

Crossminton

Mr. Linda's Physical Education Class



History of Crossminton



- The special birdie and the idea of the game were invented in Berlin by Bill Brandes. The game was refined to the final game of crossminton by the Speedminton company in 2002. The inventor first named his new sport "shuttleball", but soon the game was renamed "speed badminton".
- In 2011 the first ICO (International Crossminton Organization) Speedminton® World Championships took place in Berlin.
- In 2012 Speedminton® Sporting Goods Corp. was founded in California.



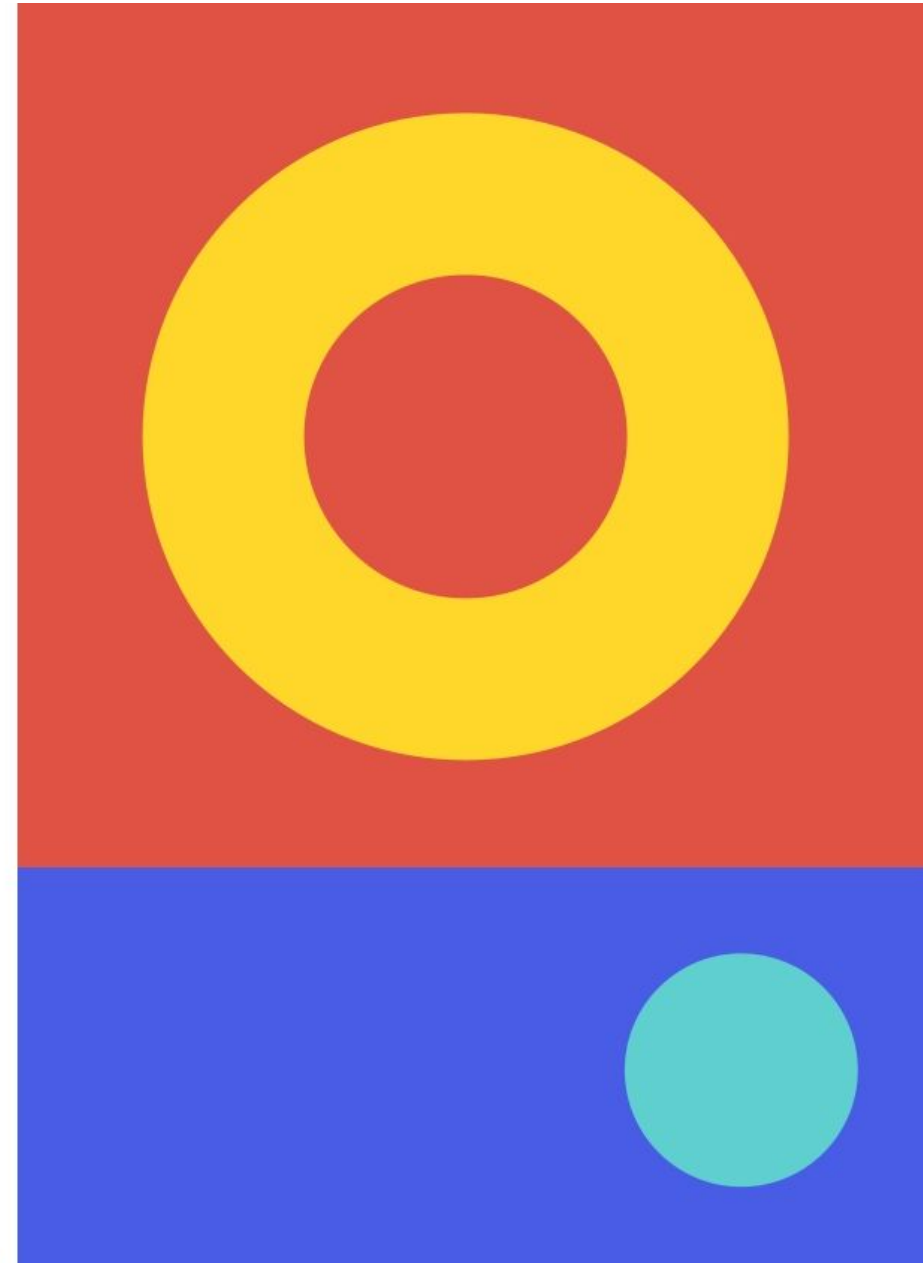
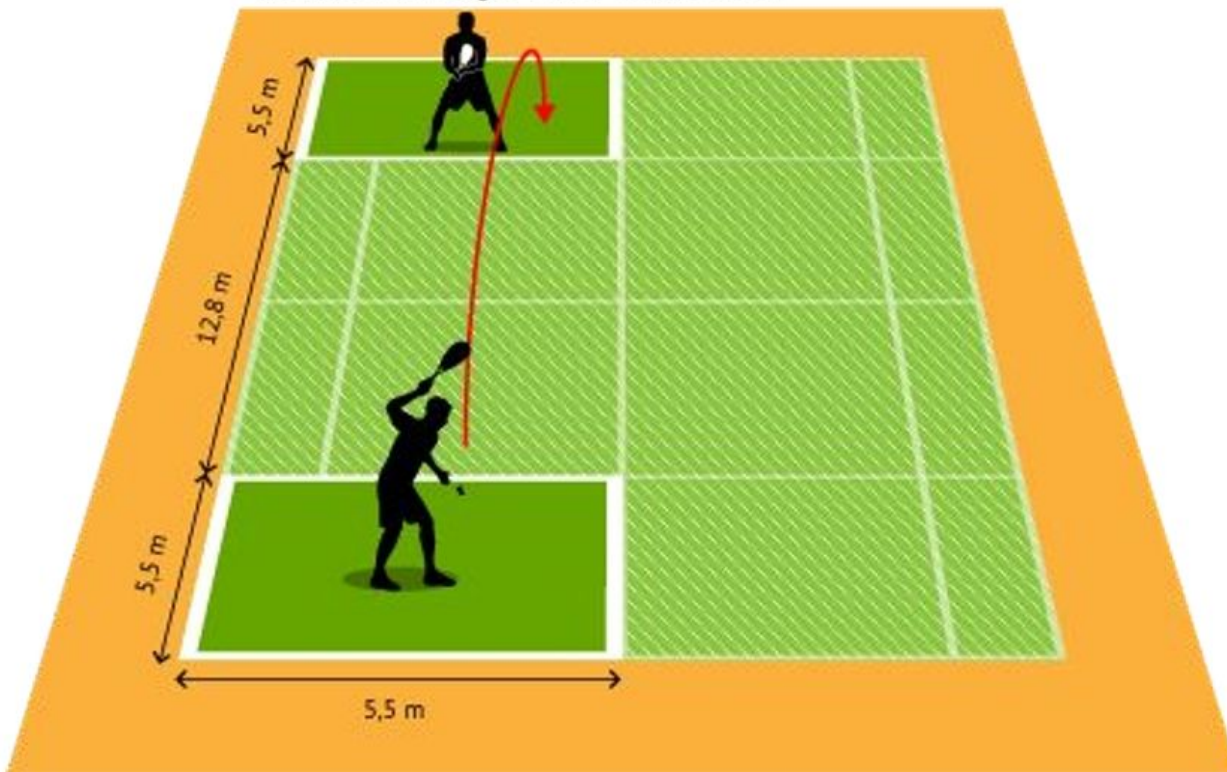
Equipment

