of Badminton**" for a number of years, until the name was shortened to **BADMINTON**.

# BADMINTON EQUIPMENT

## Rackets

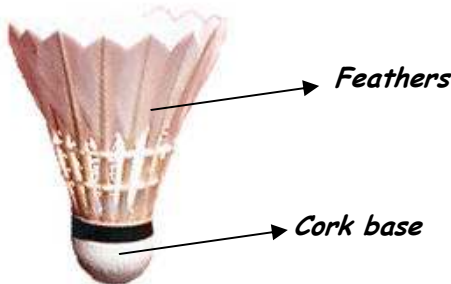
Badminton rackets are light, with top quality rackets weighting between 79 and 91 grams including the strings. The grip of the racket is very important. The choice of grip allows a player to increase the thickness of his racket handle and choose a comfortable surface to hold.

## Shuttlecocks

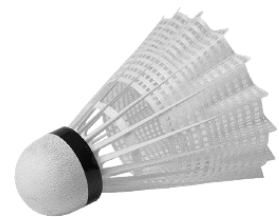
A shuttlecock (often abbreviated to shuttle and also commonly known as bird or birdie) is a projectile with an open conical shape.

There are different types of shuttles:

Shuttlecocks with feathers. They are often used by high level players. The cork is covered in goat skin (usually).

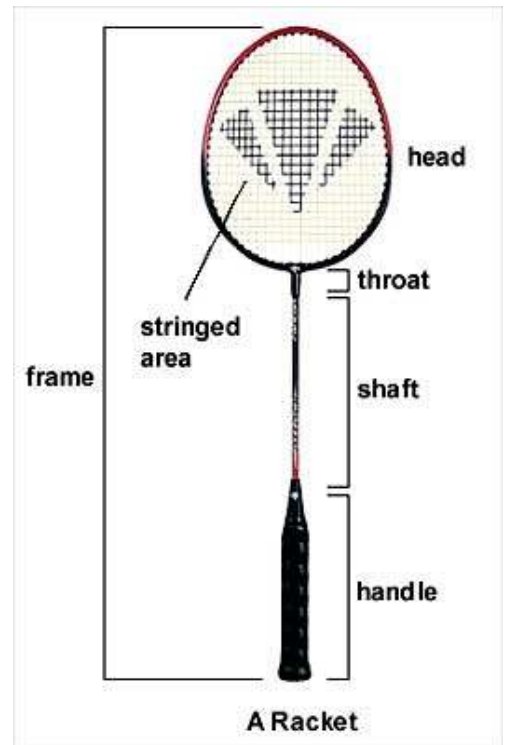


Synthetic shuttles (nylon shuttles). They are often used by recreational players and beginners.



Plastic shuttles. They are smaller and it is almost impossible to play badminton with them.

