

Category of Activity: Net/Wall Games

Name of Activity: Badminton

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Each team/player tries to score points by grounding the shuttle on the opponent's court. The game is played to a predetermined number of points (i.e. 21). If the player/team who reaches 21 earliest wins the game. If the points become 20 all, then the game is to be won by difference of 2 points upto 28. How so ever the score becomes 29 all, then the player/team who scores 30th point wins the game. Badminton is a rebound game. It is not permitted to drag the shuttle on the racquet. Because of this rule it is essential for the players to hit the shuttle at the right time. If the shuttle is not hit in a control manner, the points is awarded to the opponent.

At competency level students should learn and practice Basic fundamental skills of Grip & Stance (serving and receiving), High Serve, Low serve and Overhead clears. As the progress skills should become more consistent and efficient. And the players should be able to anticipate the path of the shuttle and the action of the opponent.

At proficiency level students should be able to attain high variation of service(flick, drive, short),Fore hand and back hand clear (attacking and defensive), Net & Drop shot and Smash. At this point player should understand both offensive and defensive play using different strokes.

Rules of the Game

- The game of Badminton is of 21 points and best of three set for both men and women.
- When the score becomes 20 all, the side which gains a two point lead first, shall win game. If the score becomes 29-all, the side scoring the 30th point shall win that game.
- The server and receiver stand diagonally. The serve is legal when it falls with in the specified court i.e. left / right service court.
- When scores are even i.e. 0,2,4,6 service must be done from right to right 'court' and visa versa.
- Both feet of the server and the receiver shall remain in contact with the surface of the court in a stationary position from the start of the service until the service is delivered.
- The head of the racket must contact with the shuttle below the waist line during service.

History of Badminton

Badminton quickly spread from England to the United States, Canada, Australia and New Zealand, and made big strides in Europe. Although men first played it, women became enthusiastic about it, and interest now is about equally divided. The first All-England championship for men was held in 1899 and in 1900 the pioneer tournament for women was arranged. These, however, were regarded as "unofficial" and 1904 marked the beginning of the official All-England matches. Organized shuttle badminton in India started in the year 1934 with the formation of all India badminton association which has been subsequently remained as "Badminton Association of India" most of the states formed their association and got affiliated to the National Association. The first All India Badminton championship was held at earlier calcullta in 1934. Mr. VA Madgaonkar won the honour of being the first Badminton champion of India. In 1934, the International Badminton Federation (IBF) was organized with nine members - Canada, Denmark, England, France, Ireland, Netherlands, New Zealand, Scotland and Wales.

Facts about Badminton

- Badminton is an Olympic Sport played first in the 1992 Olympic Games in Barcelona.
- The number of feather in shuttlecock is fixed i.e. 16.
- Only two Indian won the All England Championship till date
Prakash Padukone 1980
Pullela Gopichand 2001.
Saina Nehwal since 2003 has won 16 titles at International level.

Basic Requirements/ Equipment

- Any suitable indoor or outdoor space that can accommodate the group
- A net or rope, placed at 5 feet height
- Racquets and Shuttle Cocks.
- Lime powder to create playing areas

Use STEP to modify badminton activities so that all students are included. Try these modifications or devise your own.

- Space**
- Increase the playing space to encourage more movement; reduce the size of the space to encourage the development of overhead shot skills.
 - Play on different shaped courts. For example make the courts long and narrow to encourage longer hits in less space, or make the courts wide and shorter to encourage players to use peripheral vision and play the shuttle wide.
 - Vary the size of the courts depending on the ability of the students. For example increase the playing area for a competent player when playing against those still developing their skills.

- Task**
- Passing & receiving**
- Some players will find it easier for them to join in the game if they are able to hit the shuttle hard.
 - Some players find it easier to play with a lighter and wider racquet. In some cases it may be necessary for these individuals to practice the skill of sending and receiving separately until competency has improved.
 - Some players may need to spend more time practicing individual skills before they are able to play in a game situations.
 - Allow players to serve the shuttle high and low from inside the court and from back gallery.

- Equipment**
- Provide players with a range of shuttle cocks. Players can initially practise with the shuttle they find can be controlled best.
 - A brightly-coloured shuttle or shuttle with a sound may help the participation of students who have vision impairment.
 - Hitting balloon or a beach ball with hand will may slow down the game and allow more time for decision making.
 - Use some adjustable vertical stands with a ring on top to develop precision and control in high and low serving.

