

BADMINTON

BASIC VOCABULARY AND RULES

It is the fastest racket sport. The shuttle reaches 260 km/h!

It is very fast but you can learn easily, as you can also play in a relaxed way.
This makes it the perfect sport that everyone can enjoy.

Badminton is also one of the most played sports in the World as it is a very popular sport in Asia as well as in some parts of Europe like Denmark and U.K.
It is played in Individual competitions (singles) or Doubles.
Also is one of the few sports in which men and women play together, as there are Mixed Doubles (a man and a woman).



Basic Vocabulary:

A match: un partido

Shuttle: volante

To rally: pelotear

Rally format: formato de competición en el que no hace falta tener el saque para puntuar.

Backhand: de revés

Bounds: límites

Odd: impares

Outright: directamente

To pretend: fingir, hacer como si...

Below: por debajo

A game: un juego

Court: cancha

A Rally: la duración de un punto

Forehand: envés de la mano. En bádminton se usa para el golpe "de derechas")

Even: pares

Smashes: remates

Deception: engaño

To deceive: engañar

To follow through: seguir el movimiento

To shake hands: darse la mano

Basic Rules:

Badminton games have a 21 points rally format. This means you don't have to be serving to score a point. You can score a point no matter who serves.

So, how do you play?

-To win a match, you have to win 2 out of 3 games.

-To win a game, you have to score 21 points.



-You score a point when your opponent can't return the shuttle or the shuttle he/she returns falls out bounds (out of the court).

-In singles, you serve on the right service court when your score is an even number (0, 2, 4...).

-You serve on the left service court when your score is an odd number (1, 3, 5...)

-In doubles, if you serve and receive first on the right service court during a match, you will continue to serve there when the score of your side is an even number. Reverse pattern for your partner.

-If a score becomes 20-20, the side which scores 2 consecutive points will win that game.

-If the score becomes 29-29, the side that scores the 30th point will win that game.

The side winning a game serves first in the next game.

There is no "service over", meaning you can score a point no matter who serves.

THE COURT AND THE GRIPS

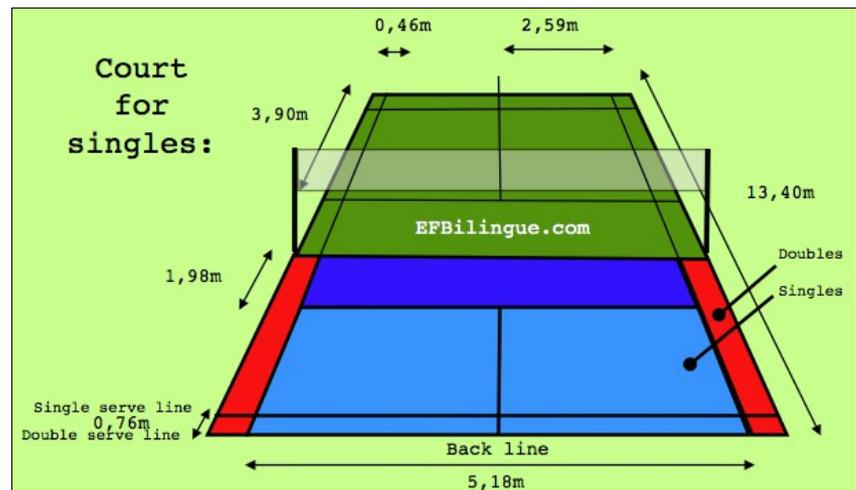
THE COURT:

A) for singles:

Light blue areas are the left and right service areas.

You serve from there and the shuttle must fall in the equivalent areas in your opponent's court.

If it falls in the dark blue areas, it is a fault.



After the service, all blue areas are valid. The red areas are not a part of the court, so they are out of bounds. If your shuttle falls there, you lose the point.

B) for doubles:

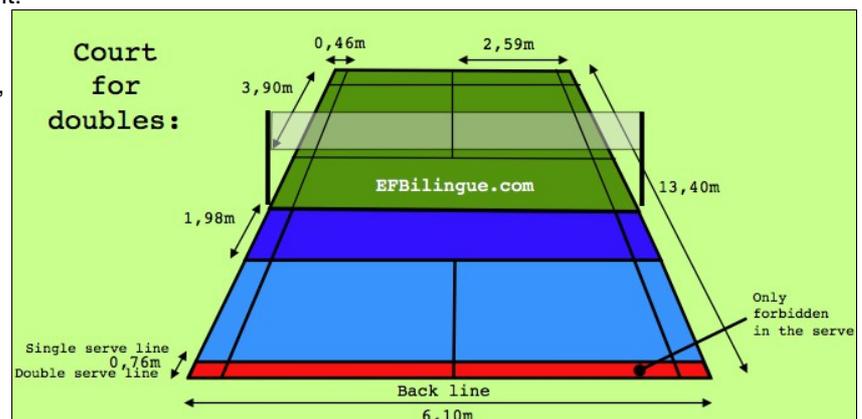
The court for doubles is a little different.

