

Racket # \_\_\_\_\_

NAME \_\_\_\_\_  
Block \_\_\_\_\_

## BADMINTON STUDY GUIDE

### THE GAME

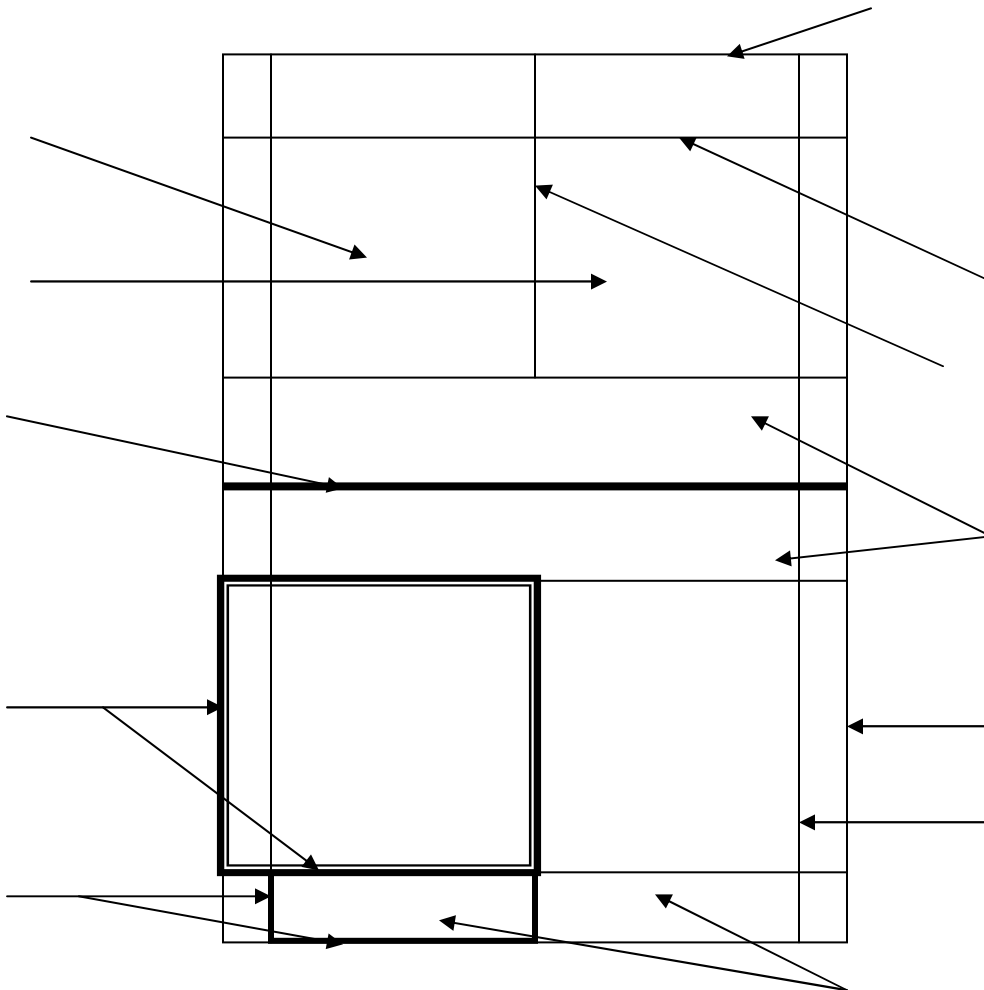
Badminton is a game (singles, doubles, mixed doubles) played over a net using racquets and shuttles with strokes that vary from relatively slow to quick and deceptive. It is considered to be the fastest court game in the world.

### THE COURT

The court is divided in half by a net. Each half court is divided into \_\_\_\_\_ and \_\_\_\_\_ service courts. Service lines and sidelines for both singles and doubles serving are laid out. Sidelines and baselines are also marked for singles and doubles. A singles court measures 44' X 17' and a doubles court measures 44' X 20'.

### BADMINTON COURT DIAGRAM

Label each line on a badminton court.



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## RALLY SCORING

- Singles, doubles and mixed doubles are played to \_\_\_\_\_ points.
- The team that wins the \_\_\_\_\_ scores a point. (Every time the shuttle hits the floor a team scores)
- You must be ahead by \_\_\_\_\_ points to win.
- If the score reaches \_\_\_\_\_, the first team to score \_\_\_\_\_ points wins the game.
- A match is the best \_\_\_\_\_ out of \_\_\_\_\_ games.