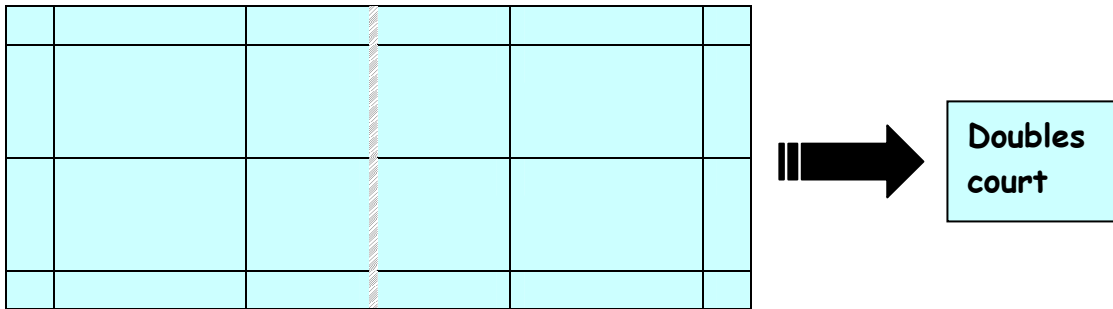
**NEVER BUY ONE OF THESE !!!**



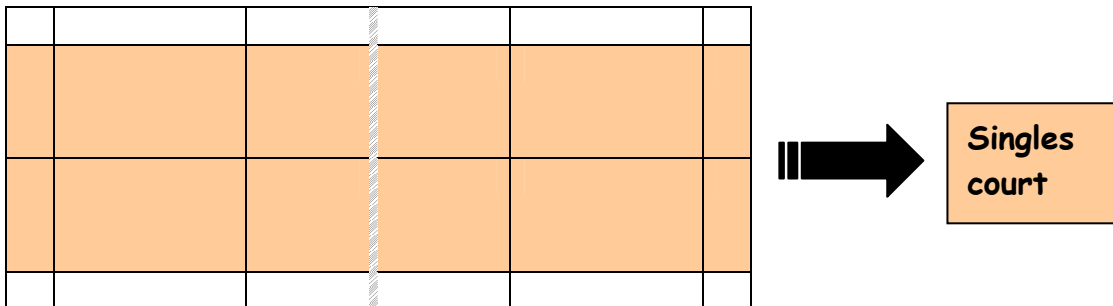
# BADMINTON COURT

Badminton is played on a **court** marked for both singles and doubles matches. The court is rectangular and divided into halves by a net. The doubles court is wider than the singles court, but both are the same length. The exception, which often causes confusion to newer players, is that the doubles court has a shorter serve-length dimension.

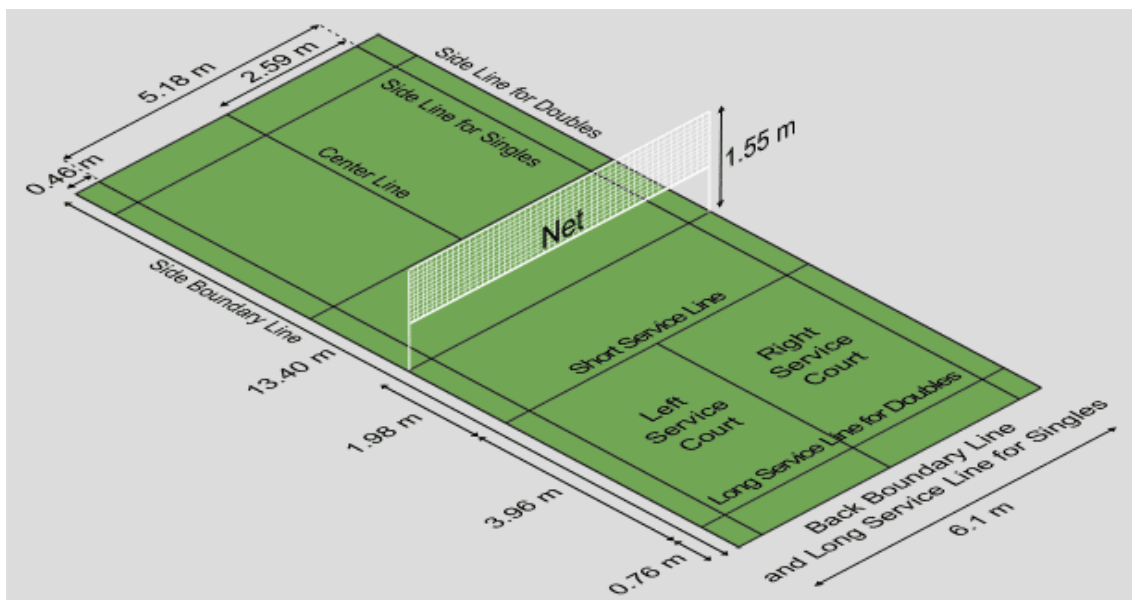
The **doubles court** is 6,10 metres wide and 13,40 m. long.



The **singles court** is a little smaller (5,18 m. wide and 13,40 m. long).



The **net** is 1,55 m. high.



