

BADMINTON: Review/Skill Sheet _____ **Grading** _____

Name _____	Participation	/24
	Skill development and application	/6
	Use of strategy	/6
Class _____	Knowledge	/6
	Fitness	/12

Skill 1: Serve

- Correct form, non-dominant foot in lead, slight bend at waist, shuttle at knee height.
- Utilizes wrist snap.
- Is able to perform a short serve, keeping the shuttle close to the net
- Is able to perform a long serve that reaches the back portion of the court.

Skill 2: Clear

- Moves feet to reach correct position for clear shot.
- Utilizes wrist snap to gain power/momentum and drive.
- Is able to perform an underhand clear on demand.
 - Is able to perform an overhand clear on demand.

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)
- Is able to perform an underhand drop shot on demand.
- Is able to perform an overhand drop shot on demand.

Skill 4: Smash

- Moves feet to set up in correct position for smash.
- Utilizes correct contact position for effective smash.
- Utilizes correct wrist snap and follow through.
- Is able to execute a 45 degree angle smash shot.

<ul style="list-style-type: none"> ✓ Is able to use skills in practice situations ✓ is able to use kills in defensive game situations ✓ is able to use skills in offensive game situations <p>Total skill development and application _____/6_____</p>

<ul style="list-style-type: none"> ✓ Applies defensive/offensive strategy in positioning ✓ Applies defensive strategy in game play ✓ Applies offensive strategy in game play <p>Total game strategy _____/6_____</p>

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.

Rules:

- Badminton games are played to a score of 15. A game must be won by two points.
- Points can only be awarded to the team in possession of the serve.
- 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.

History:

- Badminton evolved from an Indian game called "POONA" during the 19th century. British army officers stationed in India learned the game. The British enjoyed the game and four years later, formed the Bath Badminton Club. It was here that the modern game was formed.
- Badminton is currently the fastest racket sport in the world with the shuttlecock traveling up to **160 miles per hour**. Badminton players today travel up to 3.5 miles during a single match.

Tips:

- 1) Use a variety of different shots
- 2) Hit the shuttle to open space
- 3) Make your opponent move
- 4) A DROP shot is just as effective as a smash!

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:

- Beginning service always takes place from the right side.
- Only one person serves on the initial service team.
- After the first side-out, both players on a team serve before the next side-out.
- After a point has been scored, the service team rotates, the receiving team does not.

BADMINTON SHOTS:

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

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