## DOUBLES SERVING with RALLY SCORING

- Serving is decided by a toss (\_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_)
- The score must always be announced \_\_\_\_\_ serving. Say server's score \_\_\_\_\_.
- Only \_\_\_\_\_ team member gets to serve before the shuttle is turned over to the \_\_\_\_\_ team.
- Begin the game by serving from the \_\_\_\_\_ service court. The score is \_\_\_\_\_.
- \_\_\_\_\_ is an even number in Badminton.
- Server and partner switch (\_\_\_\_\_) service courts when they \_\_\_\_\_ the rally.
- Only the \_\_\_\_\_ rotates courts when they win a \_\_\_\_\_.
- A server will continue to serve until the serving team \_\_\_\_\_ the rally.
- Your team's score is \_\_\_\_\_ (0,2,4,6,8 etc.) when serving from the \_\_\_\_\_ service court.
- Your team's score is \_\_\_\_\_ (1,3,5,7,9 etc.) when serving from the \_\_\_\_\_ service court.
- An \_\_\_\_\_ serve results in the loss of the serve (\_\_\_\_\_) and the \_\_\_\_\_ team scores a \_\_\_\_\_.
- Server is only allowed \_\_\_\_\_ service attempt(s) unless he/she has a Let (do-over)
- A \_\_\_\_\_ is a point that is replayed.
- Lets occur if there is outside interference or both the server and receiver \_\_\_\_\_ the serving rules at the \_\_\_\_\_ time.

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## **SERVICE FAULTS**

- Line violation (\_\_\_\_\_)
- When serving, not hitting shuttle \_\_\_\_\_ and below the \_\_\_\_\_
- Not serving \_\_\_\_\_ across to opponent in proper service court (lines are \_\_\_\_\_!)
- Serves cannot land in the NEUTRAL zone. After the serve (when rallying), the shuttle can land in the NEUTRAL zone.
- Not keeping both \_\_\_\_\_ in contact with ground until shuttle is \_\_\_\_\_
- Making \_\_\_\_\_ with the shuttle more than \_\_\_\_\_
- Stopping in \_\_\_\_\_ (feinting)
- Not stating the \_\_\_\_\_ before serving

## **POINTS**

Either team wins the rally (a point) if their opponents:

- Fail to \_\_\_\_\_ a legal serve
- Hit the shuttle \_\_\_\_\_ the boundary lines
- Hit the shuttle \_\_\_\_\_
- Hit the shuttle \_\_\_\_\_ or more times on a return (double hit)
- Touch the net with \_\_\_\_\_
- Let the shuttle hit the \_\_\_\_\_ within legal boundaries
- Deliberately “\_\_\_\_\_” or “\_\_\_\_\_” the shuttle on the racquet
- Do anything to interfere with opponents’ \_\_\_\_\_ hit
- Go \_\_\_\_\_ the net with \_\_\_\_\_
- Reaches \_\_\_\_\_ the net to return a \_\_\_\_\_ (racquet follow through is okay)
- \_\_\_\_\_ the shuttle with anything other than the \_\_\_\_\_
- Fail to keep both \_\_\_\_\_ in contact with the floor until the serve is \_\_\_\_\_

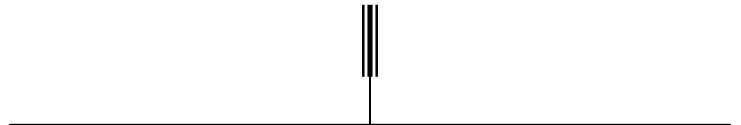
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## GAME STRATEGY

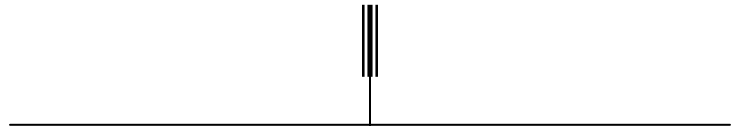
- Vary your \_\_\_\_\_ (short, long, forehand, backhand)
- Place your \_\_\_\_\_, hit to your opponents' \_\_\_\_\_
- Aim for \_\_\_\_\_ and \_\_\_\_\_
- \_\_\_\_\_ your shots (clears, dropshots, drives, smashes)
- Base your return shot on your opponents' \_\_\_\_\_
- Move your \_\_\_\_\_
- \_\_\_\_\_ of the game place your \_\_\_\_\_ in the \_\_\_\_\_ service court IF you are the SERVING team
- \_\_\_\_\_ of the game place your \_\_\_\_\_ in the \_\_\_\_\_ service court IF you are the RECEIVING team
- Confuse your opponents by \_\_\_\_\_ for the \_\_\_\_\_
- Bring the shuttle \_\_\_\_\_ as quickly as possible

## RACKET POSITIONS:

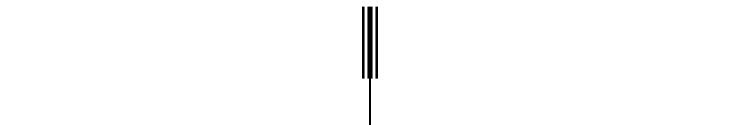
**Open Racket:** Racket face is angled towards the \_\_\_\_\_ . The shuttle will travel \_\_\_\_\_ .



**Closed Racket:** Racket face is angled toward the \_\_\_\_\_ . The shuttle will travel \_\_\_\_\_ .



**Square Racket:** Racket face is perpendicular with the \_\_\_\_\_ . The shuttle will travel \_\_\_\_\_ to the floor and in a straight line.

