

BADMINTON

WHAT IS BADMINTON?

Badminton is the modern version of battledore and shuttlecock, sports played in England in the Middle Ages and the Indian Poona. In July 1873, English nobility attended the first European demonstration of Poona in England and decided to adapt the game, combining it with the game of shuttlecock played in the 17th century. Since 1934, more than 135 countries have joined the International Badminton Federation, bringing the number of players to over 100 million.

▶ Video created by **Mr.Animate** on their YouTube channel: <https://www.youtube.com/watch?v=tAS7rOKtpgQ>

EQUIPMENT



HOW TO MAKE THIS ACTIVITY A SUCCESS



Make sure there is **enough space**, so players do not hit each other with their racquets.



Use **one balloon** to make it easier to play with the badminton racquets.



Adapt racquets to the age of the players (e.g., juniors).



Focus on cooperation to **maximize the number of long rallies**.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo

WARM-UP

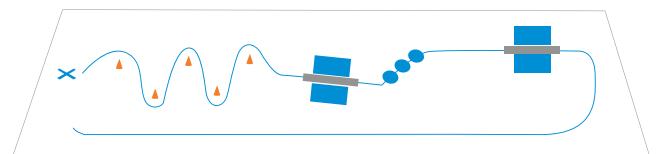
BALLOON RELAY



EQUIPMENT: 1 , 1 + per team

OBJECTIVE: Handling a slow object (balloon) with your hand or racquet.

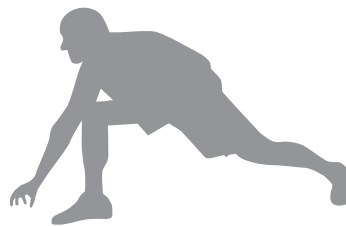
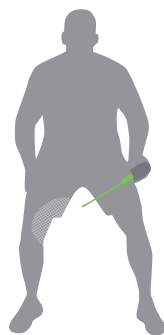
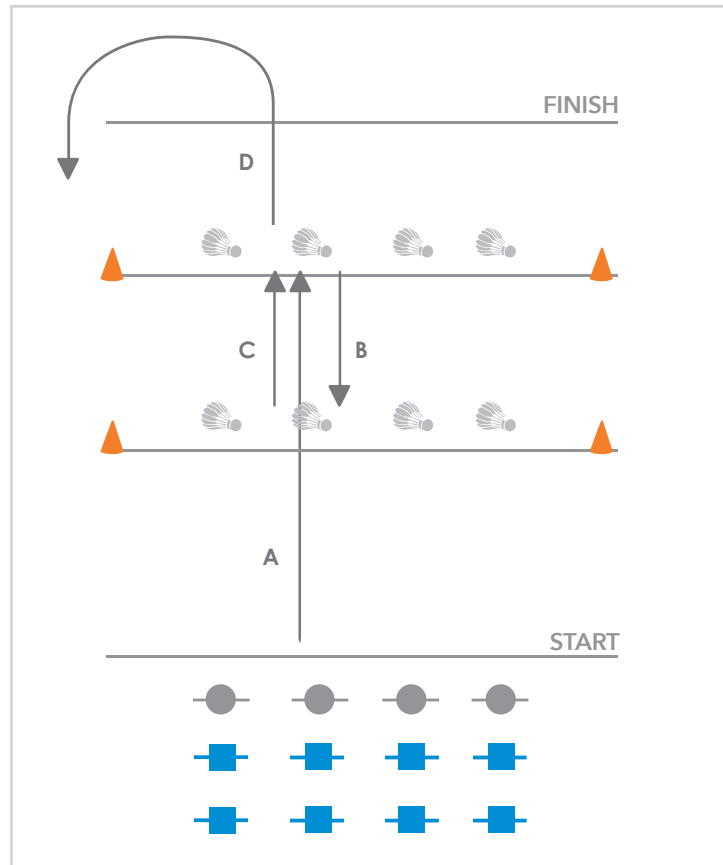
Taking turns, **teams of three or four players** go around every obstacle on the course as quickly as possible, keeping the balloon in the air and return to the starting point. Tap the balloon forward with only **one hand** (the one that would hold the racquet) – with the **palm** (forehand) or **back of your hand** (backhand). Then, **with a racquet**, use the forehand or backhand stroke to learn how to hold one.



