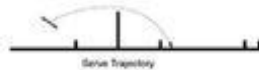


Service is the most important shot in badminton.

#### Low Serve

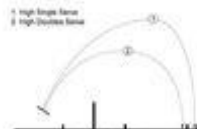
##### Forehand:

- Stand behind the service line
- Sideways stance, lead with your non-racket leg, weight on your back foot
- Bring your racket back to waist level
- Swing forward, pushing the shuttle low over the net



##### Backhand:

- Lead with your racket leg, non racket leg slightly behind with your feet pointing forward
- Short backswing then bring the racket forward
- Hold the shuttle in front of your waist level
- Push the shuttle, keeping it low



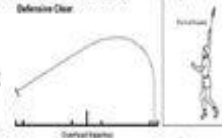
#### High Serve:

- Played with a forehand underarm action
- Sideways stance, lead with your non-racket leg, weight on your back foot
- Bring your racket back (to almost shoulder level) and swing forward
- Drop the shuttle slightly out in front of your body and hit it with power to make sure it reaches the back of the court

#### Clears

Clears can be played overhead or underarm, they both move your opponent to the back of the court. The action is similar to throwing a ball.

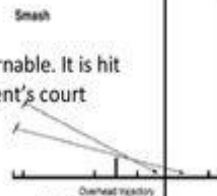
- Forehand grip
- Sideways stance to the net, weight on your back foot
- Bend your elbow and take the racket back
- Contact the shuttle as high as possible and in front of your body, straighten your elbow as you hit the shuttle
- Follow through with your racket, weight is transferred to front foot



#### Smash

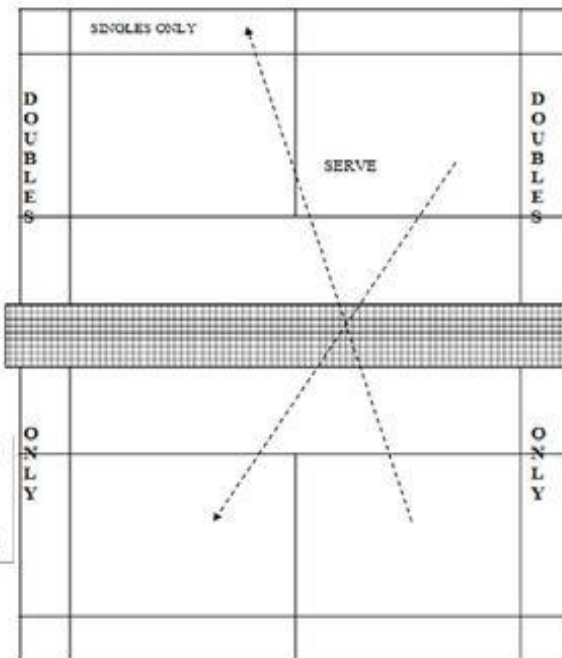
The smash is an attacking shot, a good smash is un-returnable. It is hit with **power** and **speed**, downward towards your opponent's court

- Forehand grip
- Sideways stance to the net, weight on your back foot
- Bend your elbow and take the racket back
- Contact the shuttle as high as possible and in front of your body using a strong throwing action,
- Straighten your elbow as you hit the shuttle, **snap down** your wrist at the point of impact to add extra power and angle



#### Badminton Grip:

You need to apply correct grip for each shot being played. There are 2 basic types of grip:



Singles Court: Long and thin

Doubles Court: Short and fat



#### RULES OF BADMINTON

- Here are some of the rules of the game of badminton:
- The game is played up to 21 points. If the score reaches 20-20, the winner is the player or team with a two point advantage
- If the score goes up to 29-29, the winner is first to reach 30 points.
- The service must be made diagonally across court
- The server must serve the shuttlecock with the head of the racket below waist height.
- A shuttle landing on the line is in.
- If a shuttle hits the net either on service or during a rally, play continues.
- A player may not make contact with the net with either the racket or their body
- The shuttle must be contacted on the player's own side of the net.
- One touch of the shuttle on your own side

#### Singles:

- You must serve from the right service court when you have no points or an even number of points.
- You must serve from the left service court when you have an odd number of points.
- Points are awarded to the winner of each rally.
- You lose service if you fail to return the shuttlecock, hit it out of court or into the net.
- If the shuttle hits the ground within the boundary the point is awarded to the player who hits the shuttle.

#### Doubles:

- In doubles, the player on the right always starts the serve and, when a point is won, the players switch sides and then serves from the left, continuing to alternate until a serve is lost
- After service you can hit the shuttle anywhere in the entire court.

Year 9 Badminton