

Badminton Review

The Badminton Court

- ❖ Singles court dimensions are long and narrow
- ❖ Doubles court dimensions are short and wide (ONLY FOR THE SERVE), they change to long and wide during play

Service

- ❖ The first serve of any game should always be from the right side when the score is 0-0
- ❖ Serve must be underhand, but you can use forehand or backhand
- ❖ The racket must hit the birdie under the players waist level and the feet are not allowed to move.
- ❖ Server must remain stationary from start to finish of a serve. You may use a “rocker step”
- ❖ Server must be behind the service line when contacting the birdie
- ❖ Serve must go diagonal within the dimensions of the court and past the service line
- ❖ Serve may hit the net as long as it lands in the designated service square
- ❖ The right to serve first in the game is determined by spinning the racket, tossing the birdie or rallying
- ❖ You must say the score of the game before serving – “____ serving ____”
 - You must state your points FIRST before your opponents

Competitive Play

- ❖ In singles:
 - When the server's score is an even number, the serve is taken from the right side.
 - When the server's score is an odd number, it is taken from the left side.
- ❖ In doubles:
 - Teams alternate serving and will start on the side according to their score (right for even, left for odd).
 - Teammates switch sides only when they serve and score a point. This continues until they lose a rally and serve is given to the opposite team

Rules

- ❖ The birdie may not be hit more than one time per side during a rally
- ❖ The birdie is considered in bounds if it lands on the line
- ❖ The birdie is still in play if it hits the net
- ❖ A player may not touch the net with the racket or their body
- ❖ Rally point system is used therefore a point is awarded to the winner of each rally
- ❖ A game goes up to 21 points

- ❖ To win a game, a player must win by 2 points (with a cap of 30)
- ❖ A match will be best of three games
- ❖ Winning team will serve first in the next game
- ❖ A birdie hitting the ceiling or outside the boundaries is a fault

Grip

- ❖ Your hold on the badminton racket should be relaxed (not tight).
- ❖ Use the basic grip on both sides of the body, for both forehand and backhand.
- ❖ The two names for the basic grip are:
 - Hand Shake - hold the racket as though you are lightly shaking hands with the handle
 - V-Grip - Look at the gap between your thumb and first finger; it should form a shape like the letter V.

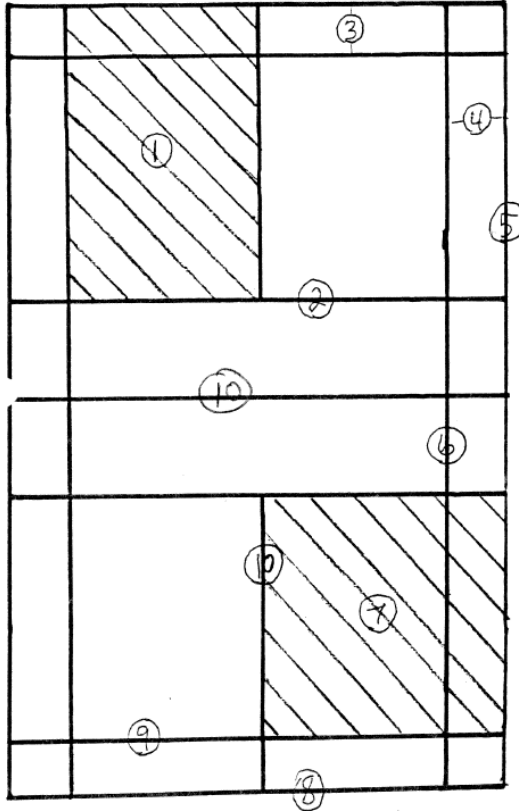
Badminton Strokes

- ❖ **SMASH:** this shot is used to end the rally. You should be contacting the shuttle in front so it goes straight down. (similar to the volleyball spike)
- ❖ **DROP:** this shot is very similar to the smash. Instead of following through, you will stop your arm and just push the shuttle over the net. (short/low to bring the opponent forward)
- ❖ **CLEAR:** this shot is the most common shot used in badminton. It can be overhead underhand, forehand, backhand. (high/low to push the opponent back)
- ❖ **NET SHOTS:** these shots are done around the short service line to the net. This is used to pull your opponent all the way to the net to then send a shot deep into their backcourt.
- ❖ **DRIVE:** this shot is a shot that crosses the net flatly. It is usually played from the sides of the court when the shuttle is too low to be returned with a smash.

Doubles Strategies

- ❖ **Up-and-Back:** One player will cover the front court near the net, and the other player will cover the back court ready for any deep shots.
- ❖ **Side-by-Side:** Each player will take any shot sent to their side of the court

Badminton Court Lines



1. Singles Service Court
2. Short Service Line
3. Back Court Lines
4. Side Court Lines
5. Doubles Side Court Line
6. Singles Side Court Line
7. Doubles Service Court
8. Singles Back Court Line
9. Doubles Back Court Service Line
10. Net

BADMINTON COURT FULL DIMENSIONS

Doubles

Net Height

Singles