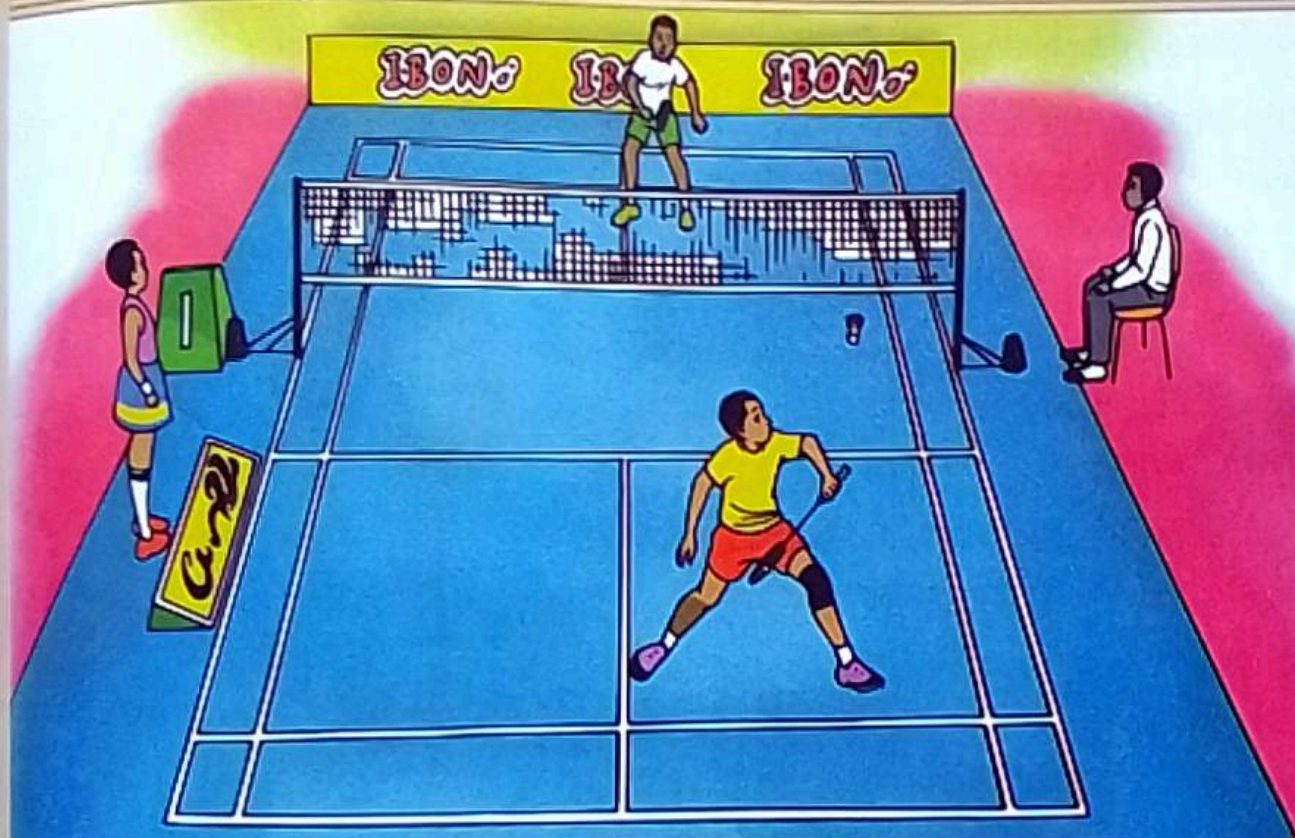


Chapter
7

BASIC SKILLS IN BADMINTON



By the end of this chapter, you should be able to:

KEYWORDS

- Backhand
- Doubles
- Footwork
- Forehand
- Grip
- Net play
- Racket
- Service
- Shuttle
- Singles
- Sweeps

- make improvised equipment for badminton using local materials.
- execute basic badminton skills with application of the safety precautions.
- understand the skills, safety precautions and rules for badminton.
- apply the basic skills of badminton in mini-game situations.
- display teamwork, companionship, leadership, decisionmaking and judgement in relation to the game of Badminton.

7.0 INTRODUCTION

Did you know that Badminton is a racket game? If yes, what other equipment did you use or see players using to play badminton? Have you ever watched or participated in a badminton match? Did you notice the difference between the singles court and a doubles court? How about the scoring system in badminton? Did you realise the rules followed in the game of badminton?

In this chapter, you will be able to create improvised equipment for Badminton, perform basic skills and apply the acquired skills in a game situation.

7.1 Badminton Equipment and Facilities.

The first thing you will notice is that Badminton uses equipment rackets, shuttle cocks, shoes, trackers, accessories and apparels.

A typical racket length is between **665 mm** to **675 mm** and should not exceed **680 mm**.

Badminton court have a length of **44 ft (13.4 m)** but doubles courts are **20ft (6.1 m)** wide while single courts are reduced to **17ft (5.18m)**, shrinking by **1.5 ft (0.46 m)** on both sides.

Service courts are split by a center line dividing the width of the court and are set back from the net by a short service line of **6.5 ft (1.98 m)**. Double games also require a long service line that is placed **2.5 ft (0.76 m)** in from the back boundary around the entire Badminton court.

