



CRSP

Canadian Restructured School Plan
Le Projet D'une École Canadienne Restructurée

Get a Grip!
How to Play Badminton

CRSP is a project of the



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Association canadienne de la formation professionnelle

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Why study the topic?

Badminton is an excellent lifetime activity. It's the sort of game that can be played at many different levels of competition—anything from recreational games in the backyard to highly competitive amateur tournaments. The sport can be played among members of the same or opposite sex. Like tennis, badminton can be played as a singles or doubles game. In doubles games, the competition can be between men's, women's, or mixed teams.

Getting yourself outfitted with equipment and clothing is inexpensive, and it isn't usually a problem to find facilities for playing badminton.

The sport is a fun way to improve your speed, agility and flexibility. It makes a nice cross-training system for such other sports as basketball and hockey, which require the same fitness.

What do I need to know before I begin?

No special knowledge is required to work through the activities in this guide.

What will I know and be able to do when I have completed the guide?

You will be able to:

- Grip the racquet correctly, do the appropriate footwork, and use all five types of badminton strokes to hit the bird or shuttlecock.
- Understand and use the basic terminology of the game, the rules of the game, and the appropriate etiquette.
- Play a badminton game and keep score. (You will successfully return a bird that is hit over your head, at your forehand, at your backhand, or at your feet. You will serve the bird into the appropriate area of your opponent's court.)

What resources are available to help me?

Books

Corbin, Charles B. *Fitness for Life*, 2nd ed. Toronto: Gage, 1991.

Modern Principles of Athletic Training, 7th ed. St. Louis, Missouri: Times Mirror/Mosby, 1989.

Other Resources

Pamphlet

Advanced ERCAPEP Task Cards. Columbus, Ohio: Charles E. Merrill Publishing Company, 1973.

How may I meet the expectations of the guide?

By completing all of the activities in this guide.

When should my work be done?

The activities should normally take you 8 to 10 hours. You will also need to spend at least three additional hours practicing and researching.

How will I demonstrate I have met the expectations?

From time to time as you work through the activities, you will be assessed by one of your peers. This peer assessment will be made

using the following record log, which you will keep and show to your instructor or mentor.

Peer Assessment Record Log

Expectation	Date Accomplished	Assessed By
1. Written Report		
2. Racquet Grip		
3. Footwork		
4. Overhand		
5. Forehand		
6. Underhand		
7. Backhand		
8. Serve		

You will also be assessed by an instructor/mentor. For this assessment, you must:

- Submit your written report from Activity 1.
- Demonstrate that you can hit 20 shuttles successfully across the net and put them as deep as possible in the opponent's court. (You will use the five badminton strokes you learned four times each.)

This is the sort of chart your instructor/mentor will use when assessing your 20 shuttles.

Badminton Strokes – Instructor's Assessment Chart

Shuttles Attempted	Level 4	Level 3	Level 2	Level 1
- 4 overhand - 4 forehand - 4 underhand - 4 backhand - 4 serves	17 - 20 over net and deep in court	14 - 16 over net and deep in court	10 - 13 over net and deep in court	0 - 9 over net and deep in court

And here is how your instructor/mentor might convert Levels 1 to 4 into letter and number grades:

Criteria	Level 4	Level 3	Level 2	Level 1
Letter Grade	A	B	C	D
Percent	100 - 85	84 - 70	69 - 50	Below 50

What activities do I need to do?

This guide contains eight activities. For Activities 2 to 8, make sure you have the appropriate equipment, clothing, and footwear so that you can do the activities safely. You will also need to have access to a badminton court.

Activity 1: Background Research

Using whatever reference material is available to you, write down answers to the following questions.

1. Why are badminton games scored in different ways? That is, why do some games go up to 11 points and others go up to 15 or 21 points?
2. What is the tie breaker format for 13-13 and 14-14?
3. Who gets to serve first? How is this decided?
4. What are the dimensions of a singles and doubles court?
5. Which side of the court is “odd” and which is “even” in scoring? What do these terms mean?