- **Speeder:**

The secret of crossminton is the new birdies, called Speeders. Designed to play a badminton type game outdoors, they are heavier and made of special compounds that provide a maximum trampoline effect and control off the strings.

The Court

A Speedminton® court consists of two 18 ft squares which are set up 42 ft apart. These are the specifications for competitive play as per the international match rules governed by ICO For School Speedminton® the courts can be adapted to the children's individual age and skill level.



The background is split diagonally from the bottom-left to the top-right. The upper-left portion is a teal color, and the lower-right portion is a bright yellow color. The text is positioned on the teal side.

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How to Play

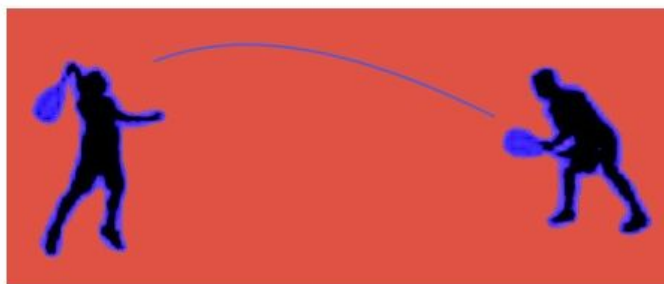


The Game

A set ends when one player reaches 16 points. If the score is tied at 15 or greater, the play continues until one player has a two-point advantage. A match consists of best of three sets..

The serve

The players toss to decide who serves first. Service then alternates after every three serves. Every serve counts. If the score is tied at 15:15, service alternates after each point. You serve under-arm from the center of the court. You let the Speeder drop from hip level and hit it as it falls. The losing side always has the first service in the next game.