The court has two halves measuring **22 ft (6.7 m)** and separated by a Badminton net that stands at a height of **5 ft (1.52 m)** in the middle.

7.2 Improvisation of Equipment

Like any other sport or game, Badminton requires special equipment to play. However such equipment may not be available. This will require to improvise with locally available materials under the supervision of your teacher.



Figure 7.1: Various equipment used in Badminton

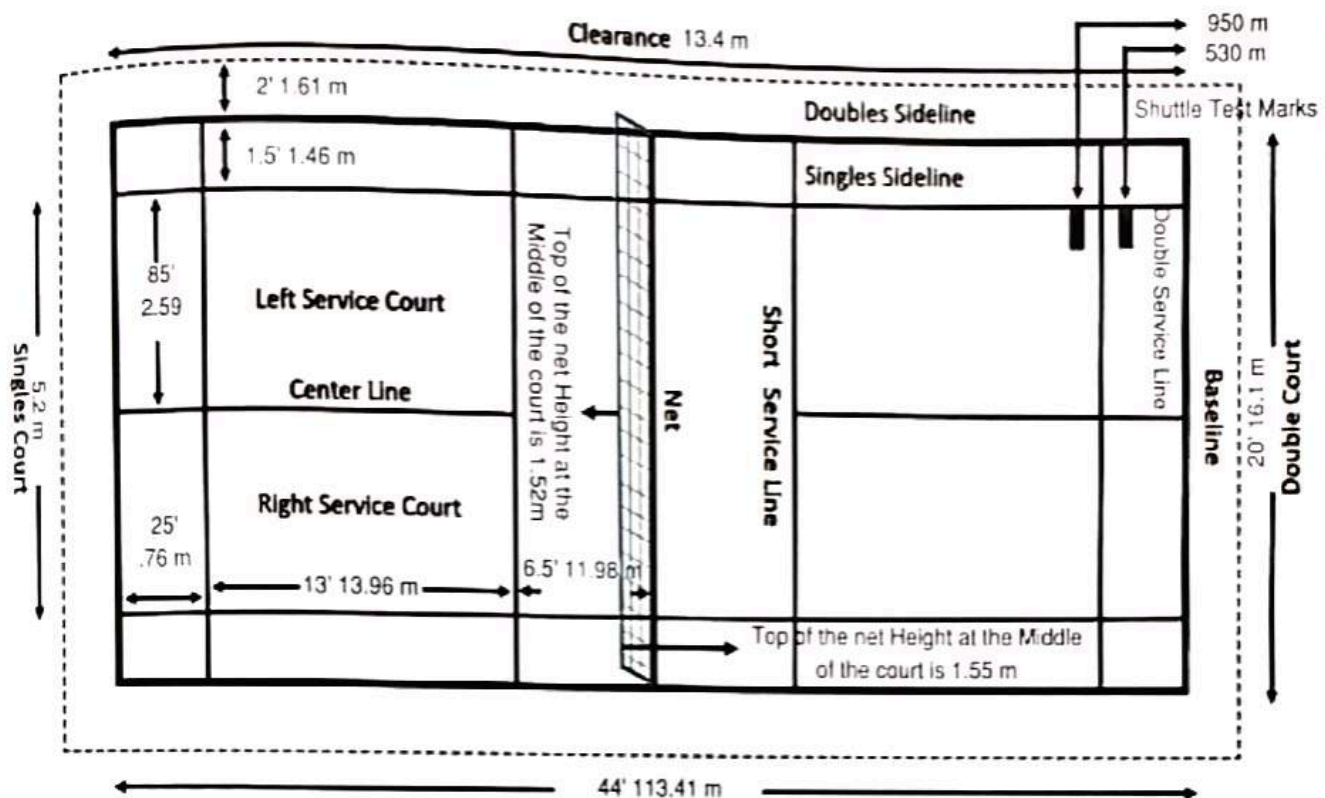


Figure 7.2 : A Badminton court

Activity 7.1

Collecting local materials and simple tools to make improvised Badminton equipment

Resources: Knives, bags, knives, sacks and a store.

In small groups,

1. Identify local materials and simple tools to make Badminton equipment.
2. Collect local materials and simple tools from the school environment or neighbourhood.
3. Start making equipment using simple tools following all the stages.
4. Keep the collected equipment in a safe environment.

Procedure

- ❖ Have a list of equipment to be made. If possible, first sketch it.
- ❖ Start arranging the materials for each equipment one by one.
- ❖ Make equipment such as nets, bats, shuttle, at a time.
- ❖ Concentrate on each equipment assigned.
- ❖ Store it in a cool dry environment.

Activity 7.2

Setting up a Badminton court using improvised materials

Resources: Space for the field, measuring tape, nets, stands, papers, sketch for the court to be made and marking tools.

- (i). Study Figure 7.2 and brainstorm on the size, shape and dimension of the court.
- (ii). Refer to Figure 7.2 and set up a Badminton court.
- (iii). Get the improvised materials and move to the prepared area to set up the court.
- (iv). Let each group get a portion of the court to be constructed.
- (v). After the construction, gather up and get feedback from each other.

Racket and shuttle cock

A racket consists of a handle frame with an open hoop. It is used for striking a shuttle cock in Badminton.