EQUIPMENT: 2 per team and

OBJECTIVE: Moving quickly between two points (back and forth quickly).

In **teams of three or four players**, go one after the other to swap two shuttlecocks placed on different lines. At the signal, go to the second (farthest) line to take the shuttlecock (**A**) and return to swap it with the one on the first line (**B**). Go to the second line to place the second shuttlecock (**C**) and return to stand at the back of the line (**D**). To get a chance to be the fastest team, wait in the “**ready for action**” position and get the shuttlecock in the **slot**.



VARIATION:

- Use **one racquet** to return the shuttlecocks.

Focus on the **quickness** of moves and rapid changes in direction, like in a game. In the “ready to act” position, footing must be quick.

JUGGLING



EQUIPMENT: 1 , 1 and 1 per player

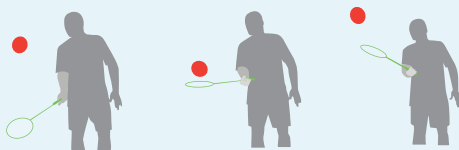
OBJECTIVE: Hitting an object (balloon or shuttlecock) with a racquet, using the forehand and backhand. On your own, use **one racquet** to juggle vertically. Do **20 forehand** and **20 backhand strokes**, varying the height of the stroke (**power**). Use **one balloon**, then one shuttlecock or directly **one shuttlecock**.

VARIATION:

- Hit the shuttlecock while **kneeling** or **sitting on the floor**.

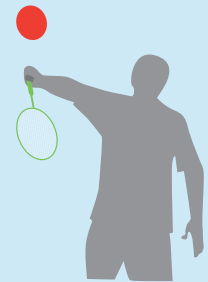
FOREHAND

Hit the object **between your waist and chest**. Lift your hand towards the object at a slight **upward angle** (as if the palm of your hand is going to hit the object).



BACKHAND

Hit the object **at eye level** to **get the backhand grip** right. Lift your hand towards the object at a slight **downward angle** (as if your **little finger** is going to hit it).



Keep **wrist strokes** to a minimum and rely on the full movement of your **arm** to hit objects into the air.

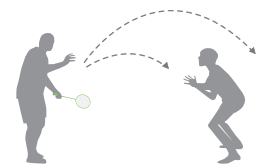
BACK IN THE GAME



EQUIPMENT: 1 , 1 + 1 per pair

OBJECTIVES: Controlling the power, direction and trajectory of your strokes to make long rallies easier.

In **pairs**, with **one racquet**, hit the shuttlecock thrown by your partner towards a stationary target. Hit the shuttlecock by hand **under your shoulder** (forehand) and **over your shoulder** (backhand). **Hit the strokes 10 times** and switch places.

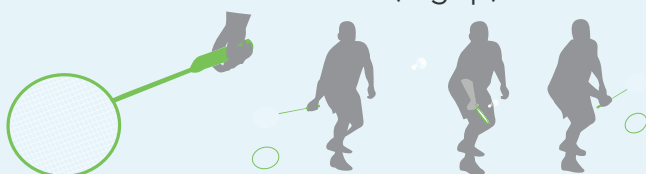


- Hit forehands and backhands **into partner's hands**.
- **Alternate** forehands and backhands into the partner's hands.
- Hit forehands and backhands **into a hula hoop** placed on the ground **4 m** from the hitter.

