

Knowledge Organiser: Year 7 Badminton

Key Skills:

READY POSITION – balanced position, side on, racket up and ready, on toes.

GRIP- shake hands with the racket sideways on. Wrap fingers round the tape.

SERVING – There are several types of serve – low/backhand, long, flick. A backhand serve should land close to the service line on your opponents' side of the net. The racket head must start from below the waist. Serves are under arm and the shuttle must be hit below the server's waist.

UNDERARM CLEAR- (high serve) – This shot is played high to the back of your opponent's court. Start sideways on and use a whip action with the wrist to create power.

OVERHEAD CLEAR – Played to the back of your opponents' court and is a defensive shot. Start sideways on, racket up and behind you, focus on making contact with the shuttle in front of you.

DROP SHOT- a shot played with finesse to land the shuttle as close as possible to the net on your opponent's side.

TACTICS

- Hitting into space – moving partner around the court
- Shot selection – selecting the right shot for the right situation
- Targeting opponents' weaknesses.
- Disguised shots
- Doubles play – role of players in doubles. Front/back formations or side to side.

Stretch and Challenge Task:

- Draw a badminton court and label it correctly with the lines that are in/out for both singles and doubles. - Find out who our best players in the country are for men's and ladies doubles, singles and mixed.

www.badmintonengland.co.uk is a good site to use.

Rules

Game starts with a diagonal serve- right hand side to right hand side. Serve must land over the service line.

Play to 21 points – but must win by 2 clear points.

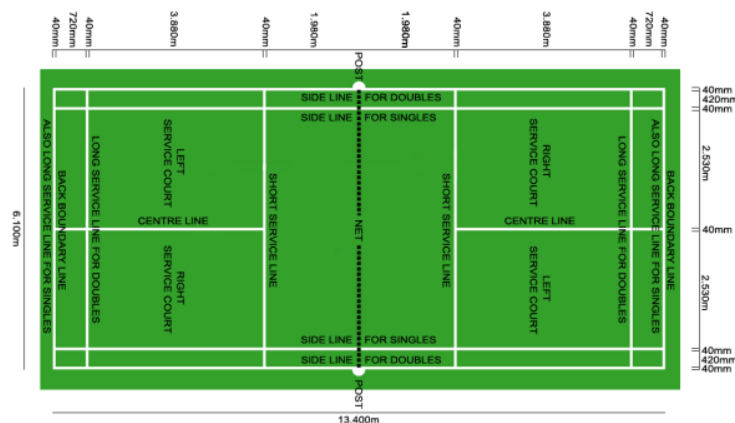
A point is won every rally.

Whoever wins the point serves next.

When the server's score is even, serve from right, when score is odd, serve from left. Unlike tennis there are no second serves.

Court is long and thin for singles, short (in length) and wide for doubles.

You cannot hit the net with your racket or body. If your opponent hits the shuttle into the net or outside the perimeters of the court a point will be gained.

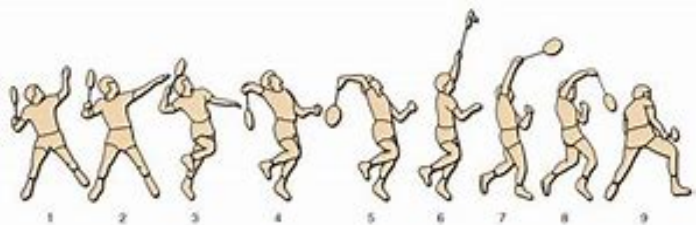


Key Terms to learn:

Grip and ready position, Rally
 Serve – backhand – low, high, flick.
 Overarm and underarm clear.

Key Words	Description	Coaching Points
Equipment		
Shuttle cock	Is the object that players hit back and forth across the net.	
Racket	Is the equipment used by players to hit the shuttlecock.	
Net	Is the barrier tied across the centre of the court dividing the court into two. The net is 5 feet tall (1.5m tall).	
Players	Games can be either singles (1 v 1) or doubles (2 v 2).	
Baseline	The baseline is the back boundary line, which is parallel to the net and furthest from it.	
Clear	Basic stroke in badminton. It is a shot played to the opponents back court.	Shot can be played overhead/underarm and either on the forehand/backhand wing. Aim is to force opponent back towards his baseline. This shot can help to regain control of rally if played correctly or win point outright.
Smash	This is the most attractive shot. It is an overhead shot which brings the shuttle down from a height at a steep angle and is hit with lots of speed when performed correctly. Can also do a jump smash shot.	Move quickly towards shuttle and get into side on position and adopt forehand grip. Hit shuttle at highest point possible with full arm swing and ensure you follow through. Use non racket playing hand to help spot the shuttle. See picture below.

SMASH SHOT BELOW



Go on this youtube clip about badminton and the rules:

<https://www.youtube.com/watch?v=UyLli-TbcFc>

KEYWORDS		
Let	sideline	Rally
Drop shot	tramlines	
Back boundary line	Long service line (for doubles)	
Long service line (for singles)	Scoring	
Centre line	Umpire	

Effects of exercise

Short Term	Long Term
Increased muscle contractions Increased heart rate Increased rate of breathing	Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles

Components of fitness

Components of fitness	Definition	Example of use in the game
Agility	Ability to change direction quickly	To move round court to successfully position themselves to return their opponent's shots, such as clears and drop shots.
Coordination	The ability to use two or more body parts of the body together smoothly and efficiently.	Players will use their feet to move into position to return the shuttle, whilst using eyes to sight shuttle and shoulder/arm to swing racket and make good contact with the shuttle. (Doing several things at once in collaboration of one another).