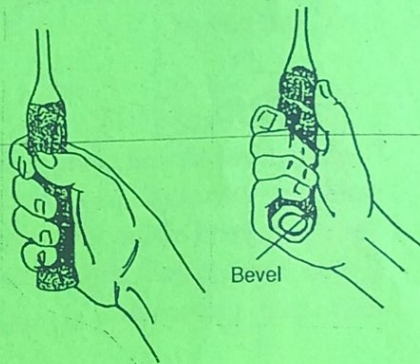# BADMINTON

A. OBJECTIVE

- To drive the shuttle to the oppositions side of the floor within the boundary lines

B. SKILL DEVELOPMENT
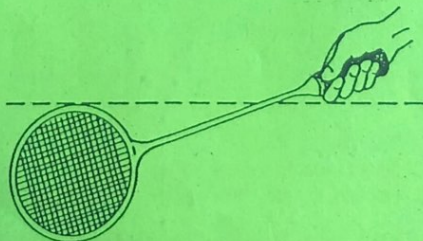
1. The Grip

- "Shake Hands" with the raquet and form a V with the thumb and forefinger on the top of the handle.

Bevel

2. The Serve

- Hold the shuttle in front of the path of the raquet.
- Release the shuttle on the forward swing.
- Contact the shuttle below the hand and waist levels ahead and away from the body.
- Follow through slightly on the short serve and more deep for a deep serve.
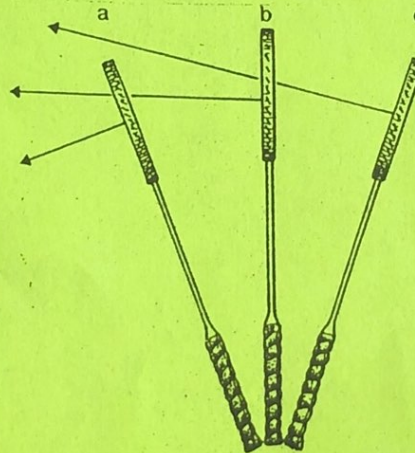
3. The Overhead Clear
- Drop the raquet arm down behind the shoulder
- Lead with the elbow on the forward motion of raquet and shift weight to the forward foot.
- Contact the shuttle slightly in front of the body with the raquet face slightly open (tilted toward the ceiling)
- Follow through forcefully up and down
- For the underhand clear, the shuttle is contacted from below driving the shuttle up and deep.

4. The Smash
- Use the same stroke preparation as for the overhead clear.
- Whip the raquet head upward and into the descending shuttle.
- Contact with a closed raquet face (angled slightly downward).
- Rotate the arm and wrist fully on contact and follow through with speed and power.

5. The Drop Shot
- Begin the stroke and contact the shuttle the same way as you would for the smash and overhead clear.
- Slow the speed of the raquet significantly just prior to contact.
- Follow through only slightly so the shuttle barely clears the net and drops in the forecourt.

Contact points for smash, drop, and clear shots
a = closed, smash   b = square, drop   c = open, clear

6. Net Shots
- Play net shots forehand and backhand. Get under the shuttle and try to guide it over the net. Contact the bird in a fencer-like motion.
- Return the shuttle as close as possible to the net, trying to drop it just over the side.
- These shots are best used to deceive the opponent when the opponent is away from the net area.

C. SIMPLE RULES

- To start a game, spin the racquet for up for down. Winner gets choice of service or side
- Servers score is always called first
- Servers and receivers must stand in their own court behind the service line when the service is made
- Serves are always made across the court
- Birds falling on the line are good
- If a player misses a bird and it falls out-of-bounds it is played as if she had purposefully let it drop
- If a bird hits a player or the player hits the net she forfeits the serve and/or loses the point

RALLY POINT SCORING

In May 2006 the International Badminton Federation (IBF) introduced a new scoring system with matches in all disciplines the best of three games to 21 points.

A game is won by the first player or pair to reach 21 points. If the score is 20-20 then a player or pair needs two clear points to win a game. However at 29-29 the first player to reach 30 wins the game (30-29). The first player/pair to win two games wins the match.

The new system is known as rally point scoring. This means that the winner of each rally scores a point. You do not have to be serving to add to your score. A player/pair retains the serve until they drop a point (the opposition scores a point against the serve and wins the right to serve).