Light blue areas are the left and right serving areas.

They are shorter than the single ones, but wider.

The shuttle can fall at any part of the court now, except in the red area when serving.

If it falls there after the service, it is valid.



THE GRIP:

Forehand Grip

Use this grip to hit shuttles that are on the forehand side of your body and around your head.
Place your hand on the handle as if you are shaking hands with it. Your racket face must be perpendicular to the floor.
There must be a V shape in between your thumb and your index finger.



Backhand Grip: Use this grip to hit shots that are on the backhand side of your body.

Hold the racket as in the forehand grip.

Turn the racket to one side and place your thumb against the back part of the handle for greater control and power.

The racket handle must also rest loosely in your fingers.

You need to learn to change grips quickly between shots, so you always hit with the maximum power and accuracy.

BASIC SKILLS

A) Basic position:

To react quickly you must have a good waiting position.

Feet apart, more or less at the width of your shoulders. Bend your knees slightly.

Hold the racket in front of your body, head up. Weight on your toes.

Move fast and hit the shuttle comfortably, apart from your body with an ample movement.



B) The serve:

When you hit the shuttle, the head of the racket must be completely below your waist.

If you hit it with the racket above the hip, it is a fault and you lose the point.

Stand two to three feet behind the short service line. Relax your body and bend your knees slightly. Place your non-racket leg in front of your body.

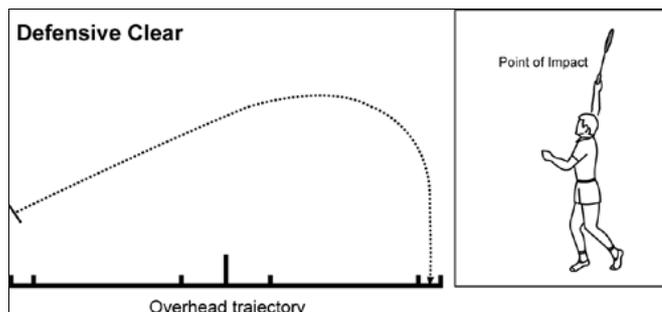
Bring your racket back and then swing it forwards.
Hold the shuttle by the feathers and let it drop slightly in front of you.

Hit it with the flat face of your racket and follow through until your racket reaches the non-racket side of your head.

C) The Clear:

Badminton Clears are the most common and important of all badminton hits. They can be offensive or defensive shots.

You can do forehand and backhand clears.
You must hit the shuttle when it is over your head.
The clear makes the shuttle fly high and land on the back part of your opponent's court.



Offensive: Use the clear to move your opponent to the back of the court. It will create space in the front for you to attack.

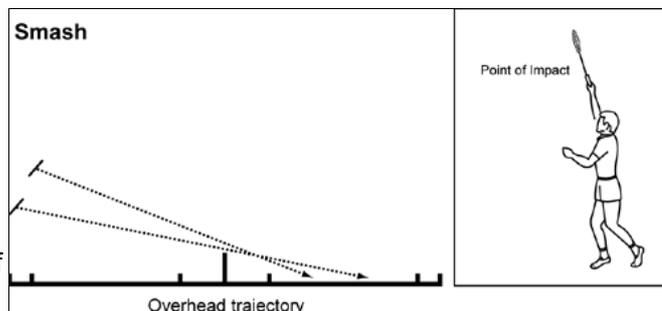
Defensive: Use a clear to give you more time to go back to your position.

D) The smash:

Badminton Smash is the strongest of all badminton shots. There is almost no defense against a well executed smash. It can be played both on the forehand and backhand sides.

To do a proper smash, hit the shuttle further in front of your body than the clear.

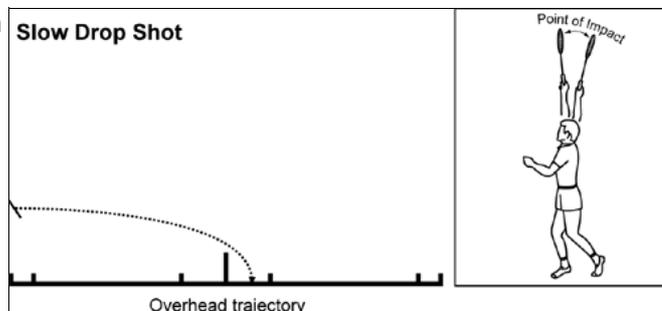
The angle and the steepness of the shuttle's trajectory will make it hard for your opponent to return.