# BADMINTON RULES

## 1. Scoring system: 3 x 21 rally point scoring system.

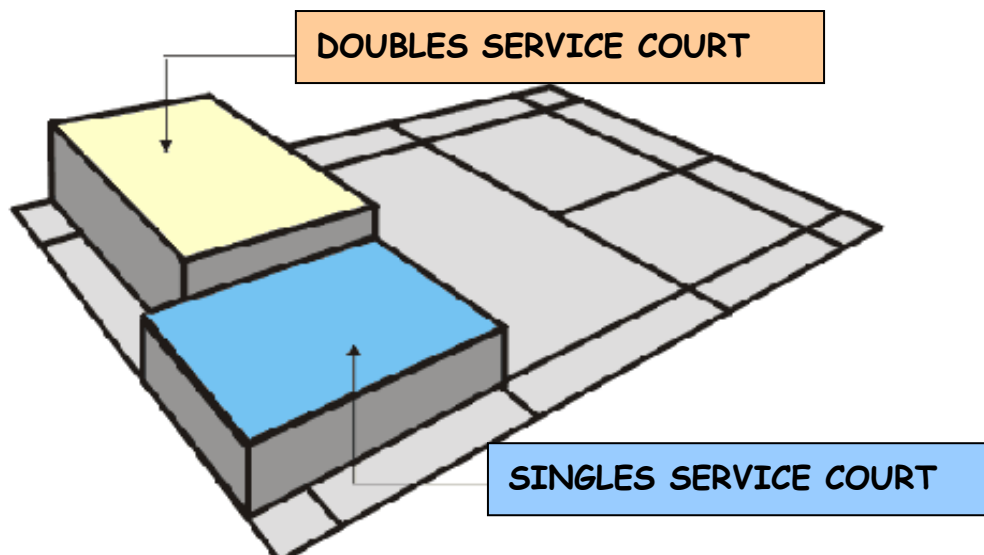
Before May 2006, players could only win a point on their own serve. But the scoring system was changed in 2006, and now players can earn a point on their own serve and also when their opponent serves.

Each game is played with 21 points (with a margin of at least two points), with players scoring a point whenever they win a rally. If the score reaches 20-all, then the game continues until one side gains a two point lead (such as 24-22), up to a maximum of 30 points (30-29 is a winning score).

A match is the best of three games. (The first player who wins two games wins the match.)

## 2. Service:

- ✚ At the start of the rally, the server and receiver stand in diagonally opposite *service courts*.
- ✚ The serve must travel diagonally to be good.
- ✚ The server must hit the *birdie* so that it passes over the net and the short service line, and would land in the receiver's service court.
- ✚ The server must hit the shuttle from below the waist.
- ✚ There is only one serve.
- ✚ In singles, the server stands:
  - ⇒ in his right service court when his score is even (or 0);
  - ⇒ in his left service court when his score is odd.
- ✚ In doubles, if the serving side wins a rally, the same player continues serving, but he changes service courts so that he serves to each opponent in turn. If the opponents win the rally and their new score is even, the player in the right service court serves; if odd, the player in the left service court serves.
- ✚ The winners of the previous game serve first in the following one.
- ✚ The server and receiver must stand inside their respective service courts until the serve is made. The server can do deceptive movements to disconcert the opponent (FEINTS).



### 3. Playing the game:

- ✚ The object of the game is to hit the shuttlecock back and forth over a net without permitting it to hit the floor in bounds on your side of the net.
- ✚ The shuttlecock is not allowed to bounce on the floor.
- ✚ The rally continues until someone wins it by hitting a good shot which their opponent cannot return, or until someone loses it by hitting a fault. **Faults** include:
  - ⇒ hitting the *birdie* into the net;
  - ⇒ hitting the shuttle outside the court;
  - ⇒ hitting the *bird* twice before it goes over the net. Each side may only strike the shuttlecock once before it passes back over the net;
  - ⇒ carrying the *bird* on the racket;
  - ⇒ it is also a fault if the shuttlecock hits the ceiling;
  - ⇒ touching the net with the racket or any part of the body during play;
  - ⇒ reaching over the net to hit the shuttlecock.
- ✚ Whoever wins the rally earns one point, and serves to start the next point.
- ✚ A *birdie* can hit the net on its way across during play and the rally can continue.
- ✚ The players change ends at the start of the second game; if the match reaches a third game, they change ends both at the start of the game and when the leading pair's score reaches 11 points.
- ✚ All lines are considered in bounds.

## BADMINTON STROKES

### 1. Forehand and backhand.

Badminton offers a wide variety of basic strokes. All strokes can be played either forehand or backhand. A player's forehand side is the same side as his playing hand: for a right-handed player, the forehand side is his right side and the backhand side is his left side.



Forehand shot



Backhand shot

## 2. Basic strokes.

You can play upper arm shots or under arm shots. The choice of stroke depends on:

- how near the shuttlecock is to the net;
- how high the *birdie* is;
- the current position of the opponent.

Players have much better attacking options if they can reach the shuttle well above net height, especially if it is also close to the net.

### 🚩 SERVICE (under waist shot):

- short service;
- long service;
- drive service (hitting the shuttle as far as you can with a horizontal direction and fast);
- backhand service.