Activity 7.3

Practising the basics of shuttle cock and racket handling

- (i) Get samples of shuttle cocks from your teacher.
- (ii) Identify the two parts of the shuttle cock (head and shuttle).
- (iii) Get your improvised racket or a real racket and practise racket handling.
- (iv) Get various drills to master the racket grips as shown in the Figure 7.3 below.

Racket Handling

(a). Forehand racket grip.

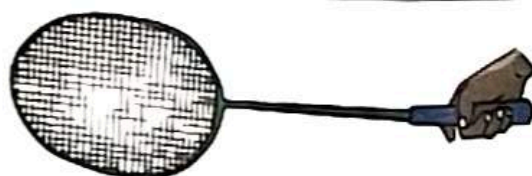


Figure 7.3: Forehand grips

Procedure:

- Have finger space between grips.
- Leave three fingers on grip.
- Lock grip to the palm during point of contact.
- Use this grip for overhead, underhand, clear and long services.

Backhand racket grips



Technique 1



Technique 2

Figure. 7.4: Backhand racket grips

Procedure

- Technique 1: Thumb move to the side of the grip.
- Technique 2: Thumb rock between the side and top level.

Instructions

- ❖ Work in small groups.
- ❖ Provide visual feedback to one another.
- ❖ Emphasise the right racket handling grip skills (forehand and backhand).
- ❖ Practise racket grips interchangeably.
- ❖ Repeat the process for skill mastery.



Technique 3



Technique 4

Figure 7.5: Backhand rackets grips

- Technique 3: Thumb move to the side of the grip, drive and short service.
- Technique 4: Dead grip holding the grip tight when defending a smash.

Shuttle cock handlings

It is held with your thumb and index finger. Hold on the edge and only one feather, other shuttle points down towards the knees.



Figure 7.6: Shuttlecock

7.3 Basic Skills in Badminton

The basic skills of the game include sweeps (forward and backward), service, net play/ net shots or air pin. Observe and execute them in a Badminton game.

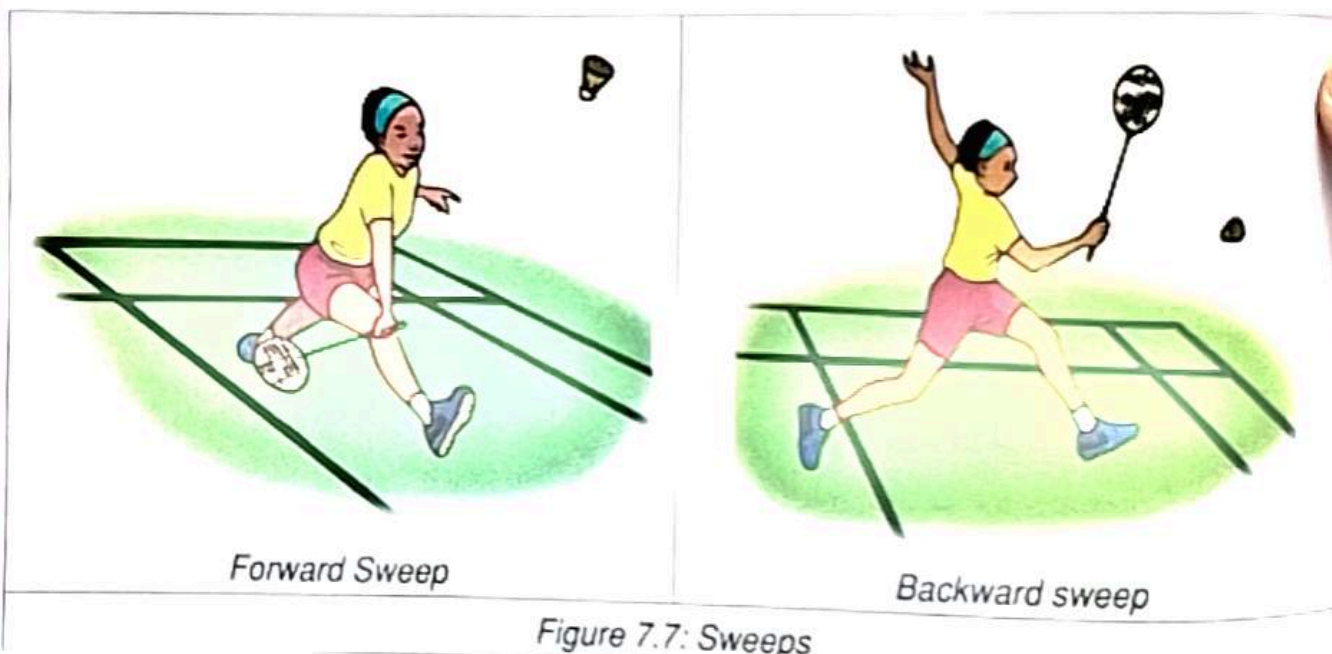


Figure 7.7: Sweeps

Activity 7.4

Practising forward and backward sweeps with the application of safety precautions.

Resources: Rackets, ball, nets, court, the Internet, Learner's Books, resource person and papers.

In small groups /pairs, use the Internet, or other sources of information.