6. Write definitions for the following terms:

- ace
- side-out
- double-hit
- service faults (Describe two.)
- net fault

Ask a friend to fill in your Peer Assessment Record Log.

Activity 2: The Racquet Grip

Follow these steps to learn the correct way to grip a badminton racquet.

1. Place the wide, flat area of the racquet against the palm of your dominant hand.
2. Close your hand over the grip as if you were shaking hands with somebody. The inside of your racquet thumb should be against the flat surface of your racquet.
3. Now extend your racquet arm, pointing the racquet toward the floor. If the grip is right, you should see a “V” formed between your thumb and index finger. The “V” should be pointing towards your opposite shoulder.

Now you are ready to do the following activities.

Peer Assessment Activities:

Practise the following activities. When you feel ready, demonstrate them to a friend.

1. While using the proper grip, place the racquet head near a bird on the floor and with a quick arm rotation, scoop the bird onto the racquet six out of eight tries.
2. Place the bird on the forehand face of your racquet and with a slight flexing of your wrist pop the bird into the air six times in a row without stopping.

3. Repeat the second activity, only this time use the backhand face of your racquet.
4. Repeat the second activity once again, but this time alternate between the forehand and backhand faces of your racquet.

Ask a friend to fill in your record log.

Activity 3: Footwork

Follow these steps to learn the footwork you will use when playing badminton.

1. Begin by finding the control area of your court. This is the area located one metre behind the “T” where the service lines meet in the center of your court. Stand in the control area with your feet shoulder width apart and your non-racquet foot slightly in front. This is known as the *ready position*.
2. Now move your non-racquet foot towards the front right-hand corner.
3. With one large lunge with your racquet leg, stretch towards the corner.
4. Touch the corner with your extended racquet.
5. Repeat Steps 1 to 4, but this time move to the left front corner.
6. Repeat Steps 1 to 4, but this time move to the rear right corner.
7. Repeat Steps 1 to 4, but this time move to the rear left corner.

Peer Assessment Activity:

Ask a partner to call out different corners for you to reach and touch with your racquet. Your partner will do this a total of 10 times, and you must react correctly and successfully 8 times out of 10.

Ask your partner to fill in your record log,

Activity 4: The Overhand Shot (Clear Shot)

Follow these steps to learn how to make a clear overhand shot.

1. Before you begin, make sure you are gripping your racquet correctly and that you have a bird in your other hand. Now take a small step back with your racquet foot.
2. Next, draw the racquet straight back so that it is pointing behind you.
3. Cock your elbow so that it is pointing towards the back of the court.
4. Cock your wrist so that the racquet head is dropped behind your back. (It's as if you are about to scratch your back.)
5. Line up the bird and your body so that you will make contact with the bird over your racquet shoulder.
6. Shift your weight from your back foot to your front foot. As you do this, swing your racquet forward to make contact with the bird.
7. Continue your follow through in the direction you want the shuttle to go.
8. Now stand in the control spot and have a partner toss a bird high to your racquet side. Try to hit the bird as high and deep to the other side of the court as you can.

Peer Assessment Activity:

Ask a partner to hit or toss 10 birds high to your forehand side. You must successfully make contact with 8 of them and drive the bird deep into the opposite court using the correct form.

Ask your partner to fill in your record log,

Activity 5: The Forehand Shot

Follow these steps to learn the forehand shot.

1. Before you begin, check to make sure you are using the correct grip and that you have a bird in your other hand. Using the proper footwork, take a step toward your forehand side of the court.
2. Draw the racquet straight back so that it is pointing behind you.
3. Cock your elbow slightly, but keep it close to your body so that your arm is pointing towards the court.
4. Next, cock your wrist so that the racquet head is pointing straight behind you.
5. Then line up the bird and your body so that contact will be made on your forehand side at a height between your waist and shoulders.
6. Shift your weight from your back foot to your front foot. As you do this, swing your racquet forward to make contact with the bird.
7. Continue your follow through in the direction you want the shuttle to go.
8. Now stand in the control spot and have a partner toss a bird at shoulder height to your racquet side. Hit the bird as high and deep to the other side of the court as you can.

