

## Basic Badminton Rules

### **SKILL 1:** Serve

- Correct form, non-dominant foot in lead, slight bend at waist, shuttle at knee height.
- Utilizes wrist snap.
- Performs short and long serves in a practice setting.

### **SKILL 2:** Clear

- Moves feet to reach correct position for clear shot.
- Utilizes wrist snap to gain power/momentum and drive.
- Performs underhand/overhand clear in a practice setting.

### **SKILL 3:** Drop

- Moves feet to reach correct position for drop shot.
- Uses a punch motion to contact the shuttle (little to no back swing/follow-through)
- Performs overhand/underhand drop in a practice setting

### **SKILL 4:** Smash

- Moves feet to set up in correct position for smash.
- Utilizes correct contact position for effective smash.
- Performs a smash shot in a practice

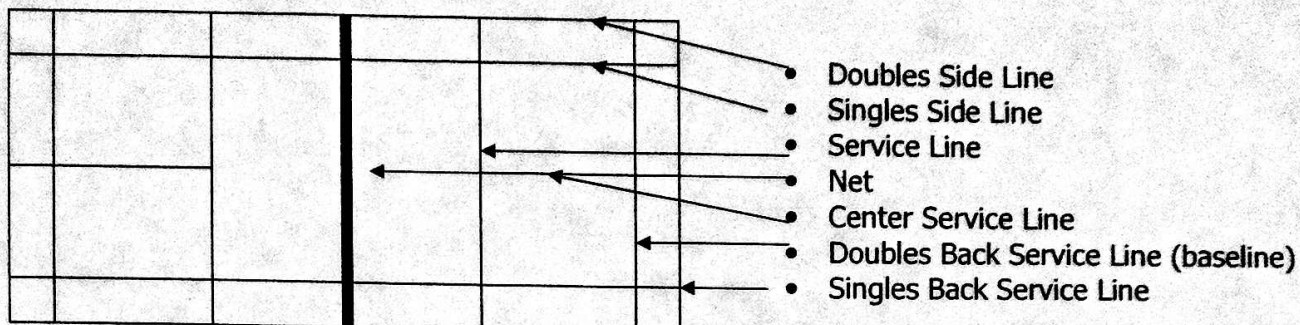
### **PERSONAL/SOCIAL RESPONSIBILITY and SAFETY:**

4. Students demonstrate fair play and appropriate competitive behavior (e.g., cooperating with their opponent, demonstrating leadership, making correct calls, preventing/resolving conflicts, complimenting/encouraging others). Student participates energetically and safely, demonstrating self-control and respect for the positive and safe experience of others. Students appropriately challenge themselves and others to high levels of performance.
3. Students participate energetically and safely, demonstrating self-control, fair play and respect for others.
2. Students participate safely, demonstrating self-control, fair play and respect for others, but are inconsistent in energy.
1. Student lacks self-control at times and/or needs reminders and encouragement from others to participate in a safe, fair, energetic and /or respectful manner.





## **COURT BOUNDARIES:**



© Brockport High School Physical Education 2007

## **BADMINTON RULES:**

- Badminton games are played to a score of 21. A game must be won by two points.
- Service must take place behind the service line and must be directed to the diagonal box.
- Doubles play uses the long and wide lines with the exception of on the serve where the short back line is used.
- Singles play uses the narrow and long court lines at all times.
- A shuttle that lands on a line is considered "in".
- All serves must be contacted below the waist line.

## **BADMINTON SCORING:**

### **SINGLES:**

- Serves are taken from the right side on a score of zero or an even number.
- Serves are taken from the left side on an odd score.
- Servers rotate sides of the court with each point awarded.

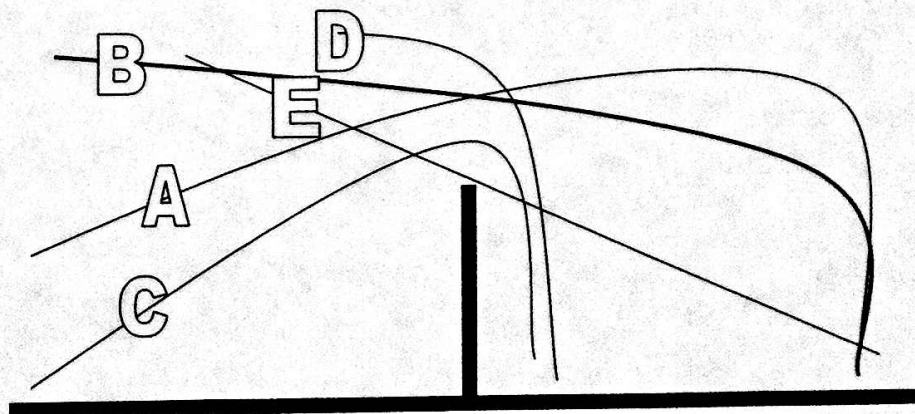
### **DOUBLES:**

- Serves are taken from the right side on a score of zero or an even number.
- Serves are taken from the left side on an odd score.
- Only one person serves on the service team until the serve is lost.
- After a point has been scored, the service team rotates, the receiving team does not.

op

## **BADMINTON SHOTS:**

- A-Underhand Clear
- B-Overhand Clear
- C-Underhand Drop
- D-Overhand Drop
- E-Smash



## **Vocabulary:**

**Clear**-A shot hit deep into the opponents court.

**Drive**-A fast and low shots that makes a horizontal flight over the net.

**Drop Shot**-A shot hit softly and with finesse to fall rapidly and close to the net in the opponents court.

**High Clear**-A defensive shot hit deep into the opponent's court.

**Smash**-A fast shot hit straight down into the opponent's court so that it cannot be returned.

**Serve**-The stroke used to put a shuttle into play at the start of teach rally.