

Year 7 PE: Attacking Space through Badminton

Badminton Key Skills and Techniques

FLICK SERVE

HIGH SERVE

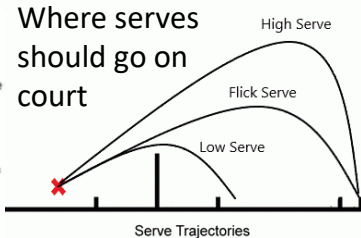
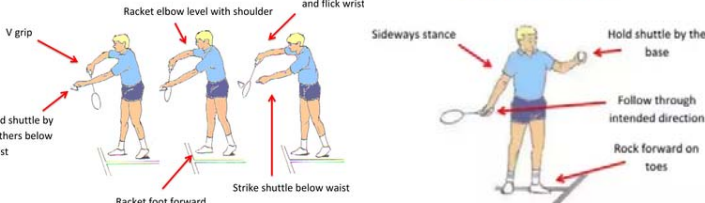
Where serves should go on court

High Serve

Flick Serve

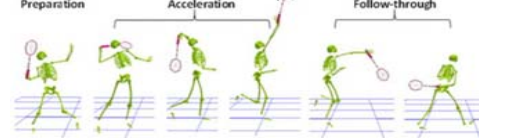
Low Serve

Serve Trajectories

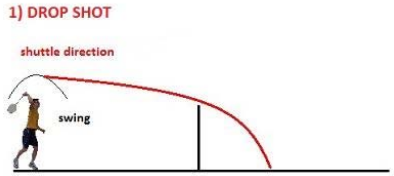
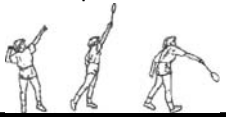


The flick serve can be a low serve (just over the serving line) and a deep serve (to the rear tramlines)

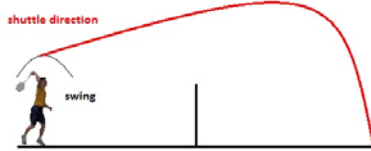
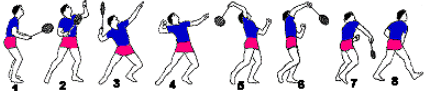
The Smash shot- This is an attacking shot that should go diagonally downwards at speed and is used to win a rally



The Drop shot- A delicate shot to land ideally as close to the net as possible to attack space at the front of your opponent's court.



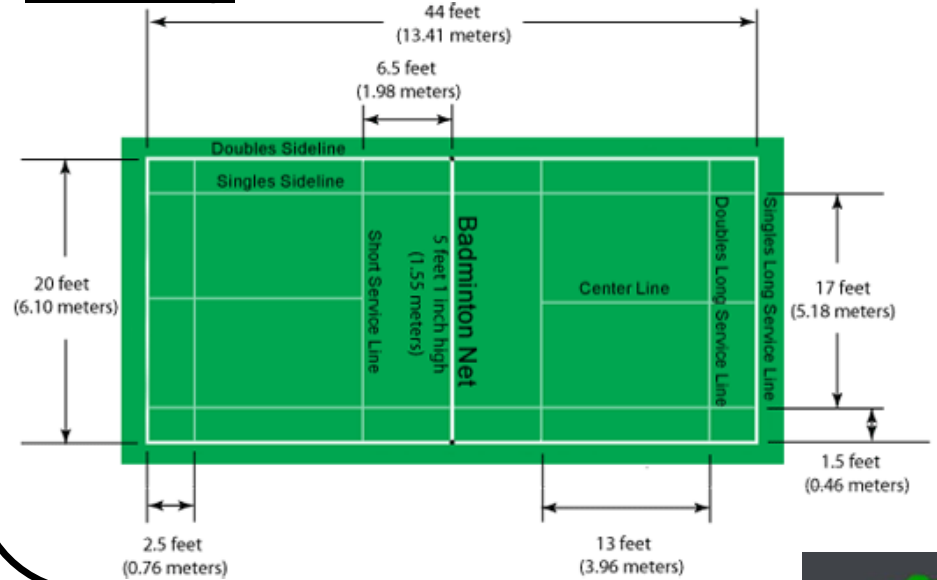
Overhead Clear- The overhead clear is used to push your opponent deep to their rear court and exposes court space near the net to follow up with a drop shot or net shot.