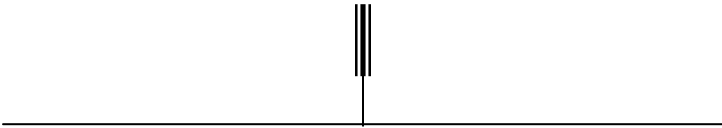


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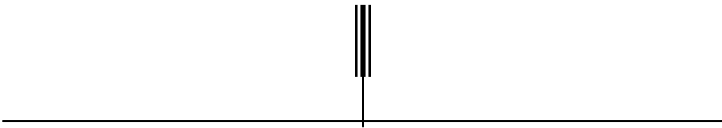
## DIAGRAMS OF SERVES:

### Short Serve



- Stand near the \_\_\_\_\_ service line
- Can be hit forehand or backhand
- Gently push shuttle and use little \_\_\_\_\_ - \_\_\_\_\_
- Bird is hit \_\_\_\_\_ and close to your opponent's short service line
- Used to force your opponent closer to the \_\_\_\_\_
- Used to force your opponent to return the shuttle \_\_\_\_\_ with an underhand hit.

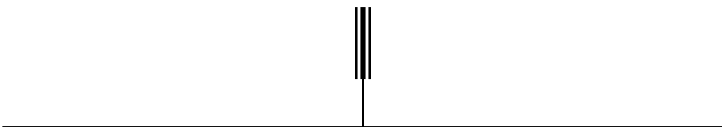
### Long Serve



- Stand near the \_\_\_\_\_ service line
- Use forehand and a staggered \_\_\_\_\_
- \_\_\_\_\_ your weight from your back foot to your front foot
- Snap wrist and follow-through above your waist
- Contact shuttle with an \_\_\_\_\_ racket
- Shuttle is hit \_\_\_\_\_ and \_\_\_\_\_ into your opponent's service court

## DIAGRAMS OF SHOTS:

### Clear

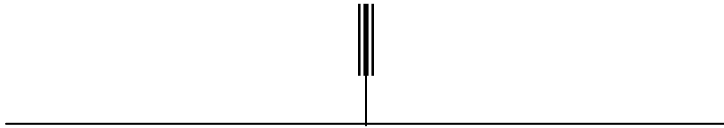


- High deep \_\_\_\_\_ shot
- \_\_\_\_\_ or overhead
- Forehand or backhand
- Use an \_\_\_\_\_ racket
- Turn non-racket shoulder to the \_\_\_\_\_
- Used to force your opponents to \_\_\_\_\_
- Used to give yourself time to get in position

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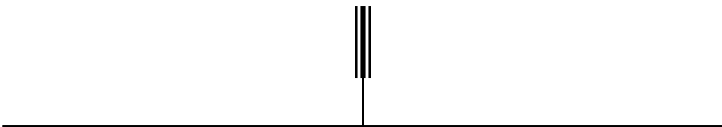
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### Smash



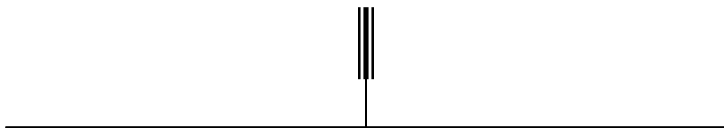
- Fast, “kill” shot
- Make contact overhead with a \_\_\_\_\_ racket
- Turn \_\_\_\_\_ shoulder to the net (forehand smash)
- Bend elbow and lock your wrist, preparing to swing forward
- Transfer \_\_\_\_\_ from back foot to front foot
- Contact shuttle as \_\_\_\_\_ as possible and slightly in front of racket shoulder (1 p.m.)
- Can be hit forehand or backhand

### Drop shot



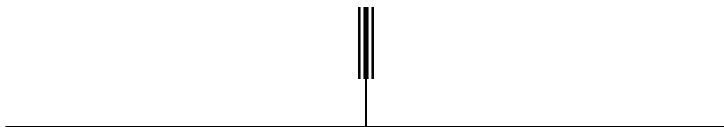
- Overhead shot hit \_\_\_\_\_ and close to the net
- Make contact \_\_\_\_\_ with a square to slightly closed racket
- Turn non-racket shoulder to the net
- Contact shuttle slightly in front of \_\_\_\_\_ shoulder
- Minimal follow-through
- Used to pull your opponent out of position and to make them move toward the net
- Forces your opponents to return the shuttle with an \_\_\_\_\_ hit

### Net shot



- \_\_\_\_\_ shot hit near the net
- Forehand or backhand shot
- Contact shuttle near the net with an \_\_\_\_\_ racket
- Push shuttle \_\_\_\_\_ and just over the net
- Forces your opponents to move toward the \_\_\_\_\_
- Forces your opponents to return the shuttle with an \_\_\_\_\_ hit

### Drive



- Low, fast, parallel to the ground shot
- Contact shuttle about shoulder high with a \_\_\_\_\_ racket
- Used mostly in \_\_\_\_\_
- Usually hit from your mid-court to your opponent’s backcourt
- Used to make your opponents \_\_\_\_\_
- Can be hit forehand or backhand