

# Badminton Y7

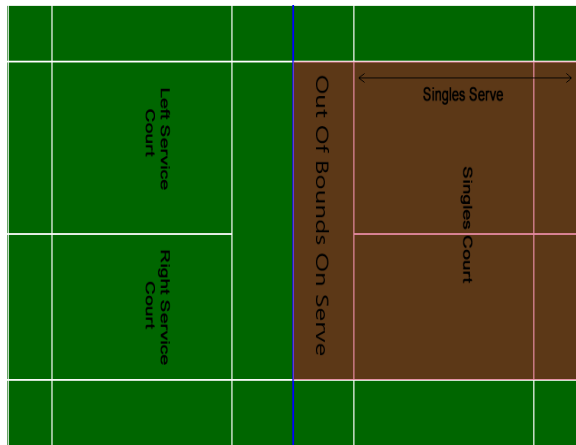
## Knowledge Organiser



### 1. Scoring System-

Every time you win a rally, you get a point. Starting from zero, the first person to reach 21 points wins the game. You have to win the game by at least two points. If the score reaches 20-20, then 21 points are no longer enough to win the game. When the server's score is an even number, he serves from the right service court. When his score is an odd number, he serves from the left service court. You have to win the game by at least two points. If the score reaches 20-20, then 21 points are no longer enough.

### 3. Badminton Court - SINGLES



### 6. Components of Fitness

**Agility** - the ability to move and change direction quickly whilst maintaining control.

**Flexibility** - the range of movement possible at a joint

### 4. Rules:

1. The player/pair winning a rally adds a point to its score.
2. The player/pair winning a game serves first in the next game.
3. A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.
4. At the start of the rally, the server and receiver stand in diagonally opposite service courts.
5. The rules do not allow second serves.
6. A player is not able to touch the net with any part of their body or racket.

### 7. Key Words

**Backhand** - For a right-handed player, the stroke used in returning the shuttle from the left side of the body is a backhand stroke

**Forehand** - For a right-handed player, the stroke used in returning the shuttle from the right side of the body is called a forehand

**Baseline** - The baseline runs parallel to the net and marks the outer boundary line at the back of each court half.

**Shuttlecock (Shuttle)** - Object hit by players during the game of badminton

### 2. Skills & Techniques

**Grip and ready position:** To be able to demonstrate & use the correct grip and ready position.  
**forehand clear:** The forehand clear shot enables players to move their opponent to the back of the court. This will create space in the mid and front court to exploit and provide time for the player to return to their base position.

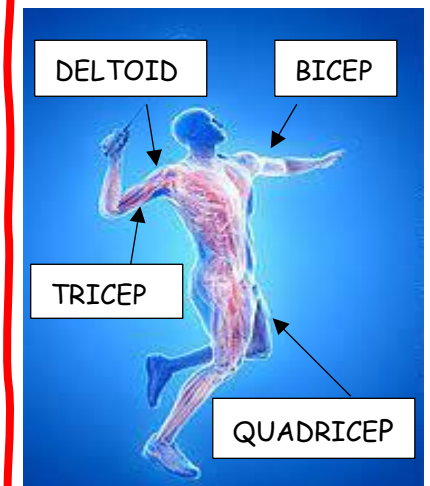
**forehand drive:** The forehand drive is an attacking shot that is usually played from the sides of the court when the shuttlecock has fallen too low for it to be returned with a smash.

**Forehand Drop shot:** To be able to outwit opponents using simple drop shot. Teaching points; deception, low over net & use of angles.

**Forehand Smash:** To understand the importance of movement and preparation for an effective smash. Teaching points; Shuttle in front of head, Snap wrist, Aim towards ground

**Basic Serve:** The badminton serve is the shot selected to begin the point. The serve must be hit from behind the service line and travel diagonally from one side of the court into the opposite service box.

### 5. Muscles Used in Badminton



### 8. Bones Used in Badminton