Scoring

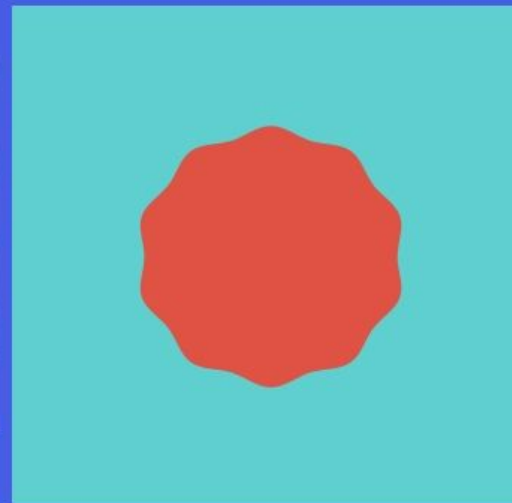
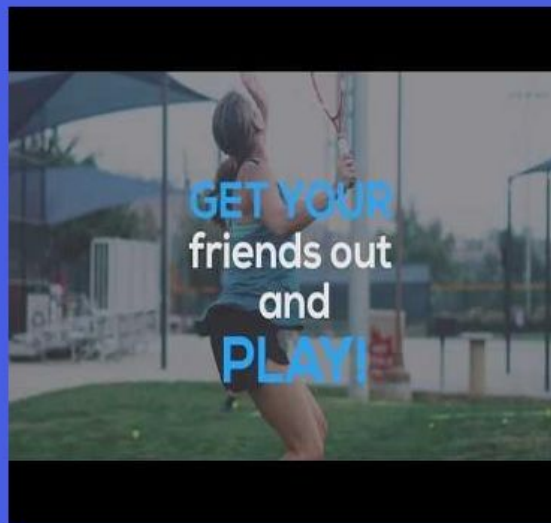
Every volley counts.

Points are awarded in the following cases:

- Service fault (short, long or to the side)
- Speeder lands inside court (or on one of the lines)
- Speeder lands outside of the court
- Speeder is hit twice by same player in sequence
- Body contact with the speeder

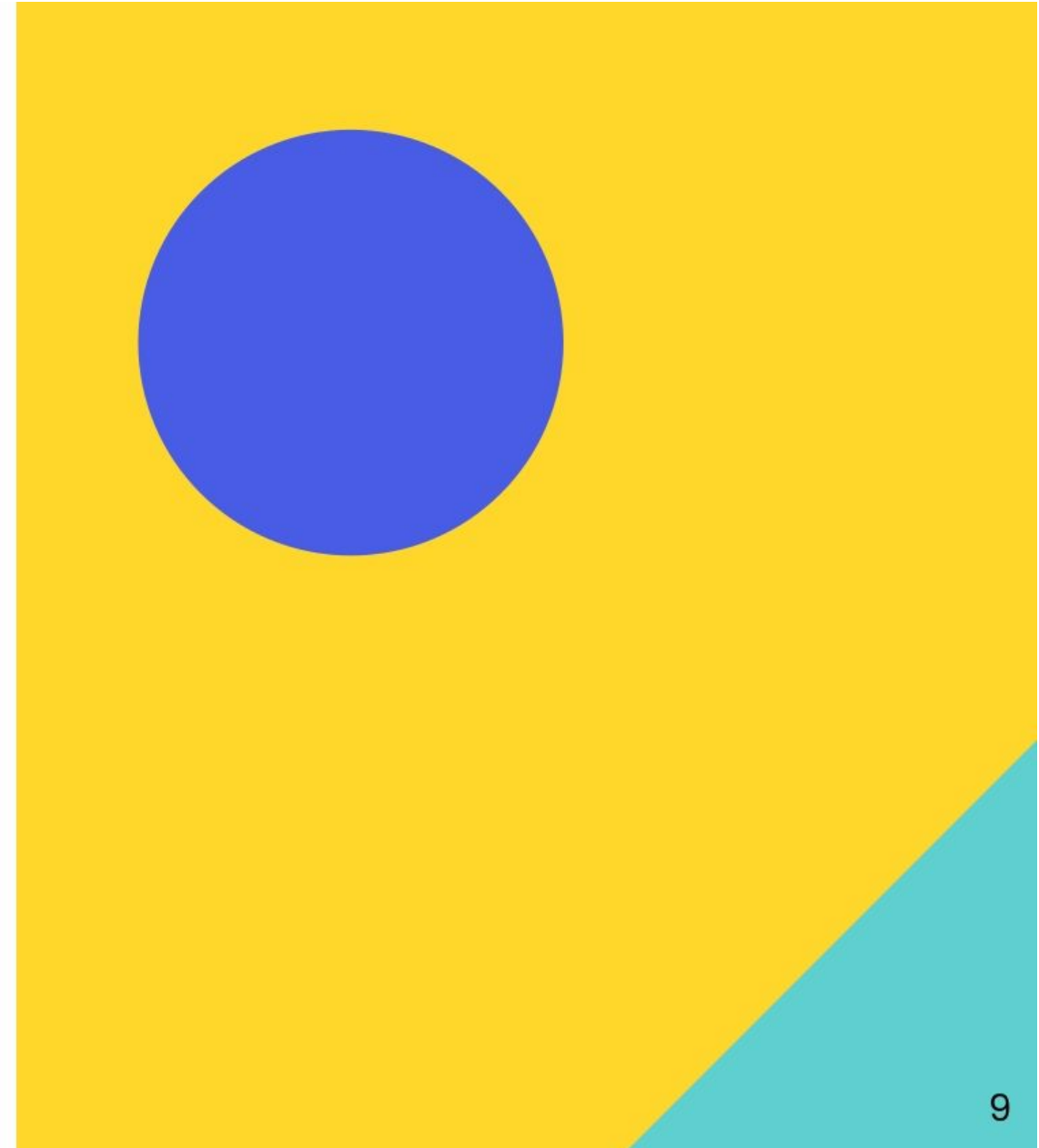
If a player returns an "out" Speeder, it is "accepted" and play continues.

