

Introduction

The idea of playing with a shuttlecock was not invented by people of our generation, in fact it is about 2000 years old by now. Scientists found drawings in caves which prove that in India they already played a sport with a shuttlecock at that time. We also know of some Asian cultures and of the Mexican Aztecs that were familiar to playing similar sports. Later, in the Middle Ages at the time of the baroque the game was very popular among the aristocracy. At the beginning of the 19th century it lost its popularity because of economical and social reformations.



At the end of the 19th century the game with the shuttlecock was rediscovered by the

English . They named it “badminton”. This is why: In the year 1869 a group of English officers watched some native Indians playing a game called “Poona”, which was similar to what we know as badminton today. The officers liked what they saw and brought the idea to England.

But at that time there was no sports place big enough to try it. Due to this they chose rather unusual buildings which were big enough to play there: churches. The way they were built was optimal: the nave was very high and allowed the shuttlecock to fly a high course.



The first tournaments in Europe were held at the villa of Duke of Beaufort in Gloucestershire. The competitions were carried out at the “Badminton-House” which explains the name “badminton”. It was also English people who founded the first Badminton organization in the year 1893 and made badminton popular in Great Britain.

Nevertheless the popularity of badminton throughout the world only increased after the Second World War. Since then badminton has gained more and more popularity and since 1992 it is even part of the Olympic Games. In Germany Badminton is one of the modern, trendy kind of sports.

And what is the difference between the classical game with the shuttlecock and the modern badminton? This is fairly simple: The main difference is the aim of the game: Originally the players tried to play the shuttlecock to and fro as often as possible. Nowadays each player tries to get as many points as possible and achieves this by making it as hard as possible for the opponent to hit the shuttlecock.

Rules (summary)

The rules for singles and double don't differ too much, so let's start with the basics.

Before a game starts it must be decided who puts the ball into play. In order to decide this fairly one of the players drops the shuttlecock on the floor. The player to whom the shuttlecock points can decide who shall make the opening stroke.

Now let's see about playing, counting points and mistakes:

- Every game consists of two sets won
- After a set the players change the sides of the field.
- A set is won as soon as one party achieves 21 points. If both parties achieve 20 points and the score is 20:20 the party which has first scored 2 points ahead from the opponent, wins. The set can be played on until a maximum score of 30 has been achieved by one party.
- Whoever hits the serve has to play the bird into the opposite side of the field.

The serve in a singles:

If the party with the serve makes a mistake the other party gets the serve but the score does not change.

The serve in a double:

Each player of a party is allowed to put the ball into play (Exception: At the beginning of a set the person who stands on the right has to hit the first stroke.)

If a party got a point the players have to swap positions. If this party makes a mistake they lose the ball and the other party has to put the ball into play. If then they get to put the ball into play again it is the other partner's turn.

Mistakes:

- Making the serve a player hits the ball above the height of his hip.
- The ball does not land in the right or not at all within the borders of the field (see graphics)
- The ball is hit and gets into the net or beneath the net.
- The ball is hit before it has crossed the net.
- A player's racket or body touches the net when the ball is into play.
- A player's body touches the ball
- One party hits the ball twice in a row.

Technique (Basics)

How to hold the racket:

In order to hold the racket right you first of all need to make sure that it stays firm in your hand. Most people do good right from the start except for the position of the thumb. You need to turn your thumb to the inside so that you can hit the ball harder.

Hitting Technique:

When you hit the ball it is important that you do not only use your forearm but the whole arm and shoulder.

Overhead-Clear:

The Overhead-Clear is used if you feel like your opponent is getting the better of you. You point at the ball with one hand, bend backward and try to hit the ball at the highest position. The ball is then supposed to land far at the back of your opponent's field.



Smash:

Smashing means that you hit the ball very hard while you are jumping. It's not about jumping as high as you can though. It is better if you stand in front of the ball and only jump very quick when it is right before you.



Position in case your opponent is going for a smash:

As soon as you notice that your opponent is going to smash the ball you need to move to the middle of your field and keep the racket at the height of your hips. Now you can reach to more easily to the left or to the right. This is positive because your opponent will try to put the ball into one of the outer corners and you don't know which one. But be careful! He might as well just pretend to smash and then play a very short ball just shortly behind the net.

Vocabulary

If someone has learnt to realize early what course the ball is going to take and with that is able to move to the right position more quickly he is able to anticipate well.

Clear

A clear is a high and wide hit ball. There are two kinds of clears:

- The Underhand-Clear, hit from a position in the front part of the field and at the net.
- The Overhead-Clear, hit from a position at the back of the field.

The clear is supposed to urge the opponent into leaving his central position or to enable oneself to move back to one's central position.

