

RACKET SPORT: BADMINTON

Badminton is a sport with two or four opposing players that is similar to tennis; players use **rackets** to hit a **shuttlecock** onto opposite sides of a **net** that divides a **court** in half.

Origins:



The beginnings of Badminton can be traced to mid-18th century British India, where it was created by British military officers stationed there. Early photographs show Englishmen adding a net to the traditional English game of battledore and shuttlecock. Being particularly popular in the British garrison town Poona, the game also came to be known as *Poona*. This game was taken by retired officers back to England where it developed and rules were set out.

Although it appears clear that Badminton House, Gloucestershire, owned by the Duke of Beaufort, has given its name to the sports, it is unclear when and why the name was adopted.

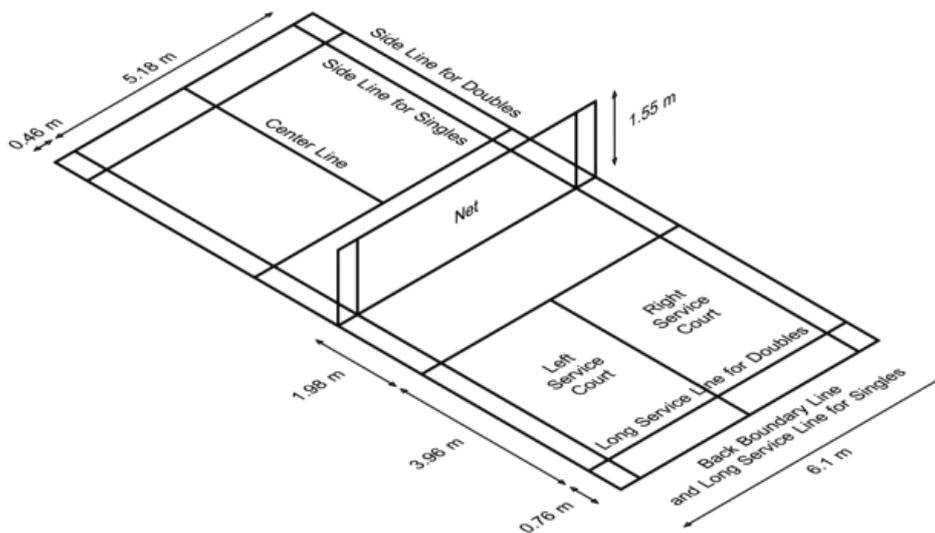
Since 1992 is a Olympic Sport.

How to play:

It is an **opponent sport** which a player put face to face with another player or couple, it is played on a rectangular field (13'4x5'18m for singles and 6'1m for double), divided with a net (1'55m high). The score is throwing the ball to the other half of the field without possibility it returns by the opponent. It is moved with a gadget named racket.

Basic Rules:

Court:

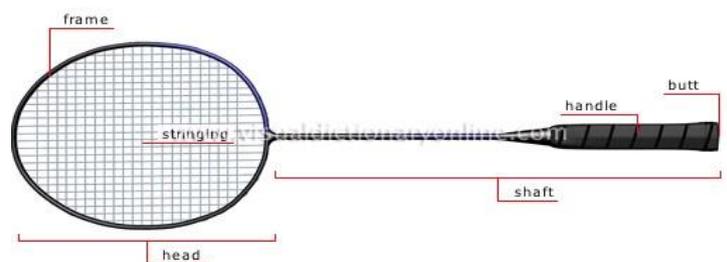
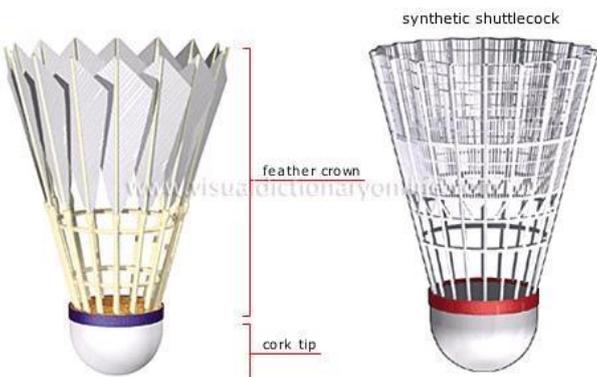


