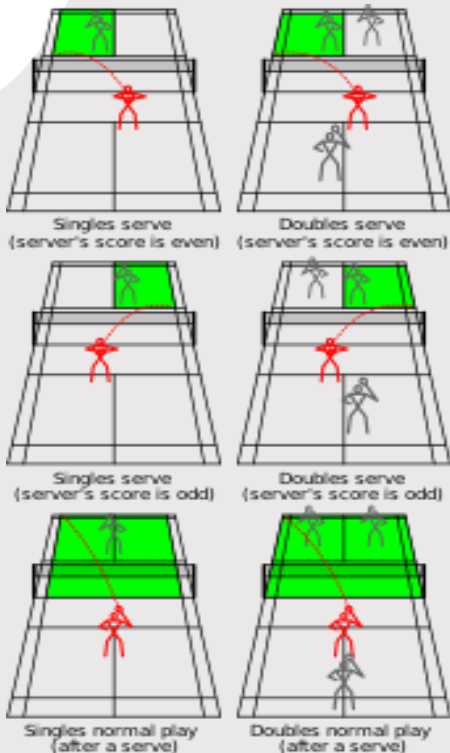


# BADMINTON



## MOST IMPORTANT COMPONENTS OF FITNESS

**Speed** – to get to the shuttle before it hits the floor.

**Power** – to hit the shuttle hard.

**C.V Endurance** – to be able to keep moving for the whole game.

**Balance** – to be able to keep your body positioned to hit the shuttle.

**Co-ordination** – to be able to hit the shuttle.

## SKILLS

Over Head clear (OHC)  
Smash    Serve    Drop Shot  
Drive    Lift    Dab    Net kill

## TACTICS

Hitting space  
Testing for weaknesses



K      S      3

## REGULATIONS

Singles court is long and thin on serve and in the game.

Doubles court is short and fat on serve then the whole court in the game.

If the shuttle does not go over the net or lands out of the court the point ends.

The game is played to 21. At 20 all the first to 2 clear points wins. At 29 all the next point wins.

If your score is even you serve from the right.

If your score is odd you serve from the left.

A point is won every time someone serves.

## RULES

There are a few rules on service:

You serve diagonally.

You must have your feet inside the service box NOT on the lines.

You must serve from below the waist.

The racket head must be below the wrist.

The receiver must have their racket head up / still.

In the game:

You can't touch the net or reach over it.

If the shuttle hits the net and goes over – play on.