- People**
- a) Team numbers can be varied; for example, in order to balance a game, it may be best to play 1 v 2, 1 v 3 or 2 v 3, 2 v 4 where larger group who are developing their skills play against more competent players.
 - b) Play the game seated. Reduce the court area and increase or decrease the height of the net. Players must remain seated and cannot lift their seats when hitting the shuttle.

- Physical & Health Education /Games**
- Links to continuous and comprehensive assessment frame work for classes IX and X**
- An appreciation and understanding of the physical fitness requirements of games playing
 - An involvement in sports/physical education programmes
 - Team work
 - A knowledge of different games and rules of the games
 - Skills of agility, balance and coordination
 - Motivation and commitment to take part in the game
 - Ability to lead others as a team captain, coach or referee
 - An awareness of rules of safety
 - An evidence of being self disciplined

- Life Skills**
- Listen actively
 - Communicate using appropriate words, intonation and body language
 - Gets along with others.
 - Takes criticism positively
 - Identifies one's own strengths and weaknesses





Purpose of the activity

Playing individually or with a partner to beat the opponents and win the game

Outcome of the activities

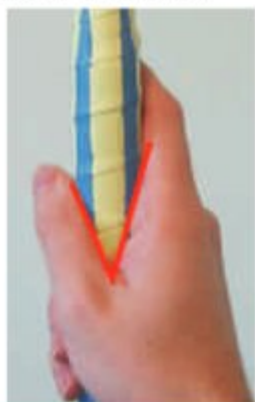
The outcome of participating in these activities will be:

- Team spirit • Cooperation • Communication • Focus on winning

Skills

Forehand grip

- Hold the racket head with your non-playing hand.
- Place your playing hand on the handle as if you are shaking hands with it.
- There shall be a V shape in between your thumb and your index finger.
- The racket handle shall rest loosely in your fingers for greater movement.



High Service

- Played with a forehand underarm action.
- Stand two to three feet behind the short service line.
- Relax your body and shift your body weight to your rear leg.
- Bring your racket back to almost your shoulder level then swing it forward following the rhythm of the stroke.
- Hold the shuttle by the feathers and let it drop slightly in front of you.
- Hit it with the flat face of your racket and follow through until your racket reaches the non-racket side of your head.



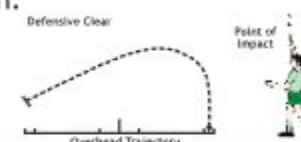
Low Service

- Stand in a comfortable and balanced position with your racket hand in front.
- Lead with your racket leg and place your non-racket leg behind with your feet pointing towards your opponent.
- Carry out a short back swing then bring the racket forward.
- Hold the shuttle on the tip of the feathers in front of your waist level.
- Push the shuttle with the racket face and try to make the shuttle skim the tape of the net.



Forehand Clear

- Turn your body and stand sideways to the net with your non-racket shoulder facing the net.
- Raise your non-racket hand and point at the shuttle to improve timing and balance.
- Contact the shuttle as high as possible in front of your forehead using a strong throwing action.
- Straighten your elbow as you hit the shuttle.
- Follow through of the racket to non racket side of your body and shift your weight from your rear foot to your front foot.
- Move back to your base position.



Here are some practices

- Students practice hitting forehands high service and low service clear over net.
- Standing on short service line. Make sure students use proper grip.
- Partner executes high clear serve to be returned with drop shot by his partner.

- Partner serves high clear and receiver must return with overhead high clear.
- Students Play a game with high clears only.
- Playing half court singles can improve footwork and increase stamina. It will train you to play more accurate shots with all strokes as well. It is fun to play and effective in improving your game.

- Practice short serve and long serve against opponent: Any time the opponent cannot return the serve in the server gets a point. Any short serve that the opponent does not smash also earns the server a point.
- Students can play competitively by using forehand high and low service and overhead clear toss.

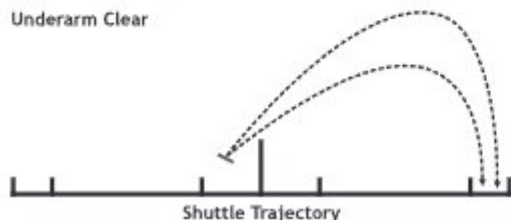


Sending and Receiving the shuttle

Underarm clear

- Extend and put your racket up when you go for the shot.
- Swing your racket upwards as the shuttle drops in the hitting area.
- Unlock your wrist as you contact the shuttle, producing a whip action.
- Follow through with your racket in the direction of the shuttle's trajectory.
- Push with both legs and move back to your base position.

