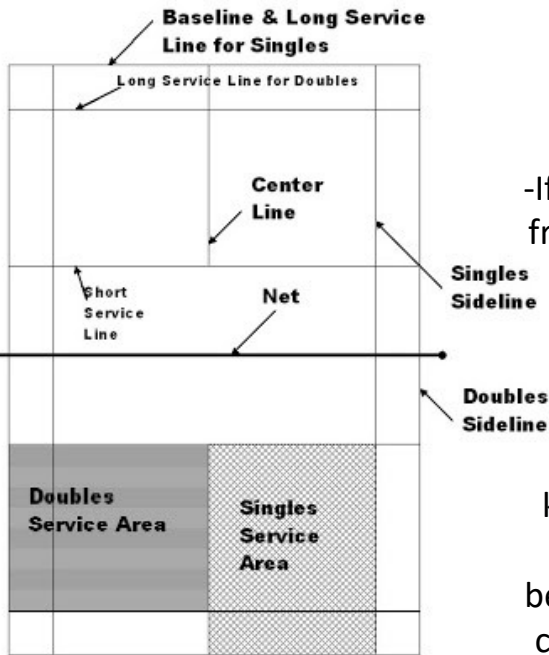


Badminton

The Court Markings



Singles

- The player who wins the point serves.
- If the server is on an even number of points, they serve from the right, if they are on an odd number they serve from the left.

Doubles

- The team that wins the point serves.
- If the serving team are on an even number, it is the player who is the right box who serves. That player keeps serving until they lose a point. For example: If a team is on 2 points, the player on the right serves because 2 is even, if they win the next point, that player changes side and serves from the left side because 3 is odd.

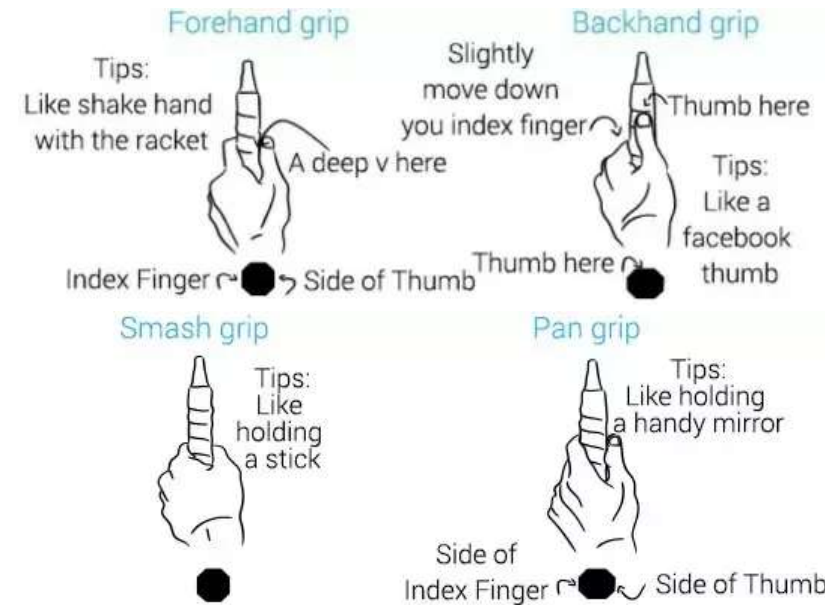
Remember

- A game of badminton is played to 21 points (can be 15 or 11). If the game is tied at 20-20 the game must be won by 2 clear points. For example: 22-20 or 25-23. If the game isn't won by 2 clear points it's the first player to reach 30.
- If a player's body or racket touches the net before the shuttle lands it is the other player's point.

Lesson Overview

1. Forehand/Backhand
2. Midcourt Hit
3. Forehand/Backhand net shot
4. Overhead dropshot
5. Overhead clear
6. Smash
7. Singles play
8. Doubles play

The Grips



Key Terminology

- Forecourt** – The front of the court
- Midcourt** – The middle of the court
- Rearcourt** – The back of the court
- Clear** – A shot hit deep into the opponents court
- Dropshot** – A shot that drops just over the net
- Smash** – A powerful overhead shot
- Net shot** – A shot hit from the forecourt that just drops over the net
- Midcourt Hit** – A flat attacking shot that goes midcourt to midcourt