Material:

Shuttlecock (birdie): *Cork tip*, the rounded base of the shuttlecock; it can also be made of synthetic materials. And *feather crown*, feathers or synthetic materials attached to the shuttlecock tip to stabilize it and make it aerodynamic.

Synthetic shuttlecock: Small plastic cone that is sturdier than the feathered shuttlecock and is usually used for training; it weighs about 0.2 oz, the same as the feathered shuttlecock.

Badminton racket: The racket used to strike the shuttlecock is lighter (about 3 oz) and narrower than a tennis racket; its head is about 9 in long and 11 in wide.



Players:

Badminton could be play in single or double match.

In double match, pairs could be by the same genre (male / female) or mixed (picture below left side).



Carolina Marin is one of the best single player in the world. (Picture above right side).

Studies on the physical fitness of Badminton show that a badminton player needs to have a certain level of:

- muscular strength: the base to a strokes, abdominal muscular tone to avoid low back injuries and the base to power
- power to start energetic movements
- flexibility to achieve the **birdie** (shuttlecock in US English) with big steps and
- **athleticism (agility)** to adapt the body to different postures and to change quickly your movements directions on the court

It also shows that **aerobic capacity and anaerobic capacity** are the two most important fitness components in badminton because of the physically demanding nature of the game.

Aerobic capacity will be important due to a badminton match may take between 30-45 minutes and a player could play more than one match in the same day. Aerobic capacity helps to players to recover quickly.

Anaerobic capacity will be important due to badminton **rallies** may take up to 15 seconds in a high intensity activity.

Now you!

Design a general warming up to play badminton. You should include activities to all part: activation, joint mobility, stretching and explosive movements.

Basic Rules:

Score: A **match** consists of the best of 3 games of 21 points. If the score becomes **20-all**, the first player / team gets two points of difference will win this set. **At 29 all**, the side scoring the 30th point, wins that game. Every time there is a serve, there is a point scored. The side winning a **rally** adds a point to its score. The side winning a game serves first in the next game

Service and receiving:

You shall serve from the **right service court** when your score were 0 or **even number** in that game, and receive in the right service court when your opponent score was even, with a little variation in double game.

Interval and Change of Ends:

When the leading score reaches 11 points, players have a 60 second interval. A 2 minute interval between each game is allowed. In the third game, players change ends when the leading score reaches 11 points.

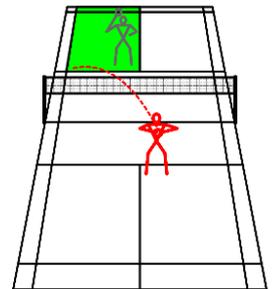
Single match:

At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.

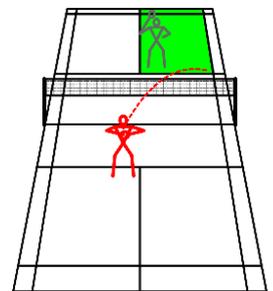
If the server wins a **rally**, the server scores a point and then serves again from the alternate service court.

If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.

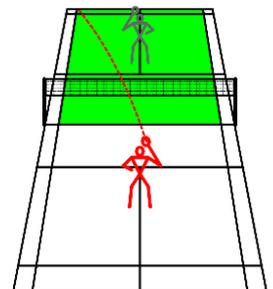
In summary, in a singles match the order of server depends on whether the score is odd or even. The service court is changed by the servicing side only when a point is scored.