Basic Badminton Rules and Regulations

- Serves need to go over the net and the opponents serving line.
- Serves should be diagonal and there are no second serves.
- A point is scored when the shuttle hits the floor inside the court boundaries in the opponent's side of the court, the opponent fails to return the shuttle or the opponent hits the shuttle and it lands outside of the court markings.
- If a player touches the net, including with the racket, ends the rally and a point is awarded to the opponent.
- In singles, the rear tramlines are in but the side tramlines are out.
- In doubles, the rear and side tramlines are in

Court Markings



Exit Routes: Aston Stars Junior Badminton Club, Birmingham Buccaneers Badminton Club, Four Oaks Badminton Club

Wider reading/ videos: <https://www.bbc.co.uk/sport/get-inspired/23143100>
<https://www.youtube.com/user/BADMINTONEvents>
<https://www.bbc.co.uk/bitesize/guides/zqfnycw/revision/1>



STOCKGRNPE

Year 7 PE: Attacking space through Badminton

Self quiz questions	Self quiz questions	Self quiz questions
1. Identify the two types of service.	1. Describe the trajectory and target area for each type of serve.	1. Explain what shot could you play after each type of serve to attack space on court and why.
2. Identify the two attacking shots to win a point.	2. Describe the difference between both attacking shots including trajectory and targeted landing area.	2. Explain when you should perform each type of attacking shot and why.
3. Which tramlines are classified as in when playing singles?	3. Describe what happens when the shuttle lands outside the court markings.	3. Explain why it is important to not return the shuttle if it is heading off the court.
4. Identify where space is found on court.	4. Why do we need to attack space?	4. Explain how we can link shots together to attack space at the front and back of the court.
5. After playing a shot where should I recover my position to?	5. Describe when a point is scored.	5. Explain what happens when a player hits the net with themselves or their racket.
6. Draw the trajectory of a smash shot.	6. Describe which tramlines are out in doubles.	6. Explain why power is important when performing an overhead clear.
7. State the 2 points that a serve must go over to be legal.	7. Describe which line is closer to the net, the service line or rear tramline.	7. Explain what shot should be played by the server after a flick serve, why?
8. Draw the trajectory of a drop shot.	8. Describe the difference from singles to double serving the rear tramlines undertake.	8. Explain when and why a drop shot should be performed.
9. What direction do serves always need to be?	9. When does the server change in a game of Badminton?	9. Where on court should the drop shot land?
10. Draw the trajectory of an overhead clear.	10. Identify 3 community clubs to participate in Badminton.	10. Where should the overhead clear land on court, why?

Year 8 PE: Using Space Effectively through Badminton

Badminton Key Skills and Techniques

FLICK SERVE

Release shuttle and flick wrist

HIGH SERVE

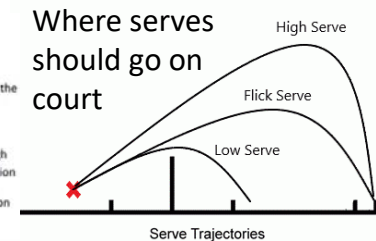
Where serves should go on court

High Serve

Flick Serve

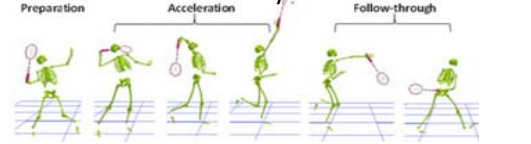
Low Serve

Serve Trajectories



The flick serve can be a low serve (just over the serving line) and a deep serve (to the rear tramlines).

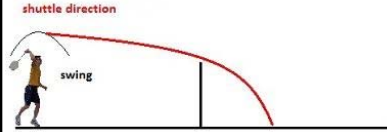
The Smash shot- This is an attacking shot that should go diagonally downwards at speed and is used to win a rally



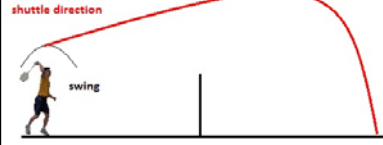
The Drop shot- A delicate shot to land ideally as close to the net as possible to attack space at the front of your opponent's court.



1) DROP SHOT



Overhead Clear- The overhead clear is used to push your opponent deep to their rear court and exposes court space near the net to follow up with a drop shot or net shot.