Peer Assessment Activity:

Ask a partner to hit or toss 10 birds at shoulder height to your forehand side. You must successfully make contact with 8 of them, driving the bird deep into the opposite court using the correct form.

Ask your partner to fill in your record log,

Activity 6: The Underhand Shot

Follow these steps to learn how to make an underhand shot.

1. Before you begin, make sure you are holding your racquet correctly and that you have a bird in your other hand. Using the proper footwork, take a step toward the net on your forehand side of the court.
2. Draw the racquet straight back and low so that it is pointing behind you.
3. Cock your elbow slightly, keeping it close to your body so that your arm is pointing towards the court.
4. Next, cock your wrist so that the racquet head is pointing straight behind you.
5. Line up the bird and your body so that contact will be made to your forehand side below the height of your knees.
6. Shift your weight from your back foot to your front foot. As you do this, swing your racquet forward to make contact with the bird.
7. Continue your follow through in the direction you want the bird to go.
8. Now stand in the control spot and have a partner toss a bird below knee height to your racquet side. Hit the bird as high and deep to the other side of the court as you can.

Peer Assessment Activity:

Ask your partner to hit or toss 10 birds below the height of your knees to your forehand side. You must successfully make contact with 8 of them, driving the bird deep into the opposite court using the correct form.

Ask your partner to fill in your record log.

Activity 7: The Backhand Shot

Follow these steps to learn how to make a backhand shot.

1. Before you begin, make sure you are holding your racquet correctly and that you have a bird in your other hand. Using the proper footwork, take a step toward your backhand side of the court. Your back should be towards the net.
2. Draw the racquet back so that it is pointing towards the back of your court.
3. Cock your elbow slightly, keeping it away from your body so that your arm is parallel to the court.
4. Cock your wrist.
5. Line up the shuttle and your body so that contact will be made on your backhand side at a height between your waist and shoulders.
6. Shift your weight from your back foot to your front foot. This way, you are stepping into the shot. At the same time, swing the racquet forward (towards the net) to make contact with the bird.
7. Continue your follow through in the direction you want the bird to go.
8. Now stand in the control spot and have a partner toss a bird at shoulder height to your backhand side. Hit the bird as high and deep to the other side of the court as you can.

Peer Assessment Activity:

Ask your partner to hit or toss 10 birds at shoulder height to your backhand side. You must successfully make contact with 8 of them, driving the bird deep into the opposite court using the correct form.

Ask your partner to fill in your record log.

Activity 8: The Basic Serve (Right-handed player)

Follow these steps to learn the basic badminton serve.

1. Before you begin, make sure you have a bird. Stand slightly to the right of the control area.
2. Place your left foot forward. It should be about two feet in front of your right foot. Point your left foot towards your target area. Your feet do not move from this position.
3. Point your right arm towards the back of the court.
4. Bend your right elbow at a 90-degree angle (right angle).
5. Make sure your right hand is at shoulder height (behind you).
6. Hold the bird in your left hand out in front of you (about 2 feet) and at shoulder height.
7. Drop the bird so that it would land about two feet in front of your left foot and six to eight inches inside your right foot.
8. Hit the bird (almost underhand) with a full swing so that the bird goes high and deep into the opposite service court.

Peer Assessment Activity:

Stand in the proper service area and serve the bird diagonally into the opponent's service court as high and as deep as you can. You must serve 8 times out of 10 correctly into the proper service court.

Ask your partner to fill in your record log.

Where do I go from here?

You are now ready to really enjoy the game of badminton. You can join a club in your school or your community. With practice, you will be able to play against experienced players.

LEARNER GUIDE WRITING TEAMS

NEW BRUNSWICK SITE

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Campobello Island Consolidated School
Carleton North Senior High School
Fundy High School
Grand Manan High School
John Caldwell School
Nackawic High School
Southern Victoria High School
St. Stephen High School
Sir James Dunn Academy
Tobique Valley High School
Woodstock High School

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