Underarm Clear



Drive Serve

- Played with forehand underarm action.
- Stand in a comfortable and balanced position, a bit further from the service line.
- Lead with your non-racket leg and place your racket leg behind.
- Place your racket a bit below the waist level and bring it back parallel to it.
- Swing the racket forward following through.
- Hold the shuttle by the feathers and let it drop slightly sideways to your body.
- Hit the shuttle and let it pass the net at a flatter angle.



Now make up your own games and have some fun

How many points will be in each game? What rules will you have? What type of shuttle will you use? How will you start the game? How long will you play for? How will you make sure that everyone is involved in the game?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History of the game • Rules • Facts
Skills (6)	<ul style="list-style-type: none"> • Forehand grip • High service • Low service • Forehand play
Application of skills (10)	<ul style="list-style-type: none"> • Grip the racket properly • High service up to end line. • Short service near to short service and center line. • Forehand clear up to end line.

Try some of these mini games and activities

Individual Rally game:-

- Each player has a racket and shuttle. The aim is to keep hitting the shuttle and count the number of hits.
- Play a game with high clears only.
- Partner serves short and receiver hits high underhand clear.

Target games:-

- The player stands behind the line and hit the shuttle into a mark.
- Players practice hitting drop shot from end line by hitting the shuttle straight up to themselves then executing the drop shot.

Hitting the ceiling:-

- The player try to hit the ceiling or hit high if outdoor using forehand grip.

The game of Badminton :-

- 1) Use an old racket to hit the balloons across the "net" in the same manner you would have hit in badminton. Explain to child as they get acquainted with the game that they get one hit to get the balloon over the net or you score a point and vice versa.
- 2) Player work out with a partner who stands on the opposite side of the net and can start passing the shuttle either by remaining on a single side of the court or on the diagonal side of the court.
- 3) To make cross court clearing more effective and dynamic, both players A and B can clear the shuttle to the opponents unoccupied corner, each time running to meet the shuttle and clearing it.

Links to NCERT syllabus

Theme: Knowledge and Proficiency in Sports and Motor Skills Acquisition-Badminton.

Links to other subjects

Language: The experiences of students while playing Badminton or watching the play, may be utilized to develop and enrich the skills of creative writing among students. They may be asked utilize the experiences of winning by respecting and observing the rules of Badminton in preparing a write up in respect of facing real life competitive situations.

Social Science: Based on the experiences of badminton, suggest how sports also have a history and that it is linked up with the politics of power and domination. Introduce students to some of the stories in badminton that have historical significance, especially those related to winning of All England Championship by two Indians.



Purpose of the activity

Playing individually or with a partner to beat the opponents and win the game

Outcome of the activities

The outcome of participating in these activities will be:

- Team spirit • Cooperation • Communication • Focus on winning.

Skills

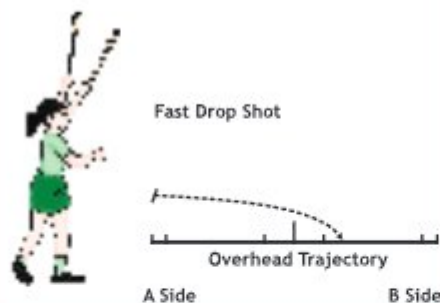
Backhand grip

- Hold the racket as you would on a forehand grip.
- Turn the racket anti-clockwise so that the V shape moves leftwards.
- Place your thumb against the back level of the handle for greater leverage and power.
- The racket handle shall also rest loosely in your fingers.



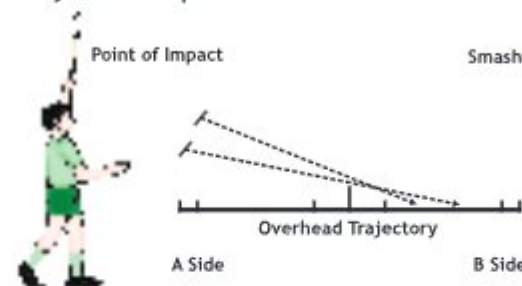
Forehand Drop Shot

- Bend your elbow and lock your wrist preparing to swing forward.
- Raise your non-racket hand and point at the shuttle and contact the shuttle as high as possible and out in front of your forehead.
- Slice or tap the shuttle as you hit it, reducing the speed of the racket head.
- Follow through with your racket and shift your weight from your rear foot to your front foot.



