



John Port Spencer Academy PE Department Knowledge Organiser – YR 9 BADMINTON



Key Skills:

SERVING –There are several types of serve – short/backhand, long ,flick. A backhand serve should land close to the service line on your opponents side of the net. The racket head must start from below the waist.

UNDERARM CLEAR (long serve) – This shot is played high to the back of your opponents court. Start sideways on and use a whip action with the wrist to create power.

OVERHEAD CLEAR – Played to the back of your opponents’ court and is a defensive shot. Start sideways on, racket up and behind you, focus on making contact with the shuttle in front of you.

DROP SHOT (underarm and overarm)- a shot played with finesse to land the shuttle as close as possible to the net on your opponent’s side.

SMASH/JUMP SMASH SHOT – This is the main attacking shot in badminton. It is an overhead shot, hit in front of the body, that aims to get the shuttle down on the floor at a sharp angle. The wrist needs to “snap” to get it down. Jumping to hit the shot gives it more power.

TACTICS - Hitting into space – keep your opposition moving around the court

- Shot selection – selecting the right shot for the right situation
- Targeting opponents weaknesses
- Disguised shots – trying to make it look like you are going to play a particular shot but then play a different shot to fool an opponent.
- Doubles play – role of players in doubles. Front/back formations or side to side.

Stretch and Challenge Task:

- watch some professional match play online.
- try and score a game in lesson or by watching online.
- Find out what happens when the wrong doubles player hits the serve. Who wins the point the server or returner?

Rules

Game starts with a diagonal serve- right hand side service box to right hand side service box.

Serve must land over the service line

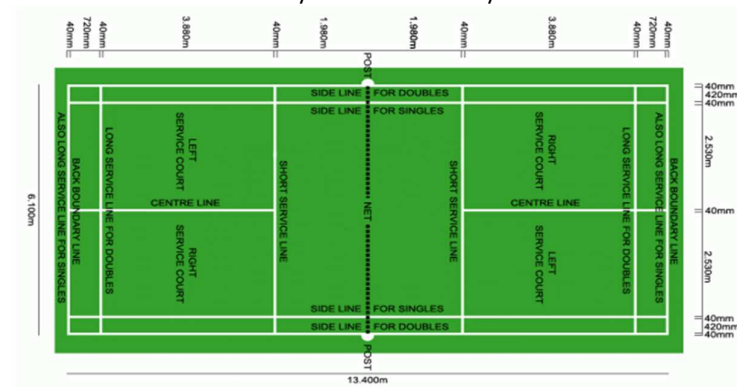
Play to 21 points – but must win by 2 clear points.

A point is won every rally

Whoever wins the point serves next

When score is even, serve from right, when score is odd, serve from left
Court is long and thin for singles, short and wide for doubles

You cannot hit the net with your racket or body



Key Terms to learn:

- Grip and ready position
- Rally
- Serve –backhand/short, long, flick
- Ready position
- Overarm clear

- Drop shot
- Disguised shot
- Smash
- Underarm clear
- Scoring