### 🚩 CLEAR (upper arm or overhead shot - hitting the shuttle high and to the back of the opponents' court, the *rearcourt*):

- attacking clear - 2;
- defensive clear - 1;

### 🚩 DROP SHOT - 5 (upper arm or overhead shot - hitting the shuttle so that it falls softly downwards into the opponents' *forecourt*, very close to the net).

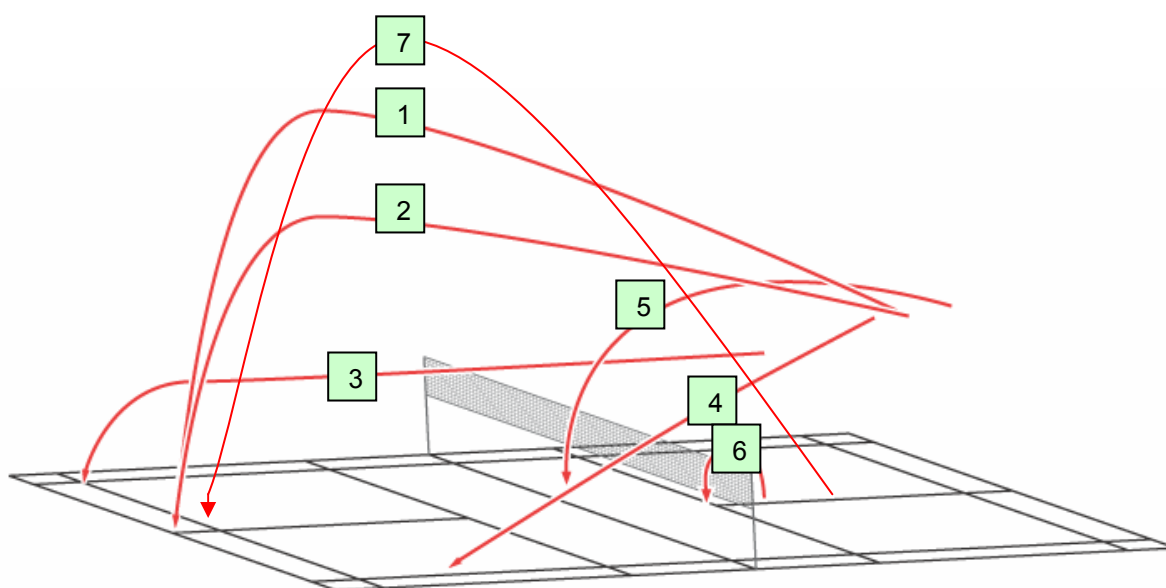
### 🚩 SMASH - 4 (upper arm or overhead shot - hitting the shuttle downwards and fast, attempting to win the rally immediately). It is also called "kill".

### 🚩 DRIVE - 3 (hitting the shuttle as far as you can, not too high, horizontally and fast)

### 🚩 HAIRPIN NET SHOT - 6 (under arm shot - hitting the shuttle softly back to the net)

### 🚩 LOB (under arm shot - hitting the shuttle high and to the back of the opponents' court):

- attacking lob, used when your opponent is very close to the net;
- defensive lob, often used to get time enough to return to the midcourt.



1. Defensive clear; 2. Attacking clear; 3. Drive; 4. Smash; 5. Drop shot; 6. Net shot; 7. Lob.

# BADMINTON STRATEGY

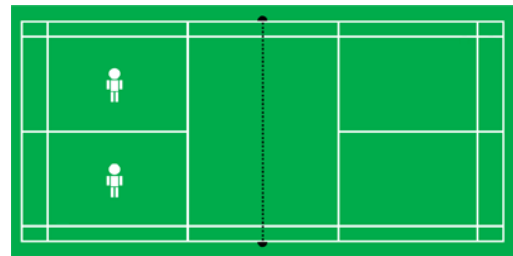
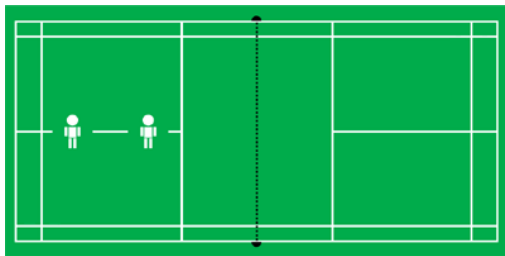
To win in badminton, players need to employ a wide variety of strokes in the right situations. The position in the court is also really important.