- Find out the meaning of sweeps in Badminton.
- Watch video clips and observe forward and backward sweep.
- Demonstrate and practise sweeps while observing safety.

Instructions

- Work in pairs
- Warm up and cool down
- Emphasise the sweeping skill for mastery.

Service

Service is a shot that starts a play or rally. When a server is serving even points (2,4,6) he or she has to stand in the right-hand half of the service court or the left hand half when serving odd points.

Service comprises backhand and forehand service. Learn and practise these service skills in the following activities.

Serve rules

- You cannot stop a service movement once it has started.
- You need to hit the base of the shuttle initially.
- All the shuttle has to be below waist height when hitting the shuttle.
- The racket head and the shaft has to be pointing down.

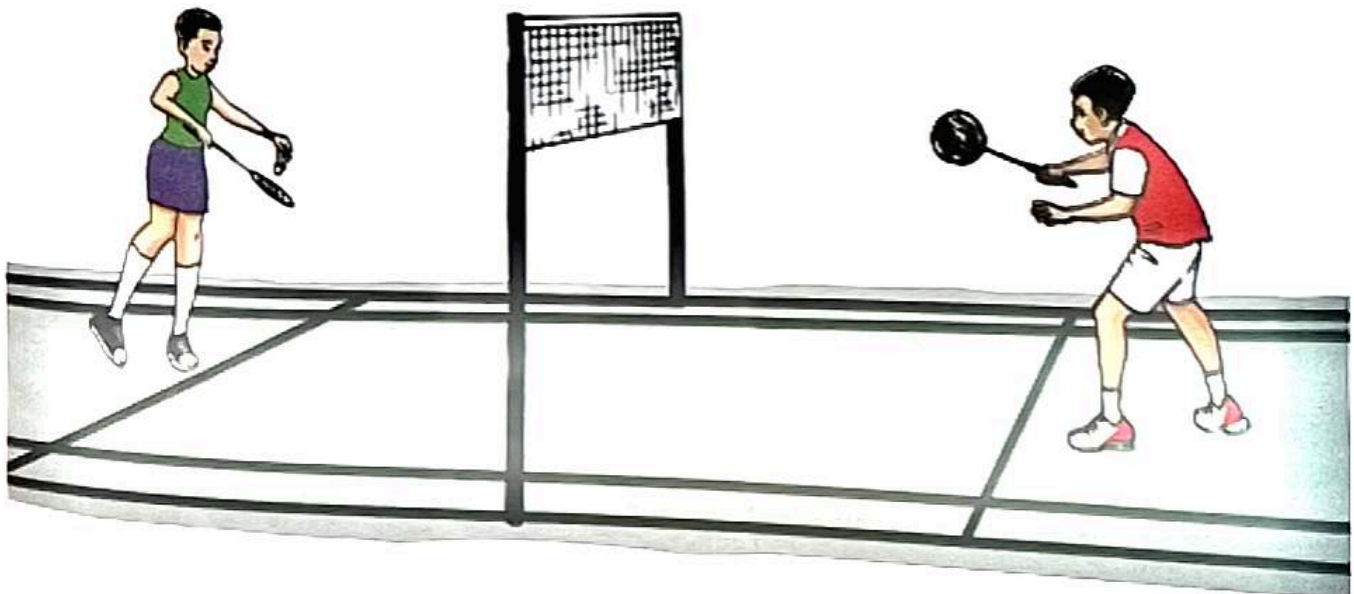


Figure. 7.8: The service

Forearm serve

This is serving using the forearm to clear the shuttle over the net into the opponent's court.

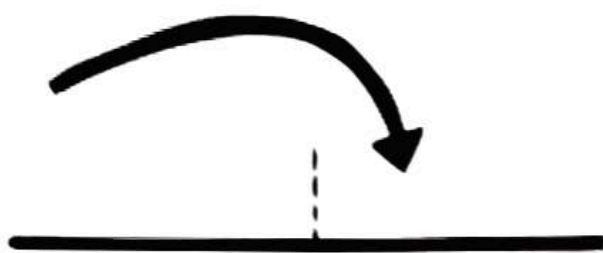


Fig. 7.9: Forearm serve

Procedure:

- ❖ Stand in a forward stride position behind the baseline.
- ❖ Place the left shoulder pointing towards the target and weight on the back foot.
- ❖ The ball is held in the left hand and that arm is extended toward the net for right-handed players and vice-versa.

Backhand serve

This is serving using the backward grip to contact the shuttle cock that clears the net to the target of the opponent's court.

It starts with the weight on the back foot and shifting towards the front during the process of serving. This is to generate momentum and more consistent flow for a better serve.



Figure. 7.10: Backhand serve

Procedure

- ❖ Use a backhand grip.
- ❖ Get a good shuttle grip.
- ❖ Get into position.
- ❖ Take aim.

Progressive drills

- Perform the drills below in groups of five to consolidate your serving skills.
- One of the members get shuttle cocks and act as a feeder.
- When the drill is over, change the feeder.
- The feeder throws the shuttle cock to the teammate to hit it in a serving motion.

Drill 1: Hit once and move.