Singles serve
server's score is even)



Singles serve
(server's score is odd)



Singles normal play
(after a serve)

Player Loses Point:

- If the shuttle lands outside the boundaries of the court, passes through or under the net, fail to pass the net, touches the ceiling or side walls, touches the person or dress of a player or touches any other object or person.
- If the initial point of contact with the shuttle is **not on the striker's side of the net**. (The striker may, however, follow the shuttle over the net with the racket in the course of a stroke.)
- If a player **touches** the net or its supports with racket, person or dress, **invades** an opponent's court **over the net** with racket or person except as permitted.
- If a player **invades an opponent's court under the net** with racket or person such that an opponent is **obstructed or distracted** or obstructs an opponent, that is prevents an opponent from making a legal stroke where the shuttle is followed over the net.
- If a player deliberately **distracts** an opponent by any action such as shouting or making gestures.
- If the shuttle is caught and held on the racket and then **slung** during the execution of a stroke.
- If the shuttle is hit **twice in succession** by the same player with two strokes.
- If the shuttle is hit by a player and the player's partner successively or touches a player's racket and continues towards the back of that player's court. (**Double game**)
 - If a player is guilty of flagrant, repeated or persistent offences under Law of Continuous Play, Misconduct, Penalties.
- If, on service, the shuttle is caught on the net and remains suspended on top, or, on service, after passing over the net is caught in the net.

Basic strokes (Techniques):

Badminton offer a wide variety of basic strokes. All strokes can be played by **forehand** or **backhand**. A player's forehand side is the same as his playing hand: for right-handed player the forehand side is his right side and the backhand side is the left side.

Service: There are 4 basic kinds of badminton serve: **high serve (5)**, **low or short service (1)**, and another specific like swip (or flick) service,

and the drive serve (2 & 3). You can choose the right serve after watching your opponent. **Serving to the back of the court with a high serve is a good idea if you are playing against someone who likes to stay close to the net**, for example.

We differentiate between high, middle and low strokes:

a) Overhead / High strokes: These techniques are practice over the head.

Clears (1 and 2): It is the most common stroke, and it can be played from either forehand or backhand, as well as overhead or underarm. Regardless of exactly how you use the clear, **the objective is to send the shuttle to the back of the court**, forcing your opponent back away from the net to open up the forecourt.

Drop Shots (high drop) (5): It is the opposite of the clear shot, as it is intended **to drop right behind the net and force your opponent closer into the forecourt**. This can open up space in the backcourt for your next play. This move can be played either forehand or backhand, and usually has a lot of wrist movement to it.

The Smash (4): The badminton smash is a powerful move that you should strive to master. It's a **downward** shot that comes down steeply into your opponents **fore or mid court area**. For a faster smash, you can jump and make the shot as you come down. Your opponent will have little time to react, almost guaranteeing you the point. Don't overuse the smash because it will tire you out. **You usually use a forehand grip** when doing a smash.

b) Sidearm / Middle strokes: These techniques are practice between head and hip.

The Drive (3): If the birdie is too low for a smash, you can use a drive instead. The drive shot moves horizontally, rather than arching upward. The shuttle would just skim the top of the net, moving either diagonally across the court or straight from your position. You're trying to get the shuttle behind your opponent, making it difficult for them to return with a good shot.

c) Underarm / Low strokes: These techniques are practice under the hip.

Lob (7): Stroke by which the shuttlecock is sent high into the air over the opponent's head when this player is in the forecourt.