Examples of Gameplay



Review of Skills

Physical Literacy:
Connection of skills acquired in
previous units.



Forehand Serve



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

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

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

S: Strike: Contacting racket face to birdy, transferring weight from body through implement.

F: Follow-through: Following-through to the intended target.



Deep Clear

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

1. Step in to it

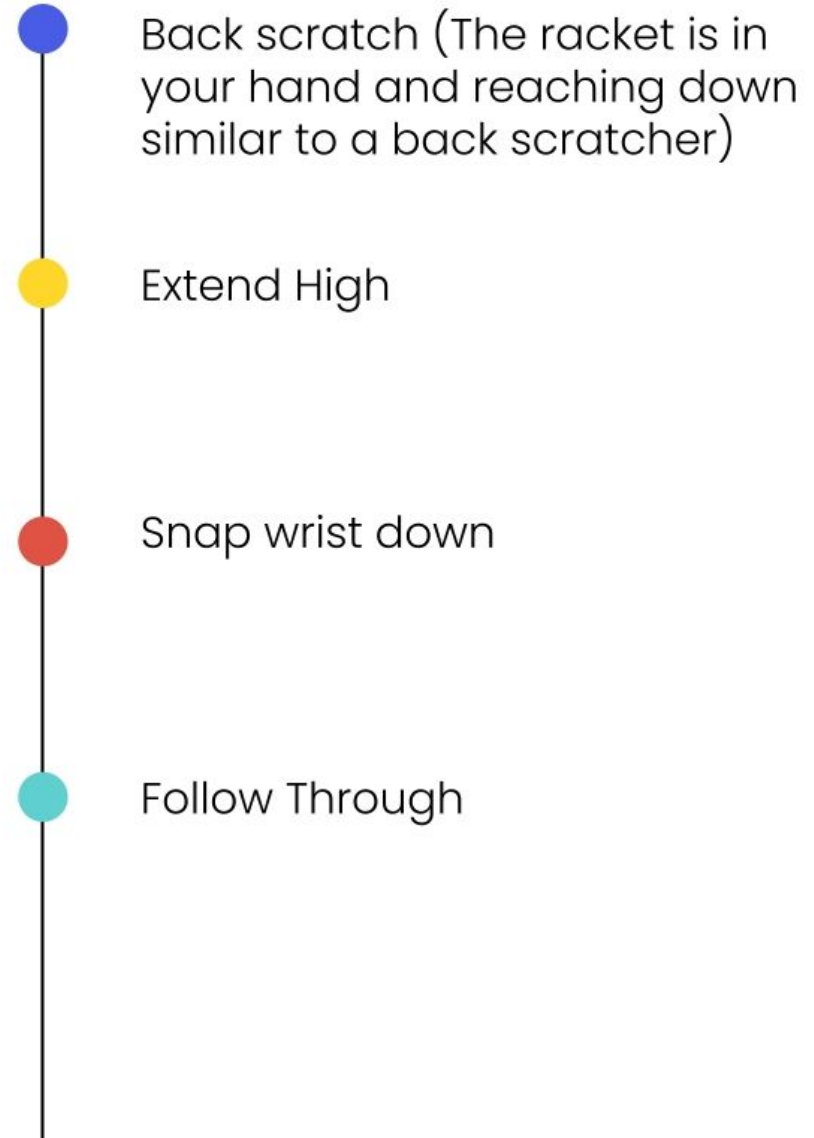
2. Back scratch
(The racket is in your hand and reaching down similar to a back scratcher)

3. Extend and contact above your head

4. Snap and follow through.

Smash

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



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