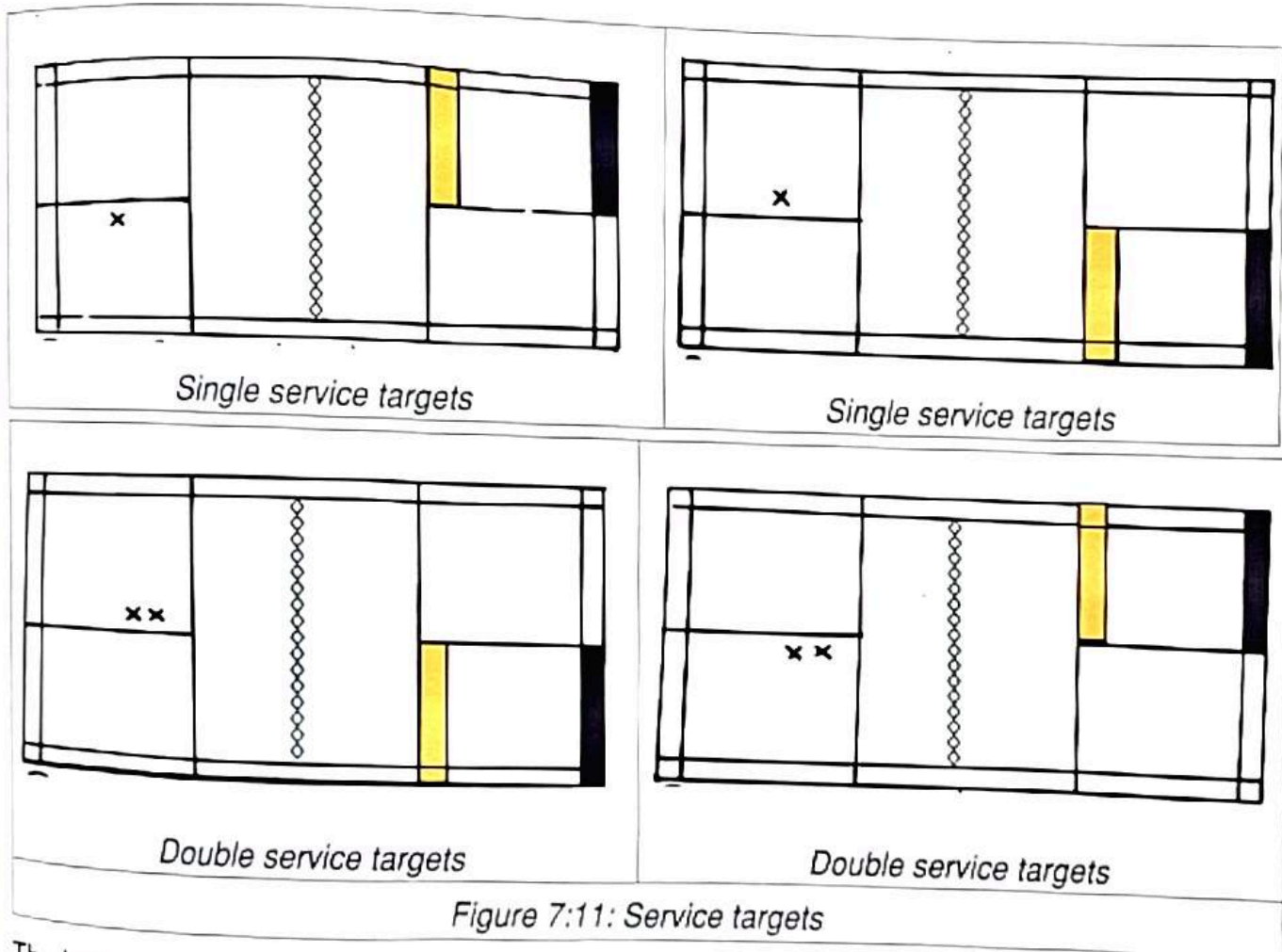
Drill 2: Hit and run to the back of the feeder.

Drill 3: Hit high and sit.

Drill 4: Hit far away and rest.

Note: The feeder should be at the opposite side of the net.

The position on the court is noted by the **blue** crosses depending on your strategy and whether you are playing singles or doubles/ mixed double. The target for low backward service is within the **yellow box**.



The badminton backhand serve has two variations and can be used in both doubles and singles.

- ❖ The flick serve
- ❖ The low serve

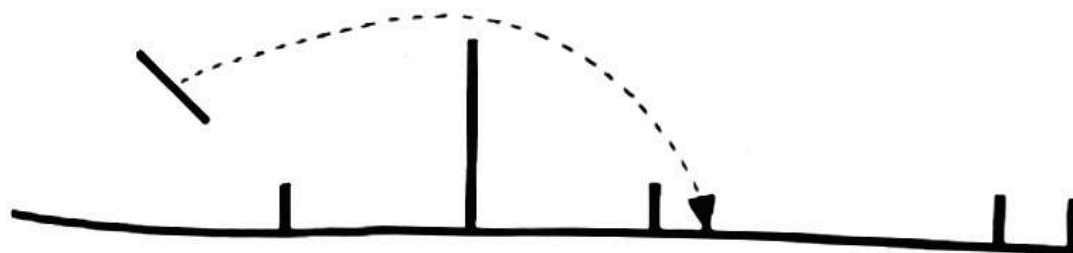


Figure 7.12: service trajectories

Low serve

This serve aims at clearing the net and lands as close to the service line as possible. However, it must at least touch the line and if it drops short, it will not count.