Drive

Drive means that the ball is played flat, short and quick. It is played above the height of the net.

Drop

If you play the ball in a way so that it scarcely passes over the net and lands shortly after you played a drop.

Return

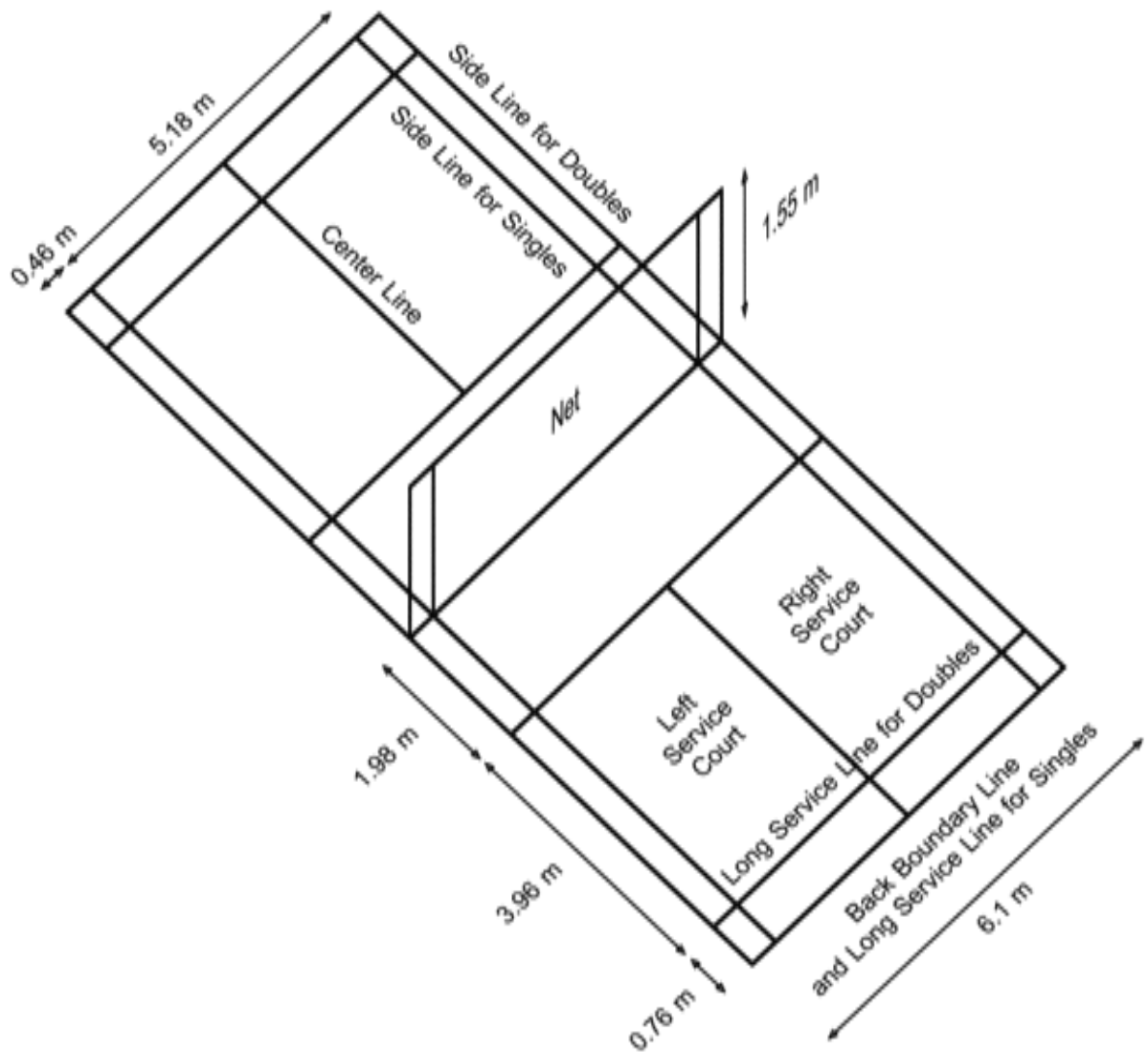
The return is the first reaction to the serve. It is the answer so to say. There are different possibilities for the return, for example:

- a hard, steep smash
- a pretended drop

Swip

The swip is a serve that is played out of reach of the opponent because it is too high.

Badminton Court



Activities:

- Discuss with a partner the procedure of serving in a single game. Then you both might be requested to explain it to the class.
- Search 3 websites that, using visuals,:
 - Teaches you the basic rules of badminton
 - Teaches you the technique
 - Teaches you the tactics of the double game