

BADMINTON STUDY GUIDE

Underhand Serves

1. High Serve
 - Use when opponent is in the front of the court
 - Use a strong backswing
 - Step with opposite foot
 - Drop the shuttle, don't toss it
 - Arm stays straight (the one that holds the shuttle)
 - Snap wrist, bend at elbow
 - Follow through high
2. Low Serve
 - Use when opponent is in the back of the court
 - Don't need as much backswing
 - Follow through just above the net
 - Snap of wrist not as forceful
 - Lean forward to keep the shuttle low
 - Everything else is the same as the high serve

Underhand Clear

- Use the same cues as the high serve
- Use when your opponent is in the front of their court or if you are in bad position on your court

Underhand Drop

- Don't need backswing
- Use an underhand flick of the wrist
- Shuttle needs to stay low and close to the net
- Use when your opponent is in the back of the court

Overhead Clear

- Contact the shuttle high
- Arm motion like a baseball throw
- Tilt racket face upward
- Follow through high
- Send to the back of the court with a lot of force
- Flight of the shuttle should look like a rainbow
- Use when your opponent is in the front of their court or you are in bad position on your court

Overhead Drop

- Racket face should be straight up and down or tilted slightly downward
- Contact the shuttle gently (no backswing)
- Drop in the front of the opponent's court
- Use when your opponent is in the back of the court

Overhead Smash

- Extend your arm when the shuttle is in front of you to make contact
- Use a quick downward force
- Perform this skill when both you and your opponent are in the middle of the court

Overhead Drive

- Used to redirect the shuttle as a line drive when opponent is on one side of the court
- Same arm motion as a baseball throw
- Follow through straight ahead
- Don't swing with a downward motion (this should be a line drive)
- Contact the shuttle high and send it with force straight ahead in the opposite court of your opponents

Rules

- Serving
 1. Start the game with the person in the right hand court
 2. When that person loses their serve, the shuttle goes to the other team and the person in the right hand court serves first
 3. Always serve from the right hand court when your score is even (0,2,4,6,etc.)
 4. Always serve from the left hand court when your score is odd (1,3,5,7, etc.)
 5. You must serve to the court/person diagonal from you
 6. You must serve underhand
- Faults (fouls) – shuttle goes to the next server after a fault occurs
 1. touching the net with racket or body
 2. going under or over the net with racket or body
 3. shuttle goes out-of-bounds
 4. more than one hit per side
 5. double hitting the shuttle
 6. serving to the wrong court (the court directly across from you)
 7. serving from the wrong court
 8. serving any other way than underhand
- The serving team can score a point if:
 1. the shuttle drops in the other team's court
 2. the other team sends the shuttle out-of-bounds
 3. the other team commits a fault