

P.E. SPORTS AND ACTIVITIES

BADMINTON



“A champion has to be disciplined by practicing regularly in the right manner, respect coaches and most importantly ought to have self-belief.”

Saina Nehwal, Indian professional badminton singles player

INTRODUCTION

Badminton is a popular and physically demanding game with an interesting history. Like most sports, it requires that players be physically fit and alert. The game demands intense playing time on the court—in fact, games can last anywhere from thirty to ninety minutes.

Badminton is considered a good sport to help build and maintain overall fitness. During an average game, players jump, run, turn and twist in many different directions. In fact, a top-level amateur badminton player runs more in a badminton game than a football end does during a one-hour football game. A badminton player also uses his/her arms more than a pitcher does in the average one and one-half hour baseball game! In short, badminton is great aerobic exercise. It’s a fun sport and also is a means to better physical fitness.



HISTORY OF THE GAME

Badminton is said to have been played centuries ago in China; the earliest written records of the game date back to the twelfth century. However, the game that we know today as badminton was first played in England in 1873 by soldiers returning from military service in India. There the game was called “poona.”

In 1903, the first international badminton competition was played in Ireland. The International Badminton Federation (IBF) was founded in 1934. The IBF claims that

today, more than 155 countries participate in international badminton competitions. Badminton is not just a local or national activity. It is an Olympic sport.

HOW BADMINTON IS PLAYED

In many ways, badminton is similar to tennis. Once it is determined which player will serve first, play starts from the right service court. A “shuttlecock” or “shuttle” is used instead of a ball.

One popular form of shuttle has a cork base with sixteen feathers arranged around the edges. This type of shuttle is light in weight—only one-sixth of an ounce, although it is more expensive than the plastic version. The plastic shuttle is thought to be as effective as the feathered version, is more durable and less expensive.



When served, the shuttle has to fall into the corresponding court diagonally opposite the server. The receiving player then returns the shuttle and continues to do so until one player either fails to return the shuttle or commits a fault.

In badminton, a fault consists of a shuttle falling outside the boundaries, failing to go over the net, and/or going through the net. Striking the shuttle before it crosses the net and touching the net with the racquet or part of the body also qualify as faults.



TRADITIONAL SCORING

With traditional scoring, the server is the only player who can make points. If the server wins the point, he or she continues to serve. However, the second serve then is made from the left side of the court. The serve lasts until the player fails to hit the serve into the proper court or makes a fault. When this happens, the second player serves his/her first service from the right court. The serving player alternates from the right to the left service court until the serve is lost.

For men's singles or doubles games if a player (or side) achieves the score of 15, the game is won. A match is considered the best two out of three games. The same rules that apply to singles play also apply to doubles play except for the order of serving and receiving. For women's singles and doubles list 11 points as needed to win a game.

RALLY POINT SCORING

In 2006 the International Badminton Federation (IBF) began applying the new Rally Point scoring system for all IBF sanctioned events. Under the new system, each rally will be awarded a point. This means that scoring a point is attached to every service. This differs from the traditional system, where players could only win a point on their serve. The Rally Point system has shortened game duration by as much as one-third.

The new rules also adopt a 21 point system instead of 15 point system. Furthermore, at the score of 20 all, the side which gains a 2 point lead first, wins the game. At 29 all, the side scoring the 30th point, wins the game. Additionally, the side winning a game serves first in the next game.



PLAYING TECHNIQUES

FOREHAND/BACKHAND SHOTS

Basic forehand shots are similar to throwing a ball: the hand flexes at the wrist. Basic backhand shots are best described as flicking: the hand extends at the wrist.

Both types of basic shots are best executed when the player is in a ready stance—knees bent, arms at waist level and weight forward.

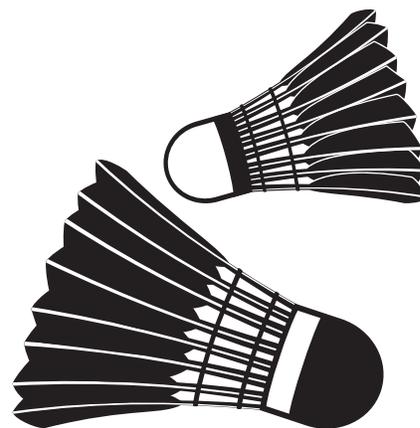
SERVE

The serve is an underhand shot. The racquet head must be below the level of the server's hand while the shuttle is hit below waist level.

It is especially important to follow through the serve by continuing to keep the racquet moving upward after the shuttle is hit. If the racquet does not complete the follow-through, the shuttle may end up in an undesirable location.

SMASH SHOT

This type of shot is considered the ultimate "attacking" shot and requires a powerful arm stroke. It can be played from anywhere on the court, although it is usually played between the doubles back and the front service lines.



CLEAR

This unusual defensive stroke is employed in singles and generally used sparingly. The object is to hit the shuttle high and deep to the opponent's back court. This shot is played well behind the shuttle. The point of impact is directly above or slightly behind the head. The arm moves straight up as racquet head and shuttle meet.

DROP

This shot is sometimes referred to as a "controlled smash" shot. It differs from the smash because it is hit with less force. The drop is considered a sure way to score a point when the opponent is out of position. To execute this shot, the player must use the same motion as with any overhand stroke except that he/she tilts the racquet head slightly to cause the shuttle to move downward.

FOREHAND DRIVE

This shot is used when the shuttle is too low to smash. The forehand drive is hit hard with the full racquet face slightly in front of the body at full arm's length.

FOREHAND UNDERARM CLEAR

This can be a tricky shot. It is best described as hitting a high serve, only lower down. The player lunges forward with the front knee bent and the back leg slightly bent while he/she leans toward the shuttle.



BACKHAND DROP

The overhand backhand shot is performed the same way that the clear and smash are played. This shot demands both excellent timing and wrist-snap action.

EQUIPMENT AND CLOTHING

The equipment needed to play badminton is simple. Aside from the regulation court (44 feet in length by 17 feet in width) and net, badminton requires only a racquet and shuttlecock. The badminton racquet resembles a tennis racquet, although it is lighter in weight—usually between three and five ounces. Most contemporary players prefer metal racquets over wooden ones.

Clothing is similar to that worn by tennis players: light polo shirts or blouses are worn to provide freedom of movement. Footwear should provide good support and an adequate grip on the surface of the court.

BADMINTON NOTES

Badminton is played competitively at several levels. Many high school teams operate under the jurisdiction of their school district and state athletic association. More than 15,000 high school students are playing badminton. The National Federation of State High School Associations says, "Participation numbers are on the rise."

Currently badminton is not an NCAA sanctioned championship sport. The NCAA dropped badminton as an Emerging Sport for women in 2009. What few people realize is the badminton is very popular in many parts of the world. It is very popular in Asia as well as in some parts of Europe like Denmark and the United Kingdom.

The Junior National Championship is a key event in the athlete development pipeline for USA Badminton. The BWF World Championships is a tournament organized by the Badminton World Federation to crown the best badminton players in the world. This is now an annual event. There are men and women singles and double play in this competition.

Badminton is also an Olympic sport. This competition occurs every four years in the summer, where gold, silver and bronze medals are given to the top men and women teams. The 2008 Olympics were held in Beijing, the 2012 in London and 2016 in Brazil.

There are, however, many levels of badminton competition. Many cities and towns offer amateur clubs or teams. Some are sponsored by such organizations as YMCA's or local park districts.

To find out more about this sport visit these websites:

www.usabadminton.org

www.bwfbadminton.org