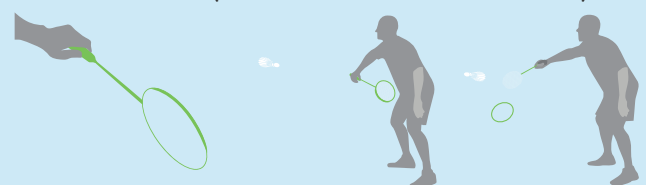
VARIATIONS:

- Start the game with **one racquet**.
- **OPPONENTS**. Set up **two cones** to form one goal. One player throws the shuttlecock and the other must block it with his racquet (getting the shuttlecock in the goal = 1 point).

FOREHAND (V grip)



BACKHAND (thumb flat on the handle)



Discover that the **backhand** is easier to hit than the forehand.

TECHNICAL ACTIVITY

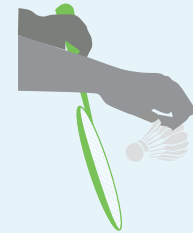
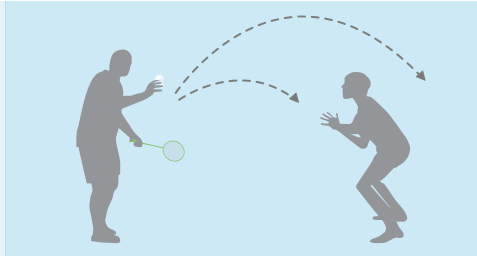
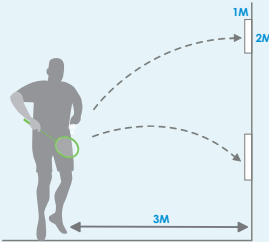
PLAYING THE GAME




EQUIPMENT: 1 , 1  and 1  per pair

OBJECTIVE: Playing a backhand and forehand "face-off" game.

In **pairs**, one player hits the **shuttlecock** at a **target on the wall** 3 m away from him, into his **partner's hands** or in a **hula hoop**. Do 10 **backhand** and 10 **forehand** face-offs.



 The backhand is easier to hit than the forehand. Place the shuttlecock in the middle of the racquet (without throwing it into the air before hitting it).

TECHNICAL ACTIVITY

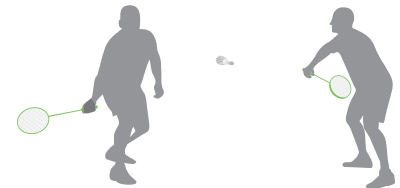
RALLIES



EQUIPMENT: 1 , 1  per pair

OBJECTIVE: Playing long rallies.

In **pairs**, play as many rallies as possible (without any faults) – face to face, on a **half-court**. Practice forehands and backhands. When hitting the shuttlecock, turn to the side relative to the target.



MODIFIED GAME VERSION

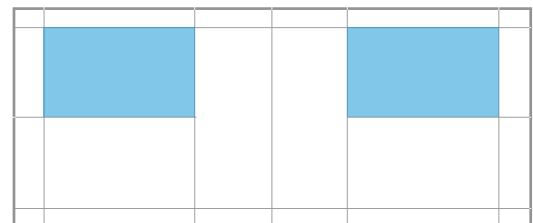
GROUP GAME




EQUIPMENT: 1 , 1 , 1  and 1  per court

OBJECTIVES: Adapting your strokes to make your opponent move and hitting the shuttlecock into an empty space.

In teams of **three to five players** on a **half-court**, play **21-point "singles" games**. Send in **one player** per team and change opponents every five points. The waiting players keep the score. In case of a **20-20 tie**, you must have a two-point difference to win the game. Change servers after each rally.



 Shuttlecocks that touch the **lines** are valid and give the player one point. Do not touch the **net** during rallies. Shuttlecocks should never touch the player's **body** or **clothing**.

 For more details on **badminton** and **mini-badminton** leagues in your area, visit the RSEQ website.

RSEQ.CA

*The RSEQ is not responsible for the content shown on any of the linked sites.