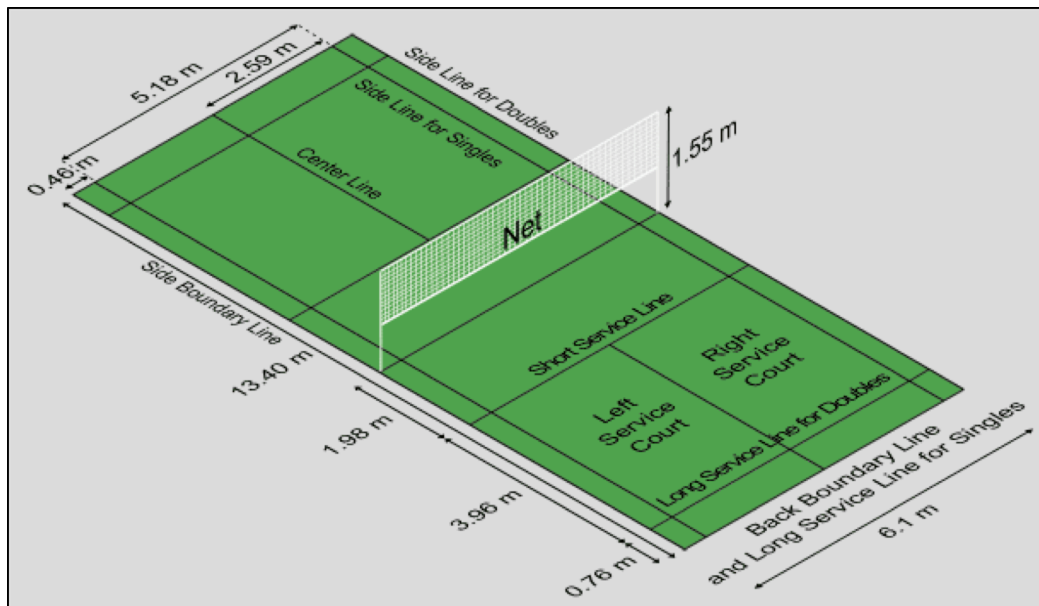


# Badminton

## History

- Badminton was played 2000 years ago in Ancient Greece
- Poona, a native Indian game centuries old is close to the game we know as badminton
- The first badminton club was opened in the mid 18<sup>th</sup> Century in Britain.
- In 1867, New York formed United States first Badminton Club.
- Badminton became an Olympic sport in 1992.

## Playing Area



## Rules of the Game

- A player may not touch the net with a racquet or body during play.
- A birdie may not come to rest or be carried on the racquet.
- A birdie may hit the net on its way across during play and the rally can continue.
- A player may not reach over the net to hit the shuttlecock.
- A loss of serve is called a side out.

## Serving

- A coin toss or spin of the racquet determines who will serve first.
- The serve must travel diagonally to be considered in play.
- A serve that touches the net and lands in the proper court is called a let serve and is reserved, otherwise, only one serve is permitted to each court until a side out occurs. A serve that is totally missed may be tried again.
- The racquet must make contact with the birdie below the waist on the serve.
- The server and receiver shall stand within their respective service court until the serve is made.
- All line are considered inbounds.
- In singles, when the server's score is an even number, the serve is taken from the right side. When the server's score is an odd number, it is taken from the left. Serving in a doubles game begins from the right side of the court.
- In doubles, to begin the game one player from one team serves. When they have lost the point the serve goes to the other team. If they win the point they move to the other side of the court and continue serving.

## Forehand Grip

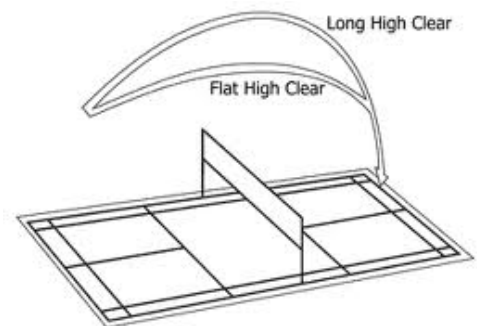
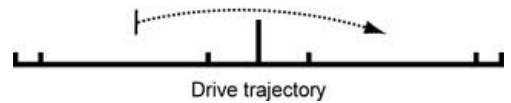
- Shake hands with the racquet hand so the butt of the handle rests against the base of the hand and forms a V with the thumb and forefinger on the top of the handle.
- wrap the other fingers around the handle.



## Types of Shots

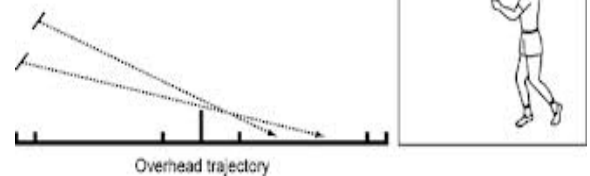
- Drive
  - This shot is used to aim and power hit someone.
  - It is very low to the net and it is hit out in front of the body
  - It is very important to keep your racquet up because this shot is very quick and precise.
- Clears
  - These shots are used to move your opponents back so you can return to your home position.
  - When hitting this shot reach up and hit out on the shuttle
  - Make sure to catch it high before it starts to fall.
  - You want to extend your elbow up.
  - Don't drop you elbow.
  - The shot, if executed right should land at the back of the court.
  - Also, if done right you should hear a pop come off your racquet.

Drive



- Smash
  - This shot is used to hit the bird down fast and hard. It's a way to end the point quickly.
  - A smash is hit high in the air and you snap your wrist as soon as your racquet makes contact with the bird.
  - Aim for the sides of the court or at your opponent.

Smash



- Drop Shop
  - This shot is designed to go just over the net and catch your opponent off guard.

