

# BADMINTON

*PACKET # 2*

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer. The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## 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.

## HISTORY OF THE GAME

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 53 countries participate in international badminton competitions. Badminton is not just a local or national activity. It is an Olympic sport.

## **HOW BADMINTON IS PLAYED**

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 “Birdie” or “shuttle” is used instead of a ball. One popular form of shuttle has a cork base with sixteen feathers arranged around the edges. This type of shuttle is light in weight—only one-sixth of an ounce, although it is more expensive than the plastic version. 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. The server is the only player who can make points. If the server wins the point, he or she continues to serve. However, the second serve then is made from the left side of the court. The serve lasts until the player fails to hit the serve into the proper court or makes a fault. When this happens, the second player serves his/her first service from the right court. The serving player alternates from the right to the left service court until the serve is lost. The International Badminton Federation’s new scoring rule number 9.3 states that for men’s singles or doubles games if a player (or side) achieves the score 15-0, the game is won. A match is considered the best two out of three games. The same rules that apply to singles play also apply to doubles play except for the order of serving and receiving. The IBF scoring rules for women’s singles and doubles list 11 points as needed to win a game.

## **PLAYING TECHNIQUES**

### *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.

### *SERVE*

The serve is an underhand shot. The racquet head must be below the level of the server's hand while the shuttle is hit below waist level. It is especially important to follow through the serve by continuing to keep the racquet moving upward after the shuttle is hit. If the racquet does not complete the follow-through, the shuttle may end up in an undesirable location.

### *SMASH*

This type of shot is considered the ultimate "attacking" shot and requires a powerful arm stroke. It can be played from anywhere on the court, although it is usually played between the doubles back and the front service lines.

### *CLEAR*

This unusual defensive stroke is employed in singles and generally used sparingly. The object is to hit the shuttle high and deep to the opponent's back court. This shot is played well behind the shuttle. The point of impact is directly above or slightly behind the head. The arm moves straight up as racquet head and shuttle meet.

### *DROP SHOT*

This shot is sometimes referred to as a "controlled smash" shot. It differs from the smash because it is hit with less force. The drop is considered a sure way to score a point when the opponent is out of position. To execute this shot, the player must use the same motion as with any overhand stroke except that he/she tilts the racquet head slightly to cause the shuttle to move downward.

### *FOREHAND DRIVE*

This shot is used when the shuttle is too low to smash. The forehand drive is hit hard with the full racquet face slightly in front of the body at full arm's length.

### *FOREHAND UNDERARM CLEAR*

This can be a tricky shot. It is best described as hitting a high serve, only lower down. The player lunges forward with the front knee bent and the back leg slightly bent while he/she leans toward the shuttle.

### *BACKHAND DROP*

The overhand backhand shot is performed the same way that the clear and smash are played. This shot demands both excellent timing and wrist-snap action.

### **EQUIPMENT AND CLOTHING**

The equipment needed to play badminton is simple. Aside from the regulation court (22 feet in length by 17 feet in width) and net, badminton requires only a racquet and shuttlecock. The badminton racquet resembles a tennis racquet, although it is lighter in weight—usually between three and five ounces. Most contemporary players prefer metal racquets over wooden ones. Clothing is similar to that worn by tennis players: light polo shirts or blouses are worn to provide freedom of movement. Footwear should provide good support and an adequate grip on the surface of the court.

# STUDENT RESPONSE PACKET

# BADMINTON

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## **WHAT TO DO**

The following questions will help you to have a greater appreciation and understanding of badminton. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. **Be neat, spell correctly, and write in complete sentences.**

1. Why is badminton a good game to help maintain and improve physical fitness?
2. What equipment is needed to play badminton?
3. Who can make points in a badminton game?
4. How is a badminton game won?
5. Describe a forehand shot.

6. What is a smash shot?

7. What is a drop? a backhand drop?

8. When is a forehand drive used?

9. What is especially tricky about the forehand underarm clear?

10. Give a brief history of badminton.

### **Short Answer**

1. A rarely used high and deep defensive stroke \_\_\_\_\_
2. This is always an underhand shot \_\_\_\_\_
3. A badminton racquet is \_\_\_\_\_ than a tennis racquet
4. Motion similar to throwing a ball \_\_\_\_\_
5. Acronym for badminton federation founded in 1934 \_\_\_\_\_
6. Where badminton was played hundreds of years ago \_\_\_\_\_
7. The ultimate attacking shot \_\_\_\_\_

8. Vanes used to be made of them \_\_\_\_\_
9. Shuttle are now made of this \_\_\_\_\_
10. The traditional shuttle base was made of this \_\_\_\_\_
11. When a shuttle falls out of bounds \_\_\_\_\_
12. Done with a "flicking" motion \_\_\_\_\_
13. A controlled smash \_\_\_\_\_
14. This is 22 feet long and 17 feet wide \_\_\_\_\_
15. Best of three games \_\_\_\_\_
16. Number of points needed to win a game \_\_\_\_\_
17. The only player who can score a point \_\_\_\_\_
18. What you hit in badminton \_\_\_\_\_
19. A shuttle weighs one-sixth of one \_\_\_\_\_
20. Name of badminton played by British in India \_\_\_\_\_

## Cross Word Puzzle

Use the answers above to find the words!

C S H B H V E F O R E H A N D K N H T C F E A F R E P R  
 C A I R E P B C C I A O O D O A C G N P U A O N A E M A  
 S T C C O U R T A P M A T C H R F I C O R K E R I N A H  
 C K A H I R E E L L N P H F O E O P U R C R T I T E N T  
 R H F F S A N M A E T R R A A I O A A B O B C K A C U R  
 G A I E F C L I G H T E R T E E O V O E C S R A E F A I  
 B U D N F I F T E E N F C F E A T H E R S C E F O U S A  
 E F T D A T E I K O C L H M E C C P C R R S P R L A O R  
 E P N C E S C S E A M E L O I E K B R H O B L A V R E R  
 N S O S S O N L E H E E R C R R C A E N D P F C C E H R  
 O O F O F F U T E R K C G H S N M O I F C P O R D O R E  
 N R B F N O B R O A V U E L M N E I O O R L O P R E R C  
 E H T E S A R A E O R E L H E H C B S C E A M K O T R S  
 L F A U L T C S C E K D I E F B M F M N S S T B P S E R  
 M R S P O O A E T K D O O O R H T K A K F T C E I R R L  
 R H S E K E U L N F H B E O S T N T S E B I D A A E T S  
 S O E L T T S N T A T A E E D I R I H T N C I B C E R H  
 R S H U T T L E C O C K N A V R O E A F P I E K R I E B  
 I C S F S R I C T E H I T D C N R M O H C U E A D R C D  
 E O O A R C S O L R O N A L U E L T P C P T S L A T T N