Linking shots together to attack space effectively

To create space at the front of the court- An underarm serve with depth can be followed with a drop shot (if the return is not deep) or a smash shot if the return is to mid court **OR** by performing an overhead clear with depth can be followed with a drop shot (if the return is not deep) or a smash shot if the return is to mid court

Badminton key terms

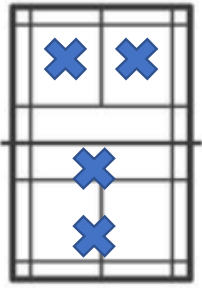
- Trajectory-** the movement/direction of the shuttle, how the shuttle moves.
- Depth-** How far on court the shuttle does/should travel.
- Power-** The amount of force applied to a shot. The more power the faster the shuttle moves.
- Disguise-** Appearing to perform one shot but executing another.
- Side tramlines-** The area on the side of the court which is out in singles but in in doubles
- Rear tramlines-** The area at the back of the court which is in in singles and doubles.

Doubles play and serving

- In doubles all areas of the court are in including the side tramlines.
- In doubles when serving the shuttle must travel diagonally from one service box to the diagonal box.
- The shuttle needs to travel from behind the server' service line, over the net and the diagonally opposite service line.
- When serving in doubles the rear tramlines are out but in singles the rear tramlines on a serve is in.
- When your score is even you serve from the right hand side, when your score is odd you serve from the left hand side.
- The same person continues to serve until that pair loses a point.

Doubles Tactics

- Side by side-** this is where a pair has a dedicated side of the court (top image).
- Front and back-** this is where one player occupies the front of the court while the other occupies the rear of the court (bottom of the image).



Exit Routes: Aston Stars Junior Badminton Club, Birmingham Buccaneers Badminton Club, Four Oaks Badminton Club

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Year 8 PE: Using Space Effectively through Badminton

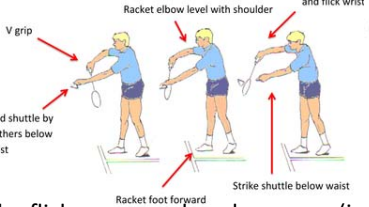
Self quiz questions	Self quiz questions	Self quiz questions
1. Identify the two types of service.	1. Describe the trajectory and target area for each type of serve.	1. Explain what shot could you play after each type of serve to attack space on court and why.
2. Define trajectory.	2. Describe the side by side doubles positioning tactic.	2. Explain which side of the court the server serves from and why.
3. Describe disguise.	3. Describe what happens when the shuttle lands outside the court markings.	3. Explain why disguising a drop shot is an effective way of scoring points.
4. Identify where on court the shuttle should land after a drop shot.	4. Describe when the server is changed.	4. Explain how we can link shots together to attack space at the front and back of the court.
5. Identify the two position based tactics that can be used in doubles.	5. Describe when a point is scored.	5. Explain why depth is important on an overhead clear.
6. Draw the trajectory of a smash shot.	6. Describe which tramlines are out in doubles.	6. Explain why power is important when performing an overhead clear.
7. State the 2 points that a serve must go over to be legal.	7. Describe the front and back doubles positioning tactic.	7. Explain what shot should be played by the server after a flick serve, why?
8. Draw the trajectory of a drop shot.	8. Describe the amount of power that should be applied to a smash shot.	8. Explain when and why a drop shot should be performed.
9. What direction do serves always need to be?	9. Describe the area of the court that the overhead clear should land in.	9. Where on court should the drop shot land?
10. Draw the trajectory of an overhead clear.	10. Identify 4 community clubs to participate in Badminton.	10. Where should the overhead clear land on court, why?

Year 9 PE: Linking skills together to effectively outwit an opponent through Badminton

Badminton Key Skills and Techniques

FLICK SERVE

Release shuttle and flick wrist

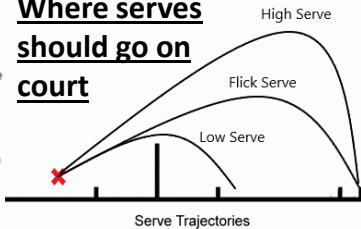


HIGH SERVE

Sideways stance



Where serves should go on court



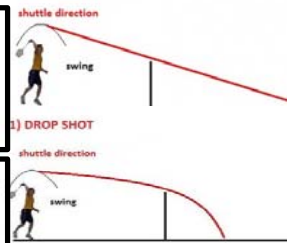
Linking shots together to attack space effectively

To create space at the front of the court- An underarm serve with depth can be followed with a drop shot (if the return is not deep) or a smash shot if the return is to mid court **OR** by performing an overhead clear with depth can be followed with a drop shot (if the return is not deep) or a smash shot if the return is to mid court

Doubles play and serving

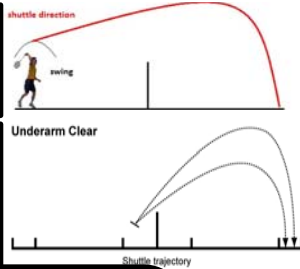
- In doubles all areas of the court are in including the side tramlines.
- In doubles when serving the shuttle must travel diagonally from one service box to the diagonally opposite service line.
- The shuttle needs to travel from behind the server' service line, over the net and the diagonally opposite service line.
- When serving in doubles the rear tramlines are out but in singles the rear tramlines on a serve is in.
- When your score is even you serve from the right hand side, when your score is odd you serve from the left hand side.
- The same person continues to serve until that pair loses a point.

