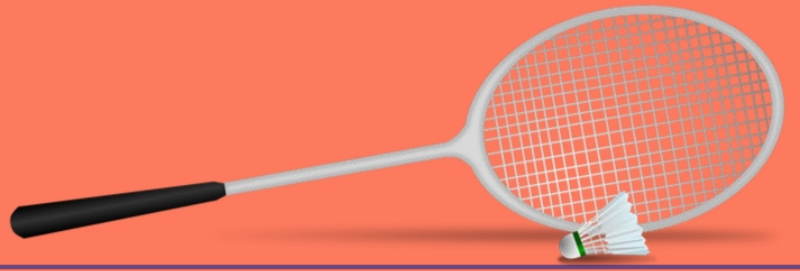
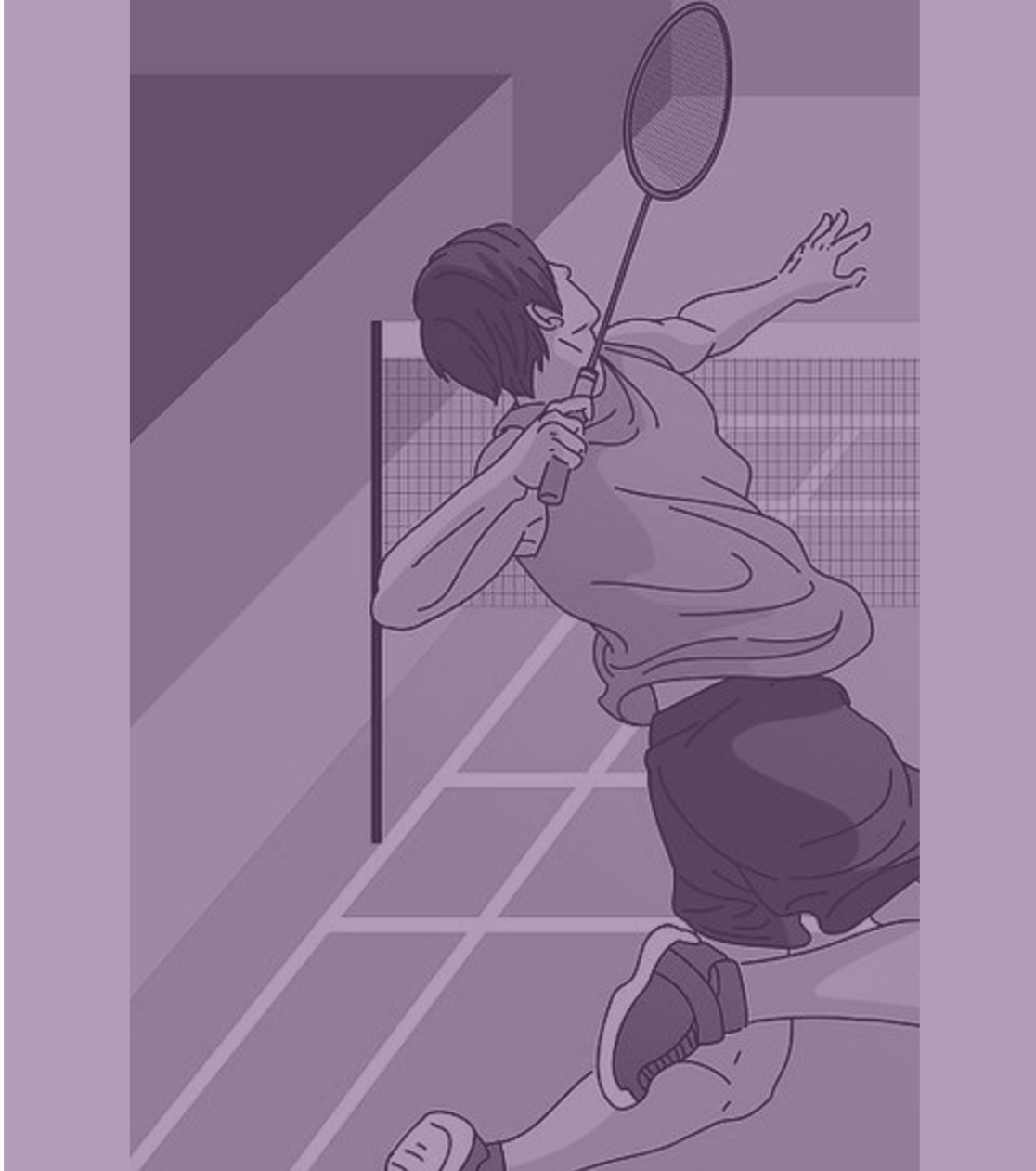


# Badminton



Mr. Linda's Physical Education Class





# Sport History

- The sport of Badminton was invented in India.
- British army officers learned the game around 1870. In 1873 the duke of Beaufort introduced the sport at his country estate, Badminton, from which the game derives its name.
- In 1887 the Bath Badminton Club was formed; it was replaced in 1893 by the Badminton Association of England, which codified the rules that still govern competitive play.
- Badminton is included in the 1972 Munich Olympics as a demonstration sport. In 1992, six Canadians contest badminton as a full medal sport at the Barcelona Olympics.

# Equipment for Sport

A Racket



A birdie



A Net

**Official Net Height:** The net 5 ft. 1 inch high at the edges and 5 ft. high in the center.

**Official Court Dimensions:** The overall dimensions of a badminton court is 20 feet by 44 feet.



# Critical Elements for Badminton

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# Basic Skills: The Forehand Serve



## Grip

Continental grip, creates a 'V' with thumb and index finger.

## Stance

Staggered stance, non-dominant foot is forward. Birdie is held by net in a serve position (next to racket face)

## Step

Stepping with opposition into the serve, transfer of weight from back foot to front foot.

## Strike

Bring the racket back and forward as weight is transferred, and making contact with the racket face and the birdie.

## Follow Through

Following-through to the intended target.

# Basic Skills: The Deep Clear

A clear is a stroke which sends the birdie high and deep into the opponent's back court.



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**Step Into It**

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**Back Scratch**

The racket is in your hand and reaching down your back similar to a back scratcher

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**Extend and Contact Above Your Head**

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**Snap and Follow Through.**



# Basic Skills: The Smash

Similar to a spike in volleyball, a smash is an aggressively hard hit, with a fast downward path. The ultimate attack stroke.



## Back Scratch

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(The racket is in your hand and reaching down your back similar to a back scratcher)

## Extend High

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## Snap Wrist

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## Follow Through.

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# Badminton Videos

## The Rules of Doubles Badminton



- Lines are in
- Serve must be diagonal - Not for class
- Do not serve from the same side twice in a row
- The player winning a point continues to serve until they lose a point; the other team now serves, when regaining possession of service the teammate who did not serve last will now serve
- Rally scoring, play for time.



## Longest Rallies