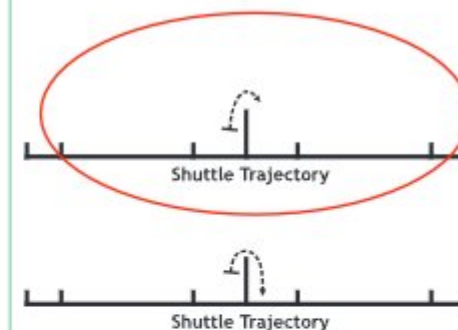
Smash

- Turn your body and stand sideways to the net with your non-racket shoulder facing the net.
- Raise your non-racket hand and point at the shuttle. Contact the shuttle as high as using a strong throwing action as if you are going to throw your racket high and forward through the air.
- Snap down your wrist at the point of impact giving the shuttle extra power and angle towards your opponent's court.
- Follow through with your racket and shift your weight from your rear foot to your front foot and move back to your base position.



Net Shot

- Play with forehand grip for forehand shots or the backhand grip for backhand shots.
- Extend the racket arm and keep the racket high to ensure the shuttle is hit as early as possible. The racket face shall be parallel to the floor and let the shuttle bounce off the racket face.
- Lunge movement and the parallel racket face will cause the shuttle to tumble over the net.



Here are some practices

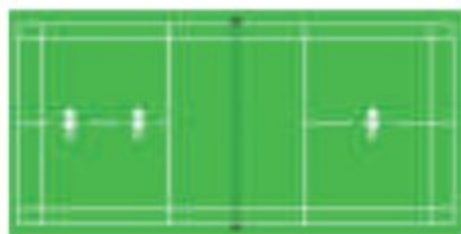
- The feeder stands at short service line and lift the shuttle towards the end line for practice of drop shot.
- The student take the position at the center of the court and feeder lift the shuttle for smash.
- Student take stance at the center and practice for net shot.
- Students can play competitive game by using the smash, drop shot and net shot.
- In absence of or no partner one can practice against the wall.



Drills

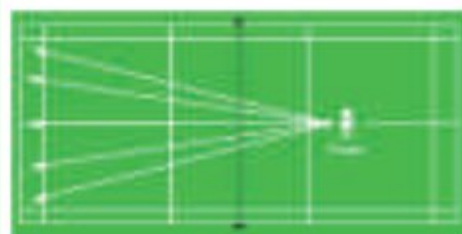
2 Versus 1

Two players on one side of the court must assume a front back position and play as they would in a singles match. On the other side, there will be only one player. This will create a very tough and pressured condition, that will enable the individual to enhance his competency.



Multiple Shuttles - Overhead Strokes

The feeder plays the shuttles into different areas of your backcourt. You will then use your forehand, backhand or around the head to play the clears, drop shots or smashes. Return to your base position after each shot. This badminton drill is meant to improve speed and accuracy in executing overhead strokes.



The game of Badminton

- Condition the game to reinforce skill learning. For example pass using specific passes only, or set up zoned areas in which only player can move.
- Teach different systems of play: Front back, Side ways, and how they will rotate. Explaining when and how these are used. Try different attacking formations.
- Set up knock out or league competitions that allow players to play together often and get to understand each other's strengths and weaknesses.
- Teach students how to officiate and keep score. Begin by looking for and penalising just one or two obvious infringements in practice tasks and small sided games. For example, net faults.

Now make up your own games and have some fun

How many players will play at a time? What rules will you have? Which type of racquet will you use? How will you start the game? How long will you play for? How will you make sure that everyone is involved in the game?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History • Basic rules and skills • Facts
Skills (6)	<ul style="list-style-type: none"> • Backhand Grip • Forehand Drop shot • Smash • Net Shot
Application of skills (10)	<ul style="list-style-type: none"> • Drop Shot land before the short service line. • Execution of smash and Net shot. • Positioning on the court.

Links to NCERT syllabus

Theme: Games and Sports : Badminton

Links to other subjects

Science : Physics: Laws of lever (to grip the racket), Laws of friction (for appropriate foot movement in court), Laws of motion (To break inertia and action and reaction for smash), **Biology:** (Knowledge of various body systems for proper training and Conditioning and what are the various effects of exercises on the system)

Mathematics : The experiences of Badminton may be utilised, especially the counting of score, marking of court with the help of Pythagoras theorem for diagonal.

Social Science:

Geography : (To locate the position and condition of the countries who play Badminton).