**Badminton Study Guide**



**Forehand grip**

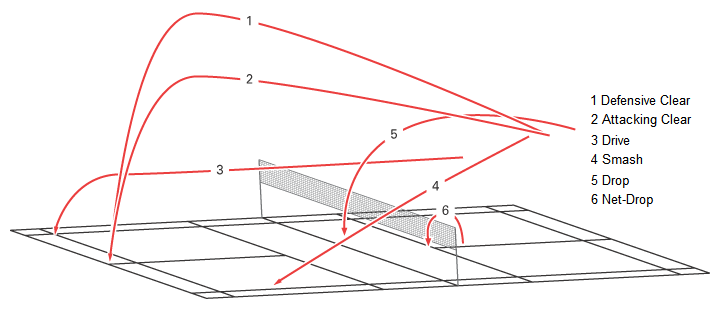
* This grip is used to hit shots that are of the forehand side of your body and around the head shots
* Racket should be perpendicular to the floor
* Place your hand on the handle as if you are shaking hands with it
* There should be a V shape in between your thumb and index finger

**Backhand grip**

* This grip is used to hit shots that are on the backhand side of your body
* Placing your thumb against the back bevel of the handle allows for greater leverage and power

**The serve**

* The serve is to be performed underhand
* The entire birdie should be below waist level before hitting
* The serve is to cross the net diagonally to the receivers court
* The MOST important shot in badminton because it is the one shot you have complete control over.



**Defensive clear**

* High and deep trajectory
* These type of shots give you more time to return to your base and prepare for the next shot

**Attacking clear**

* Has trajectory that runs almost parallel to the ground
* The shuttle travels fast and flat towards your opponents backcourt.
* Allows less time for your opponent to get behind the shuttle to return

**Drive**

* Shots that cross the net flatly in a horizontal trajectory
* The drive is an attacking shot that is usually played from the sides of the court when the shuttle has fallen too low to be returned as a smash
* Goal is to get the shuttle behind your opponent

**Drop shot**

* Use this shot to move your opponent to the front court. It will create space in the midcourt and backcourt for you to exploit.

**Net drop shot**

* This drop shot should land in your opponent’s front court area as close to the net as possible.
* It’s intended to move your opponent to the frontcourt and force a weak return or no return.

**Smash**

* The smash is a hit with power and speed downward.
* The angle and speed will make it hard for your opponent to return the hit and there is almost no defense against a well executed smash.

**Where to stand while serving**

* If your score is even, you should serve from the right service court (i.e. 0, 2.4,6, etc.)
* If your score is odd, you should serve from the left service court (i.e. 1, 3, 5, 7, etc.)
* Foot fault can be called if foot touches the line or goes over the line.
* Serves should be underhand and below the waist (after the serve hits can be overhand or underhand)
* Only the designated receiver can return the serve
* The serve MUST be hit diagonally to the proper service area
* LET SERVE- birdie or shuttle hits the top of the net and goes over; if this happens, re serve

**Rally scoring**

* The point will go to the side that wins the rally
* The match will be played best 2 out of 3 games and we will play to 21.
* If score is 20-20, the first to gain a 2 point lead wins the game.
* After the first game has concluded, the team that won gets the first serve in the next game.

**Badminton faults**

* Contact is made with the shuttle above the waist during the serve
* Shuttle lands in the wrong service court during the serve
* Shuttle lands out of bounds (on the line is GOOD)
* Shuttle goes under the net
* Shuttle does not cross the net
* Shuttle is hit more than once while on your side of the net
* Net is touched by anything other than the shuttle
* Shuttle is carried or thrown with the racket