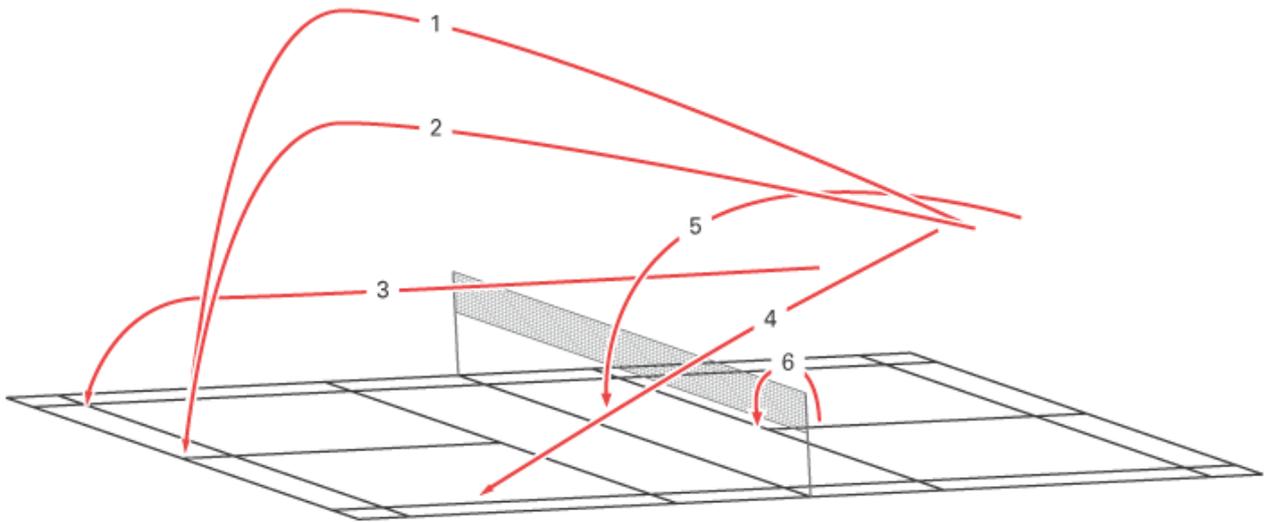
E) The Drop:

Badminton Drop Shots are delicate shots that can win you points outright if executed well with deception. These shots can be played both on the forehand and backhand sides.

Pretend to execute a smash, so your opponent moves to the back of the court. Slow your arm in the last moment and hit the shuttle slowly, so your opponent does not have time to run to the front of the court.



You can also use it to create space in the middle and back of the court for you to attack.



- 1. CLEAR (defensive)
- 2. CLEAR (offensive)
- 3. DRIVE

- 4. SMASH
- 5. DROP
- 6. NET DROP

TACTICS

SINGLES:

Serve long and high to your opponent's back court. This will force your opponent to move back to the baseline and open up the front part of his court. Throw some low serves occasionally and you might just catch your opponent off guard and win a point outright.

Always try to hit the shuttle away from your opponent and make him/her move around the court. You can also smash straight to your opponent's body to gain an advantage.

Observe your opponent's strengths, weaknesses, favorite shots and pattern of play. Use it to your advantage.

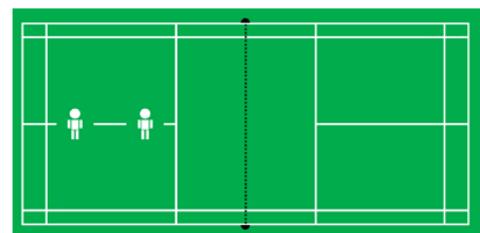
DOUBLES:

In doubles, the tactic is to serve low.

Take up a position at the front to serve, and move to the middle of the court immediately.

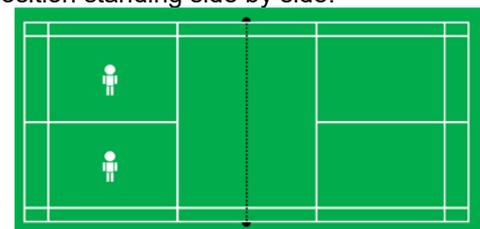
Your partner must then cover the back court.

This is known as the **Attacking Formation** (Front-Back).



But sometimes you and your partner will have to take up a defensive position standing side by side.

This is known as the **Defensive Formation** (Side by side).



Driving the shuttle to the area in between your opponents makes them doubt and sometimes scores a straight point.

Use as many combinations of these shots as you can, so your opponent never knows what to expect.