## Doubles Badminton Strategies

During a doubles badminton match, the players can use one of the following strategies:

Front-Back Position: attacking formation

Side by side Position: defensive formation

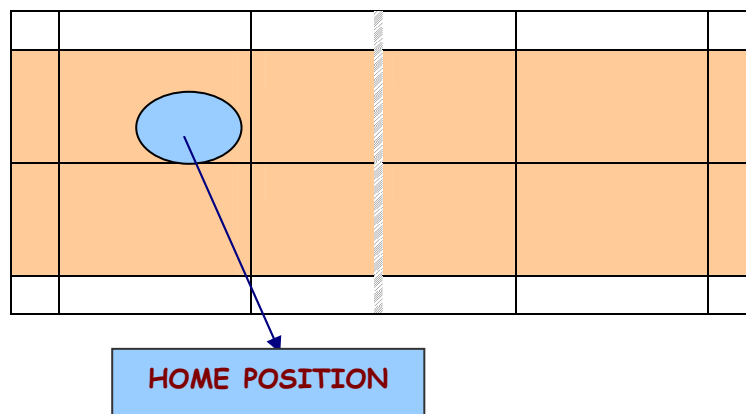


High level players tend to use both, changing positions depending on the situation.

- ✚ When you defend, try to hit the shuttle deep into your opponent's court. This is to prevent your opponent in the front position intercepting the shuttle from mid to front court.
- ✚ Whenever is possible try to smash or drive the shuttle to the middle ground between your opponents in order to take advantage of confusion and clashes.
- ✚ Another possibility is to play a drop shot or a net shot, forcing your opponents to lift the shuttle.
- ✚ And remember...Teamwork is the success formula in doubles!

## Singles Badminton Strategies

- ✚ Remember always to get back to your HOME POSITION in the midcourt area after making each shot. This is a position where you can possibly reach any of your opponent's shots.



- ✚ **FOUR CORNERS STRATEGY.** Always try to hit the shuttle away from your opponent and make your opponent move around the court. The singles court is narrower than the doubles court, but the same length (with the service exception). Since one person needs to cover the entire court, singles tactics are based on forcing the opponent to move as much as possible; this means that singles strokes are normally directed to the corners of the court, combining lobs and clears with drop shots and net shots.
- ✚ If you are in a difficult situation during the rally, you need to make time for yourself to get back to a good position. Do this by hitting the shuttle high towards the back of the court, near the middle of the baseline (if possible).
- ✚ Try to use a **WIDE VARIETY OF STROKES**, depending on the situation. The key is to be flexible.
- ✚ One simple badminton strategy often used in singles is to serve long and high to your opponent's back court. This will force your opponent to move back to the baseline and open up his forecourt.
- ✚ Observe your opponent's strength, weakness, favourite shots and pattern of play. Use it to your advantage.
- ✚ **CONCENTRATION** during the game is also very important to reach any of your opponent's shots.

**Badminton Vocabulary** (www.englishclub.com)

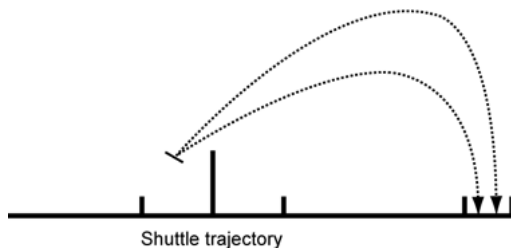
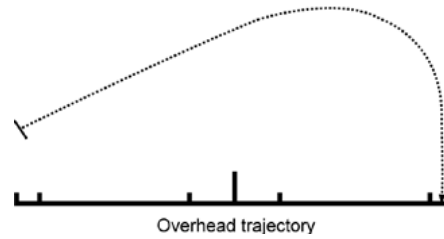
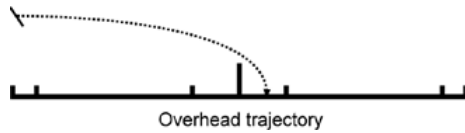
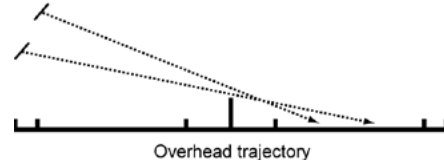
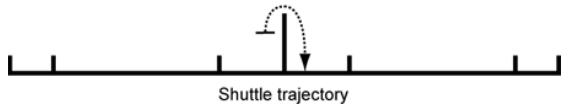
Word	Example sentence	Meaning
Ace	Jenny's accuracy means she serves lots of aces.	a serve that the opponent fails to hit
Backcourt	I ran to the backcourt to return his lob.	back third of the court (same as "rearcourt")
Backhand	If his backhand is weak, play more to his left side.	a stroke made on the side of the body opposite the racket side
Baseline	The shuttlecock landed just inside the baseline.	back line of the court
bird / birdie	The U.S. players say birdie instead of shuttlecock.	shuttlecock (mostly used in North America)
Carry	The umpire called my shot a carry, so I lost the point.	an illegal stroke in which the shuttle is caught and held on the racket before being released; also called a "sling" or "throw"
centre line	The centre line divides the court into two service courts.	a line that separates the left and right service courts



