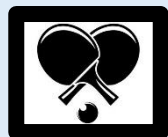


Badminton Y8

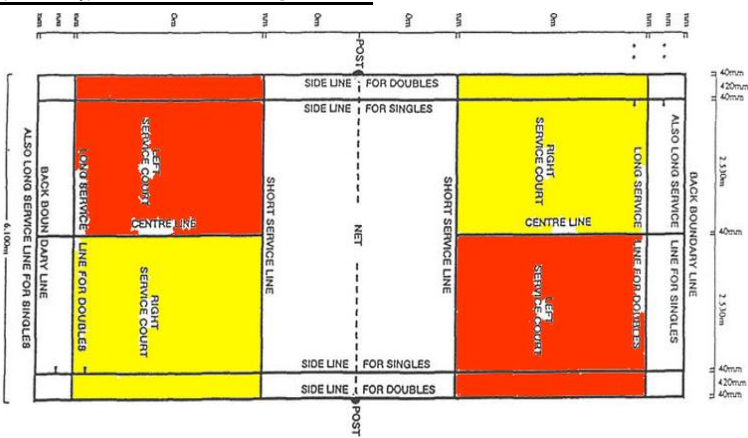
Knowledge Organiser



1. Serving System- Doubles

1. Each side only has one serve. This means if you start serving and lose the point, the serve it passes to the other team.
2. Players only change side of the court if they win na point on their serve.
3. When your score is even you serve from the right hand side of the court, if its odd serve from the left.

3. Badminton Court - Doubles



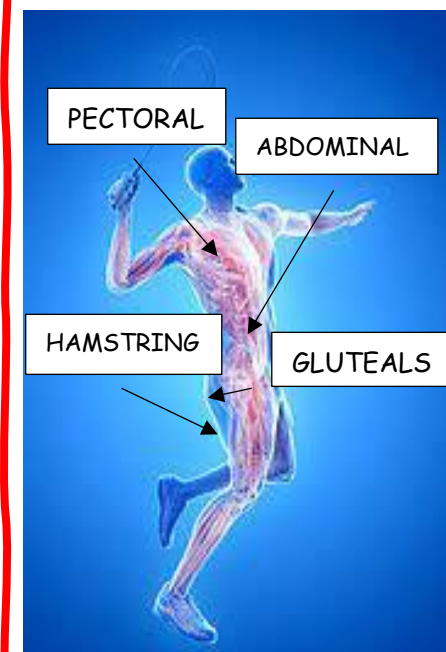
2. Skills & Techniques

- Grip and ready position:** To be able to demonstrate & use the correct grip and ready position.
- Overhead/Underarm Clear:** To develop the skill of outwitting an opponent using a combination of shots. Teaching points; Position of shuttle- key to shot, Aim towards flight of shuttle with non racket hand. Snap wrist on contact, high arc of shuttle
- Drop shot:** To be able to outwit opponents using simple drop shot. Teaching points; deception, low over net & use of angles.
- the 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
- Low Serve:** holding the racket using the thumb grip. The stance should be square or slightly staggered with the racket side foot in front of the other foot. The feet and body should be facing the opponent. The shuttle should be held at waist height, and body weight should be distributed between both feet.
- High Serve:** Most of the bodyweight should be placed on the dominant (rear) foot. Take the arm back into the backswing position with the wrist and hand cocked. Bodyweight should then be shifted on to the non-dominant (front) foot. To produce the pace on this serve a lot of quick wrist action, and forearm rotation is needed. Make contact with the shuttle at thigh level.

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.

5. Muscles Used in Badminton



6. Components of Fitness

Cardiovascular Endurance – The ability of the heart and lungs to supply oxygen to the working muscles

Power – The product of speed and strength, ie speed x strength.

Co-ordination – The ability to use two or more parts of the body together smoothly and efficiently

7. Key Words

Footwork – the way in which you move your feet to move around the court.

Ready Position – the waiting position before you move or play a shot.

Trajectory – the path followed by the shuttle once hit by the racket.

8. Bones Used in Badminton