The Smash shot- This is an attacking shot that should go diagonally downwards at speed and is used to win a rally. A jump smash is where a smash is performed with a jump to allow for greater height to be achieved and a steeper trajectory of the shuttle to be applied



The Drop shot- A delicate shot to land ideally as close to the net as possible to attack space at the front of your opponent's court. This shot is disguised to trick that an overhead clear is being played.

Overhead Clear- The overhead clear is used to push your opponent deep to their rear court and exposes court space near the net to follow up with a drop shot or net shot.



Underarm Clear- The underarm clear is used as a defensive shot to return an attacking shot. The shot is ideally performed like a high serve with the shuttle landing in/pushing the opponent into the rear tramlines. This shot can also be performed to create space at the front of the court.

Badminton key terms

- Trajectory-** the movement/direction of the shuttle, how the shuttle moves.
- Depth-** How far on court the shuttle does/should travel.
- Power-** The amount of force applied to a shot. The more power the faster the shuttle moves.
- Disguise-** Appearing to perform one shot but executing another.
- Side tramlines-** The area on the side of the court which is out in singles but in in doubles
- Rear tramlines-** The area at the back of the court which is in in singles and doubles.

Exit Routes: Aston Stars Junior Badminton Club, Birmingham Buccaneers

Badminton Club, Four Oaks Badminton Club



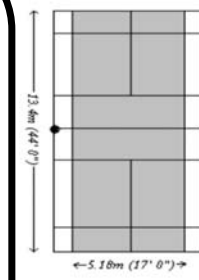
Singles Tactics

Singles: Long and short- This is where the shuttle is sent deep on court to the rear tramlines then to just over the net. This tactic is used to create space to attack.
Side to side- This is where the shuttle is continually hit from the right side to the left side of the court to attack space.

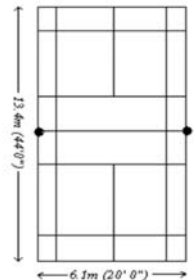
Doubles positioning tactics

Side by side- this is where a pair has a dedicated side of the court
Front and back- this is where one player occupies the front of the court while the other occupies the rear of the court

Singles court



Doubles court



In singles the side tramlines are out but in doubles they are in. Line judges are used to observe where a shuttle lands to award points

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<https://www.bbc.co.uk/bitesize/guides/zqfnycw/revision/1>

Year 9 PE: Linking skills together to effectively outwit an opponent through Badminton

Self quiz questions	Self quiz questions	Self quiz questions
1. Identify the difference between a smash and a jump smash.	1. Describe the trajectory and target area for each type of serve.	1. Explain where space is created by a flick serve and how can this be attacked?
2. State the two singles tactics that can be applied during a match.	2. Describe the trajectory of the smash shot.	2. Explain which side of the court the server serves from and why.
3. Define power.	3. Describe the difference in court boundaries in singles and doubles play.	3. Explain why disguising a drop shot is an effective way of scoring points.
4. State the difference between a drop and a smash in relation to trajectory.	4. Describe when the server is changed.	4. Explain how we can link shots together to attack space at the front and back of the court.
5. Define the side by side doubles position tactic.	5. Describe what a drop shot is.	5. Explain why depth is important on an overhead clear.
6. Draw the difference in trajectory for a flick serve and a high serve.	6. Describe which tramlines are out in doubles.	6. Explain the difference between side by side and front and back doubles tactics.
7. Identify the role of a line judge.	7. Describe the front and back doubles positioning tactic.	7. Explain why a drop shot is effective after playing an overhead clear.
8. Draw the trajectory of a drop shot.	8. Describe the similarities between a high serve and an underarm clear.	8. Explain when and why a smash shot should be performed.
9. What side of the court do you serve from with an odd numbered score?	9. Describe how an overhead creates space to attack.	9. Where on court should the drop shot land?
10. Draw the trajectory of an overhead clear.	10. Identify 4 community clubs to participate in Badminton.	10. Where should the overhead clear land on court, why?