DOUBLES

The big difference in doubles is that a pair gets only one serve. That means, once the serve is dropped the service passes to the opposition (rather than to the servers' partner as in the old system).
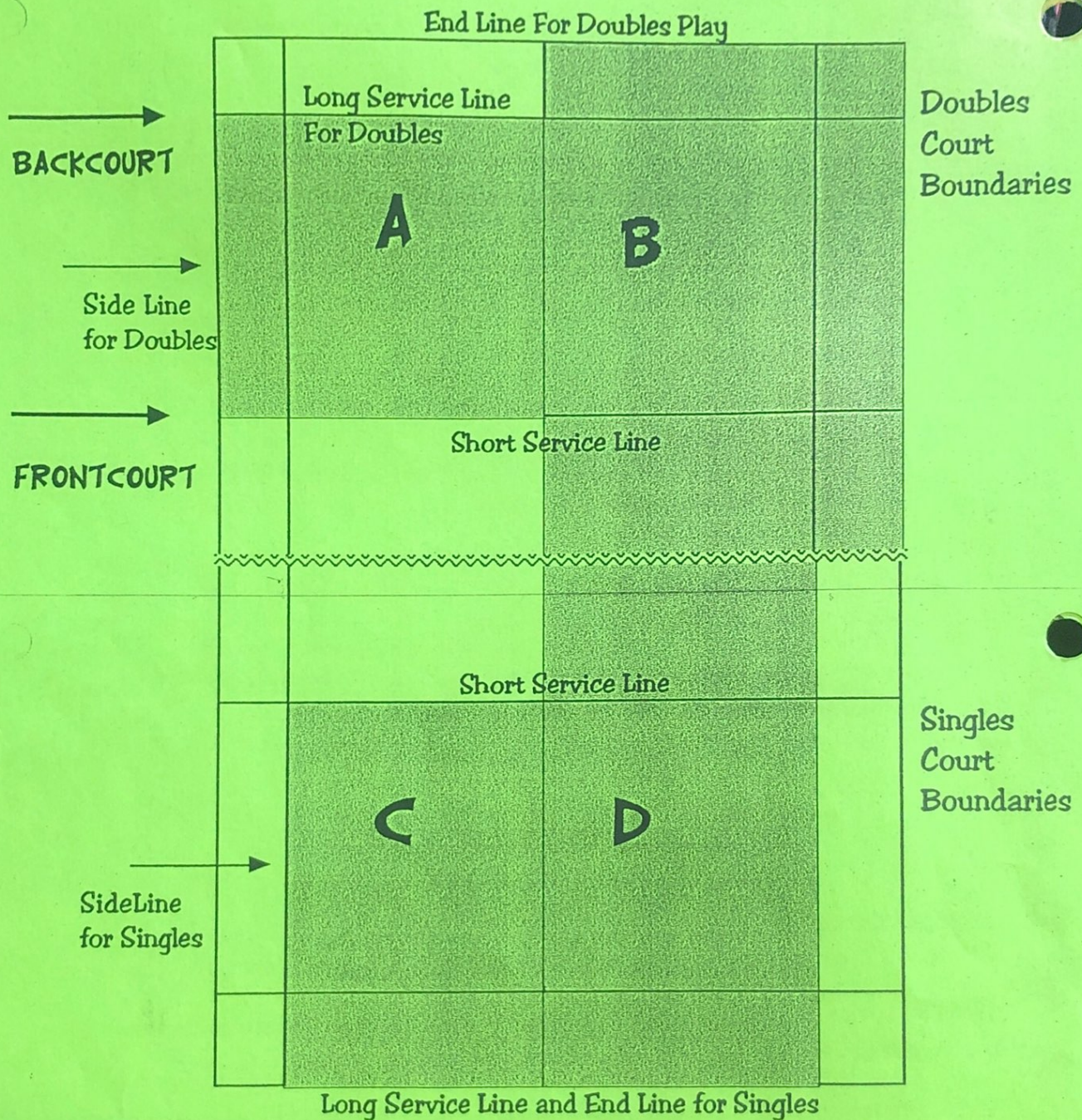
When the service is won, as in singles, the player currently in the right service court serves when their score is even and the player in the left service court serves when their score is odd.

The players' service courts are determined by their positions at the start of the previous rally, not by where they were standing at the end of the rally.

The same player continues to serve, changing sides, until the serve is lost. When the opponents are serving, players do not change sides when the point is won.

A result of this system is that each time a side regain service, the server will be the player who did NOT serve last time.

THE BADMINTON COURT

End Line For Doubles Play

Long Service Line
For Doubles

A

B

BACKCOURT

Doubles
Court
Boundaries

Side Line
for Doubles

Short Service Line

FRONTCOURT

Short Service Line

C

D

Singles
Court
Boundaries

SideLine
for Singles

Long Service Line and End Line for Singles

A Doubles Service Boundaries

B Doubles Play Boundaries

C Singles Service Boundaries

D Singles Play Boundaries