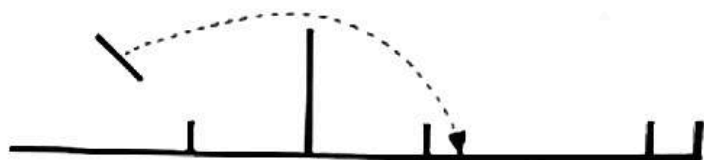


Figure. 7.13: Low serve

Procedure

- ❖ Get a good shuttle grip.
- ❖ Get in a ready position.
- ❖ Target for a low serve. Take aim to hit the shuttle to clear the net.
- ❖ The shuttle lands close to the service line as possible.
- ❖ Repeat the procedure for skill mastery.

Note: Low service is most commonly used in double matches.

It should sail above the net, landing right behind the service line.

Flick serve

This is simply a flick that is performed when serving. This can also be called **backhand flick serve** because it is performed with the backhand.

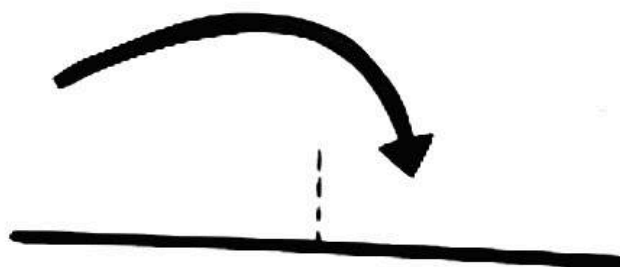


Figure. 7.14: Flick serve

Procedure

- ❖ Use a backward grip.
- ❖ Get in a ready position.
- ❖ Hit the shuttle by rotating his or her forearm and use the fingers to generate power.

The flick serve: When landing at the back of the court you should sail quickly towards the back without much height.

Drive serve

Drive serves cross the net flatly in a horizontal trajectory. It can be played by both forehand and backhand sides.

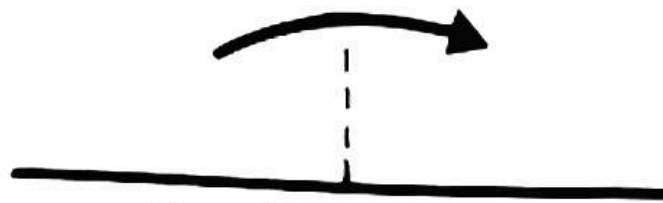


Figure. 7.15: Drive Trajectory

Activity 7.5

Practising service (low serve, forearm serve, backhand serve) while observing safety precautions.

In this activity, you are going to observe and practise service. You will practise one skill at a time until when you master all.

Resources: A well demarcated court, nets, stands, rackets, the Internet, papers, textbooks and a resource person.

In small, groups, use the Internet, or any other source of information.

1. Watch video clips about service (low serve, forearm, backhand flick and drive services).
2. Brainstorm the service variations and their rules.
3. Demonstrate and practise service while observing safety measure and rules.

Note:

- ❖ A badminton game begins with a service.
- ❖ It can be done with either forearm or backhand.
- ❖ It can be high or low.
- ❖ One can flick or drive the shuttle cock
- ❖ The service goes diagonally on the court.
- ❖ A court service goes over the net.
- ❖ The shuttle cock should land in a diagonal box to avoid a short service or shuttle cock going out of the court.

The service should not step in the short service-line.

Netplay / Netshots

Netplay is a vital skill when you are playing along the net with an opponent. It is fairly a difficult skill to master because you need to have;



Figure. 7.16: The netplay

- ❖ Good control of your racket.
- ❖ Good footwork to bring you quickly to the front of the court to return the shuttle.
- ❖ Always try to hit the shuttle when still high in the air. In this case, hit the shuttle at the highest point possible near the net.
- ❖ Engage in a net play only when the opponent returns a perfect drop shot or if he/she gives you a netshot and you wish to return another netshot.

The hairpin

This is a shot made from below and very close to the net with the shuttle rising. Just clearing the net, and then dropping sharply down the other side. The shuttle flight approximates the shape of the hairpin.



Figure. 7.17 The hairpin

Activity 7.6

Practising net shot and hairpin while observing safety

In this activity, you are going to observe and practise the hair pin. Organise and work in pairs. Repeat the process for skill mastery.

Resources: badminton court, rackets, sportswear, whistles, shuttle, Internet, textbooks and resource person.

In small groups; use the Internet or other sources of information, to;

1. Watch video clips and observe the netplay and hairpin.
2. Brainstorm briefly on the technique.
3. Perform the netplay and hairpin while observing safety precautions.

Activity 7.7**Understanding practising Net play with application of safety**

In this activity, you are going to discuss and describe the netplay.

You will need: Internet, textbook and resource person. In small groups, use Internet, or other sources of information to;

1. find out the meaning of net play.
2. watch video clips about net play and observe net play footwork.
3. demonstrate and practise proper footwork in relation to the net play.

