



Active Link For Migrants

ACTIVELY LINKING MIGRANTS INTO SPORT AND RECREATION

How to Play... BADMINTON

Badminton is an exciting racquet sport you can play with some friends or play competitively:

- ⇒ Toss a coin, the winner of the toss chooses between serving or receiving first.
- ⇒ Start service from the right side and serve to the diagonal service box.
- ⇒ Serve underhand only.
- ⇒ Count scored points only on your serve.
- ⇒ Gain control of the serve by winning the point when your opponent is serving.
- ⇒ Rally by hitting the shuttle over the net, trying to land it on your opponent's court to score a point.
- ⇒ Score a point also when your opponent hits the shuttle out of your court, into the net, hits the shuttle with his body or clothing, or hits it before it crosses the net.
- ⇒ Win the game by scoring 15 points first. If the score is 14-14, the player who reached 14 first decides to play to 15 or 17.
- ⇒ Play a match based on the best two out of three.
- ⇒ Players change ends at conclusion of each game and in the 3rd game when leading scorer reaches 8.

How to...Grip the Racket

Learn how to hold your racket, the grip should feel comfortable, not awkward; grip tightly for power shots and loosely for finesse shots. The Forehand Grip is used to make most overhead shots and shots on the same side of your body as the racket:

- Hold the neck of the racket in your left hand (reverse all instructions if you are lefthanded).
- Hold the racket face perpendicular to the ground.
- "Shake hands" with the racket, placing your right hand in the middle of the grip.
- Wrap your fingers around the grip, with your thumb pointing forward toward the head of the racket.
- Allow your forefinger and third finger to spread as much as feels comfortable on the grip.
- Check to see that the "V" of your thumb and forefinger is on the top notch of your eight-sided handle.

How to...Practice Your Footwork in Badminton

Footwork is the foundation of every shot you make and underlies the effectiveness of your overall strategy:

- ➔ Stretch thoroughly before you play or practice badminton.
- ➔ Begin in an alert and ready position, with your eyes on the shuttlecock.
- ➔ Lead with your forward foot when moving in a diagonal direction.
- ➔ Take short, quick steps.
- ➔ Use short shuffling steps to reach the shuttlecock.
- ➔ The last step you take before hitting should always be with your racket foot.
- ➔ Practice your footwork without a shuttlecock.
- ➔ Start in the centre position and move in a figure-eight pattern, utilizing the entire court.
- ➔ Keep your head and eyes forward at all times. Try not to turn your back on the shuttle.
- ➔ Stay light on the balls of your feet.
- ➔ Bend your knees slightly during all hitting motions.
- ➔ Lunge forward to quickly gain a little extra distance.
- ➔ Practice backpedalling to the baseline.
- ➔ Practice recovering to your ready position after each hit.
- ➔ For all power hitting and throwing swings, your racket leg should be back.
- ➔ Turn your hips and legs in the same direction as your non hitting shoulder when you are back swinging.
- ➔ After you hit the shuttlecock, your weight should be on your front foot and your back foot should almost leave the ground.



How to Play... **BADMINTON**

How to...Play Singles in Badminton

In singles, each player must cover the entire court. Try to make your opponent run all over the court until he or she is out of position.

- ⇒ Serve deep when playing singles because the court is 2 1/2 feet longer.
- ⇒ Use mostly high, deep serves, aimed to drop down just before the back line - this forces your opponent to return to the centre of your court.
- ⇒ Backpedal to prepare for your service return. Expect the serve to come high and deep.
- ⇒ Return serves to where your opponent is not.
- ⇒ Make your opponent run. Hit the shuttle so as to get him or her out of position.
- ⇒ Aim your shots for the four corners. In singles play, try to avoid hitting to the middle.
- ⇒ Hit long, then short. Hit right, then left. Try to make each shot the opposite of the previous one.
- ⇒ If you see your opponent preparing to receive a high, deep serve, hit a short, low serve.

How to...Play Doubles in Badminton

The most important aspect of playing badminton doubles is coordination with your partner.

- ➔ Decide in advance what formation, or combination of formations, you will use - choose between a side-by-side formation, an up-and-back formation, or a rotation formation.
- ➔ Use the side-by-side formation when your team is in a defensive position.
- ➔ Use the up-and-back formation when you are on the attack.
- ➔ Use a rotation formation to recover from difficult shots that drive you out of position.
- ➔ Use verbal communication until you and your partner understand each other well.
- ➔ Serve short serves, unless your opponent is expecting them. Deep serves invite an attack. Rush the serve when returning serves. Attack.
- ➔ Crouch low when the shuttle is behind you so that your partner can more easily hit over your head. Keep your eyes forward and trust your partner.
- ➔ Play against your opponents' weaknesses. If one player is weaker than the other, hit primarily to him or her.
- ➔ A good doubles partnership of average players should be able to beat an average partnership of good players.

BADMINTON *Top Tips*

Make sure you watch the shuttle (birdie) carefully.

Try to make your opponent move around the court, don't just hit towards them.

Hit the shuttle in the highest position. Don't wait for the shuttle come close you.

Try to shoot to their backhands, most players will have trouble returning a good shot.

Always run back to the middle of the court after you hit the shuttle.

HAVE FUN!

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