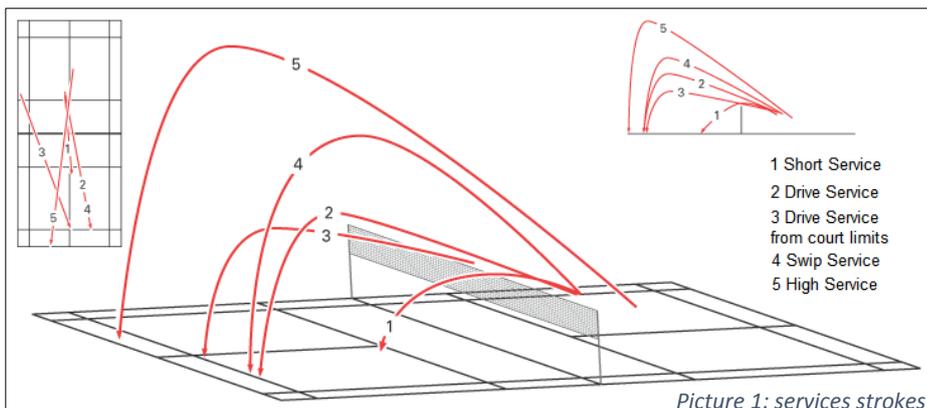
Drop (net drop or low drop) (6): Short shot by which the ball falls just behind the net with almost no bounce. It is when you play close to the net.

Basic strategy (Tactic):

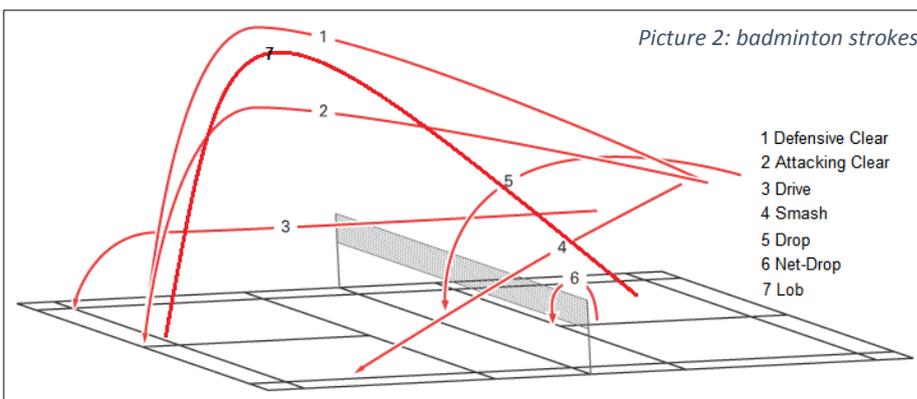
a. Movement pressure:

In singles, the basic strategy is to apply maximum movement pressure to your opponent. This means that you force him to cover distance rapidly and change direction.

By forcing your opponent to move quickly about the court, you create situations where he will reach the shuttlecock late and have difficulty playing an effective shot. Once he plays a weak shot, you have the choice between pushing him even farther out of position, or attempting to win the rally immediately.



Picture 1: services strokes



Picture 2: badminton strokes

Here is a simple example of creating movement pressure:

YOU: length service

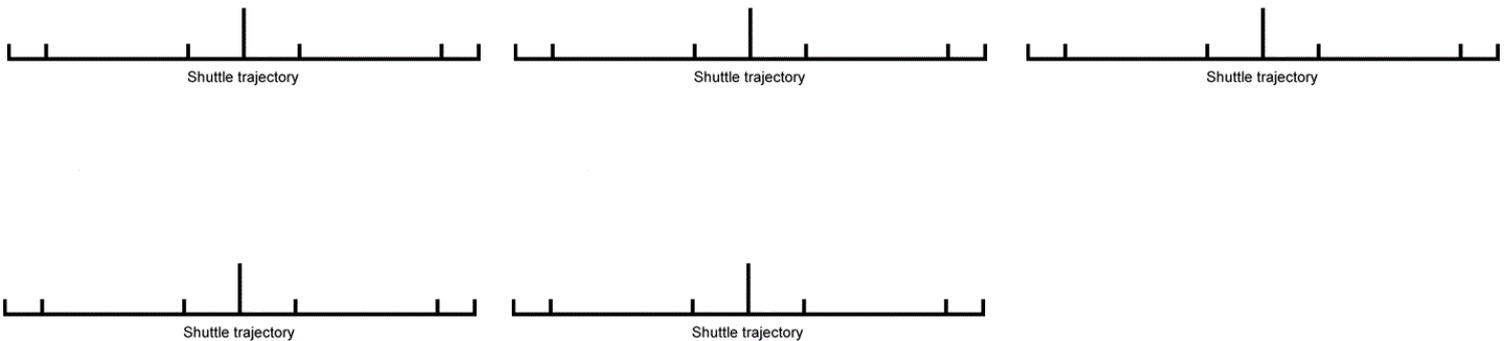
OPONENT: move to the rear court and plays a drop shot