Procedure

- Netplay rotates around proper footwork to be successful.
- Lunge net play is used when shots are close to the centre and forehand short shots. (Push off from the back foot, front foot leaps forward).
- Forehand cross-step net play is used when shots are relatively further away from the centre.
- Practise footwork for the netplay for mastery.

Activity 7.8**Understanding the terms used in Badminton**

In this activity, you are going to explore the different terms in Badminton.

Resources: Internet, library, Learner's Books, video clips, badminton pictorials.

In small groups;

1. Research and find out the different badminton terms.
2. Observe and explain the meaning of the terms you have researched.
3. Present your findings to the entire class.

7.4. Skills, Safety Precautions and Rules in Badminton

Activity 7.9

Explaining basic rules and safety measures in Badminton

In this activity, you are going to discuss and describe the basic rules of the game.

Resources: Internet, a resource person, textbooks, badminton magazines, papers, books and pens.

- In small groups, use the Internet, or any other sources of information.
- 1. Find and read about the basic rules and safety measures of badminton.
- 2. Discuss your findings.
- 3. Make a report and present the basic rules of badminton and safety measures to the rest of the class.
- 4. Make corrections and note them in your notebook.

7.5 Application of Basic Skills of Badminton in a Mini-Game Situation

Activity 7.10

Playing badminton games situations

In this activity, you are going to form teams and play a badminton game.

Apply the acquired skills and techniques.

Resources: shuttle cocks, nets, court, whistles, papers, sportswear and rackets.

Instructions:

- ❖ Form pairs (1 vs 1) or (2 vs 2) where you are going to play on singles or double games basic.
- ❖ Select and organise equipment and facility to be used.
- ❖ Observe safety precautions before mini-games situation.
- ❖ Play according to the specified time limit.
- ❖ Apply the basic rules and tactics in badminton during game situations.

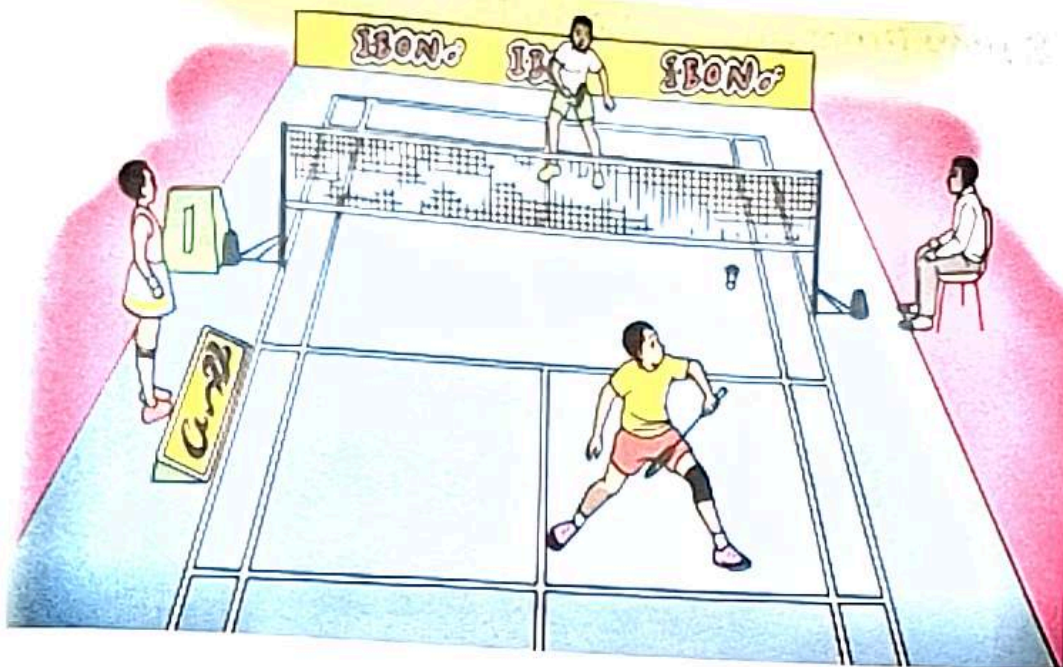


Figure 7.18 Badminton game (singles)