Clear	She hit a clear high and to the back of her opponent's court.	a shot hit deep into the opponent's court
Doubles	Why don't you ask her to be your partner in mixed doubles?	a game between teams of two players
drop shot	He was at the back of the court, so I played a drop shot and he couldn't reach it.	An upper arm shot that just clears the net and then drops sharply
Drive	She played a forehand drive straight down the line and won the point.	a fast hard shot, not too high, with an horizontal trajectory
Fault	It is also a fault if the shuttlecock hits the ceiling during a rally.	a foul shot, such as one that hits the net or lands outside the court
Forecourt	If you play from the forecourt, you'll have a better chance of hitting a winner.	the front third of the court
home position	Players in singles matches try to get back to the home position whenever they can during a game.	central position on court which is halfway between the baseline and net, and the two sidelines
Lob	Her lob flew high into the air and dropped into the back of the court, just inside the baseline.	a shot that is hit in a high arc, usually over the opponent's head
Net	The shuttlecock hit the top of the net and just went over, so she won the point.	the length of meshed material supported on a cord between two posts that divides the court
Net shot / hairpin net shot	Net shots are good to play if your opponent is in his or her rearcourt.	a shot hit from the forecourt that just clears the net and drops sharply
racket (also <i>racquet</i> )	A badminton racket is smaller and lighter than a tennis racket.	the instrument used by players to hit the shuttlecock
Rally	The crowd applauded after watching another long, exciting rally.	a series of shots hit back and forth across the net
Rearcourt	Players try not to get caught in the rearcourt if possible.	rear third of the court (same as "backcourt")
Serve / service	In tennis players use overhead serves, but in badminton they use underarm serves.	a shot which begins play
service court	You have to serve from inside your own service court.	the area into which a serve must be hit
Smash/"kill"	Dan jumped high in the air and hit a powerful smash to win the rally.	a powerful overhead shot
Wood shot	He was lucky when he hit a wood shot and the shuttlecock still went over the net.	a legal shot in which the shuttlecock hits the frame of the racket

# ACTIVITIES

1. Write the proper stroke below each diagram. (Strokes: *clear*, *drop shot*, *smash*, *drive*, *hairpin net shot*, *lob*.)



2. Draw a badminton court and mark: a) the singles playing court; b) the doubles playing court; c) the net; d) the short service line; e) the singles service court; f) the doubles service court.

3. Put a cross next to the correct answer.

-British officers brought a game like badminton back from: a) China b) India c) Greece

-The word "badminton" was originally the name of: a) an Indian bird b) a British officer c) an English house

- A badminton net is: a) 1,55 m. b) 1,85 m. c) 1,35 m.
- The game begins with: a) an overhead serve b) a over-waist serve c) an under-waist serve
- Hitting the shuttle into the net is: a) a drop shot b) a net shot c) a fault
- To win, the margin in the score must be at least: a) 1 point b) 2 points c) 3 points
- Badminton was first introduced at the: a) Sydney Olympics b) Seoul Olympics c) Barcelona Olympics
- In Badminton, a player must serve from the service: a) line b) lane c) court
- An upper arm gentle shot that just goes over the net is a: a) net shot b) drop shot c) smash
- A shot that goes high over the net to the backcourt is a: a) lob b) net shot c) drive shot
- A very hard, long, horizontal and powerful overhead shot is a: a) drive b) clear c) smash/"kill"
- A series of several shots in a row is called a: a) record b) rally c) set
- The central position players try to get to is the: a) home position b) top position c) court position
- A wood shot is one where the shuttlecock is hit by the: a) strings of the racket b) frame of the racket c) handle of the racket
- Hitting the shuttle twice before it goes over the net is a: a) point b) double c) fault