YOU: play a drop.

OPONENT: is forced to move into the forecourt and play delayed a clear that descend in the middle of your court.

YOU: play a smash to finish the rally.

Now you! Complete the next pictures with shuttlecock trajectory and players positions and movements (continuous line to shuttle and discontinuous for player)



By this simple sequence of shots, you forced your opponent to move into the rear court, and then back to the forecourt. This puts some pressure on his movement ability.

b. Central base position:

After you play a shot, you should recover towards a central base position. This helps you to cover the whole court. When playing singles, you need to be able to cover all parts of the court. This means you must stand in a roughly central base position.

A competent opponent will usually be able to place the shuttlecock in any part of the court. If you are too far away from the centre, then you create a huge gap. Your opponent will place the shuttlecock into that gap, and you will not be able to reach it.

c. Hitting to the four corners

We know that the basic singles strategy is to apply maximum movement pressure (a) to your opponent. The logical way to achieve this is to aim for the corners.

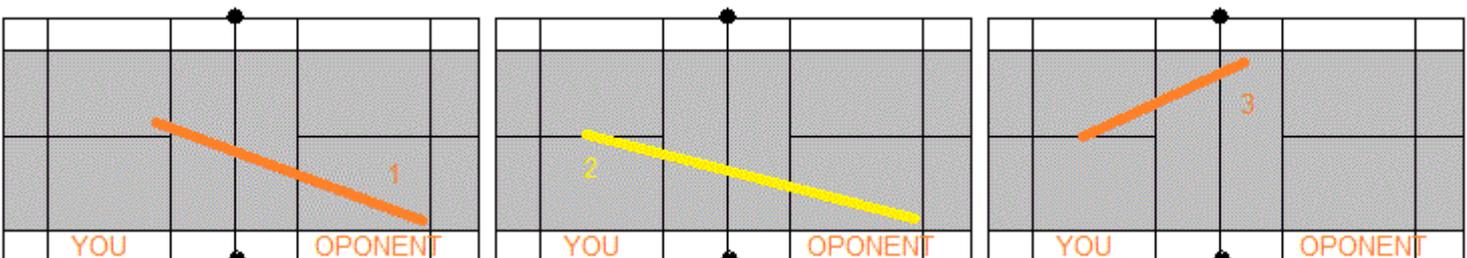
- Move your opponent as far as possible
- Force him away from his central base position

d. Use the long diagonals

You can make your opponent move the farthest possible distance by moving him along a long diagonal.

You can easily force your opponent to move along the long diagonals. For example:

YOU: play a clear to his forehand. (1) **OPONENT:** He plays a clear. (2) **YOU:** play a drop shot to his backhand. (3)



This simple sequence of shots forces your opponent to cover a long diagonal. This is an effective way to apply movement pressure, because it forces your opponent to move the greatest possible distance.

Webgraphy:

<http://visual.merriam-webster.com/sportsgames/racket-sports/badminton/badmintonracket.php>

<http://en.wikipedia.org/wiki/Badminton>

<http://www.badminton-information.com/rules-ofbadminton.html>

<http://www.badminton.es/page/7873/Reglas-de-Badminton-y-Minibadminton>

<http://www.bwfbadminton.org/page.aspx?id=14914>

<https://www.badmintonbible.com/articles/singles-tactics>