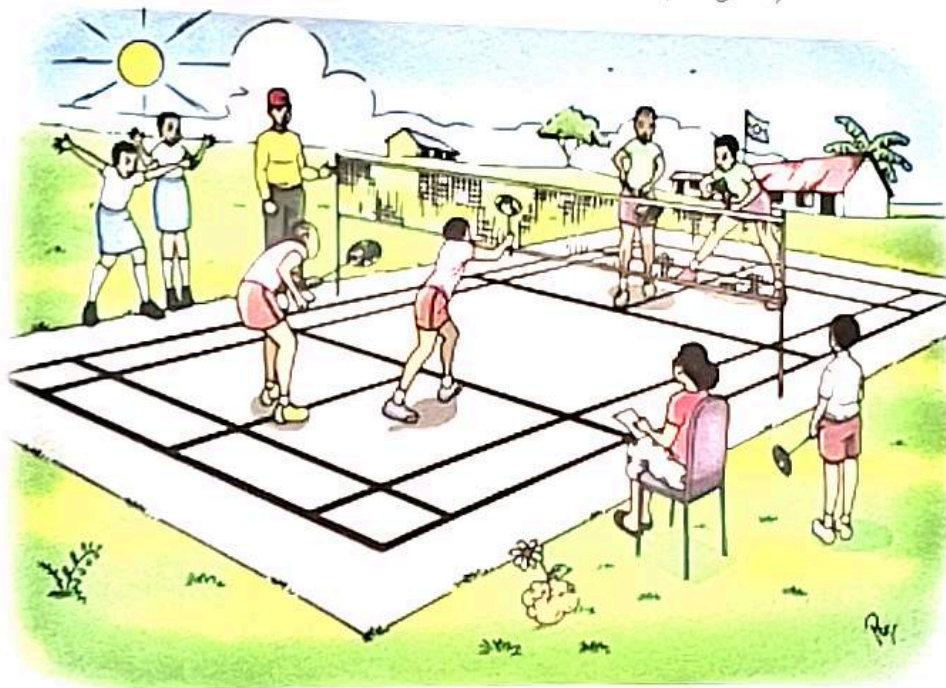
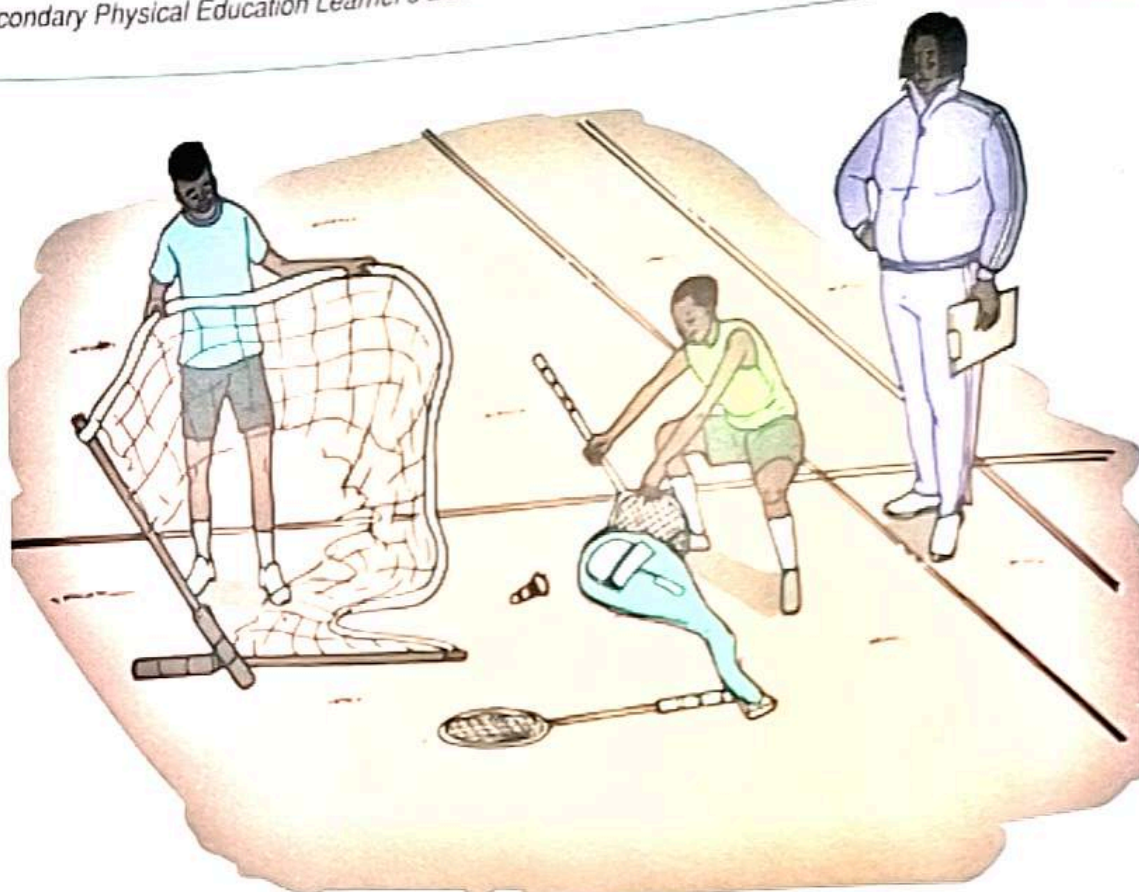


Figure 7.19: Badminton game (Doubles)

Sample Activity of Integration

You have showcased the different Physical Education activities in the previous chapters where you used different equipment and facilities. At the moment they are introduced to the game of badminton which you have never heard about or played. There is no modern equipment for badminton in your school. Your Physical Education Teacher wants each one of you to produce equipment to be used for playing badminton game because it will be showcased on the sportsday.



Task: Prepare the equipment needed and demonstrate your ability that will be showcased on the sportsday.

Chapter summary

In this chapter, you learnt and practised;

- Making improvised equipment for Badminton using local materials.
- Execution of the basic skills used in Badminton with application of the safety precautions.
- Understanding of the skills, safety precautions and rules considered in the game of Badminton.
- Applying of the basic skills of Badminton in mini game situations.
- Displaying of aspects of teamwork, companionship, leadership, decision-making and judgement in relation to the game of Badminton.

You can now ably play the game of Badminton and instruct other learners.