SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

BADMINTON – ALTERNATE HITS

Quick introduction

This is a great way to get larger numbers on court. Players play as a team hitting the shuttle once and then running to the back of their team. A good game for including all abilities.

Getting started

- A point is scored at the end of every rally.
- Players are divided evenly amongst the courts and on either side of the net, and numbered off.
- Play starts with both players who are numbered one on the court, and the rally commences. Each player hits the shuttle once, and then joins the back of the line behind their end of the court. Players numbered two immediately step on to the court on both sides of the net and continue the rally.
- Play continues until a point is won either through a winning shot, or because players on one side of the net are unable to hit the shuttle in the correct number order.
- Play then restarts from the next number.

Safety

- Make sure that players do not spill over from their court onto another court.

Think tactics

What area of the court is hardest for the other team to cover?

Run around the cones

The rest of the team wait off court

BADMINTON – ALTERNATE HITS

Organising the game

- Ensure players know their number prior to the start of the game (possibly use numbered bibs).
- Players shout their number as they move onto the court.
- Alternate Hits is best played with five players / pairs on each side of the net.

Officiating

- Young Officials and Badminton Junior Helpers can assist in organising and scoring matches.
- Helpers can also shout out the numbers instead of the players.

Keeping it enjoyable

- Make sure that there are not too many players queuing. If there are not enough courts then consider playing doubles, with each pair allocated a number.
- A long court version using the back half of the court or a net version, using the front half of the court can promote the practise of different types of shots.

Make it easier

- A modified court that is shorter or wider than normal can be used to make it easier for players who may not be able to get on court and cover the whole court in time.

Think inclusively

- The net height can be lowered to 140cm for wheelchair players or Dwarf Class 1 players.
- An official could help players with a learning difficulty by telling them when to move onto court.

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TEAMWORK

How can you ensure the person following you gets an easy shot?

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SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

BADMINTON – CHALLENGE THE CHAMP

Quick introduction

A good game to involve individuals in short games (best of five points) against a champion. Larger groups can play different roles to support the games.

Getting started

- One player or pair is designated as the Champ.
- Another player / pair challenges the Champ.
- Other players stand on the sidelines cheering the Challenger and the Champ.
- The Champ plays a match against a Challenger, to the best of five points (i.e. first to three points).
- Whichever player / pair is first to three points becomes the Champ, and the losing player / pair joins the others on the sidelines to:
  - support the players
  - act as a scorer
  - practise in a safe practice area away from the other court
  - think tactically about their next match.

Safety

- Check that players waiting to challenge the Champ are not standing in the way of players who might run off the court to hit a shot.
- If there is insufficient space and half court badminton is being played on both halves of the court, make sure it is safe.

Play different shots to move your opponent around the court.

Scorer.

Think tactics

How would you play if the champion was getting tired?

BADMINTON – CHALLENGE THE CHAMP

Organising the game

- One Champ and up to four Challengers per court for singles, and two Champs and eight Challengers for doubles. Modify as necessary for larger teams.
- Matches can run on a singles or doubles basis.
- Make sure that all players get to challenge the Champ by getting them to line up on the sidelines or behind the court.
- Players not playing can act as scorers or tacticians. Being a tactician gives players a chance to assess the players on court and think about how they might play against them.

Think inclusively

- Divide the game into leagues of similar standard players to avoid one player dominating other players and always being the Champ.

Officiating

- Badminton Junior Helpers and Young Officials can assist in setting up the playing areas, dividing players up between the courts and organising challengers for the Champ.
- Young Officials can act as umpires.

Keep it enjoyable

- If there are large numbers use doubles to reduce the amount of non-playing time for players.
- Make sure that players of similar abilities are grouped on courts together.
- Have a Champion of Champs round at the end of the session, where the current Champs are grouped together on a court and play to decide the day's Champs Champion.

Make it easier

- Play with a shorter court area.

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RESPECT

Even though the games are short make sure you thank the other player and the officials.

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SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

BADMINTON – DOUBLES/TEAM EVENTS

Quick introduction

A classic game of doubles that could be adapted by playing to fewer than 21 points. Ideal for a league format.

Getting started

- A point is scored at the end of every rally.
- If the score of the player / pair to serve is:
  - even, serve from the right hand service area
  - odd, serve from the left hand service area.
- An easy way to remember this is the 'lore of the score': left is odd, right is even.
- If the person serving loses the rally, the opposition scores a point and takes over serving.

- Players play the best of three games, each game being the first to 21 points. Points are scored by landing a shuttle in the playing area. If a shuttle lands on the line it is in.
- If the score reaches 20 - all then the winner is the first player to achieve a two point lead (e.g. 22- 20, 23-21) or one player reaches 30 points e.g. 30-29.

Forehand serve.

Backhand serve.

Racket up in preparation

Think tactics

How can you play to the strengths of your partner?

BADMINTON – DOUBLES/TEAM EVENT

Organising the game

- Set up a 'results table' at the side of the hall for the Badminton Junior Helpers or Young Officials to organise the league / competition.
- If using more than one court, give each court a number so people know where they are playing.

Think inclusively

- To run a league for disabled badminton players simply use court modifications where necessary, such as half-court badminton with a lower net of 140cm for wheelchair players.
- Dwarf Class 1 (under 120cm in height) players also play with the net at 140cm but other dwarfs play on a standard court.

Safety

- Check that net posts are stable and that there are no hazards around the side of the court.

Keep it enjoyable

- If there are large numbers use doubles to reduce the amount of non-playing time for players.
- Try to have a target practice area where players can practise serving or other skills.

Make it easier

- Play on half of the court.

Officiating

- Badminton Junior Helpers and Young Officials can assist in organising the scheduling of the matches, setting up the playing areas, scoring matches, and keeping results.
- Young Officials can also help with umpiring.
- Make sure that Young Officials and Badminton Junior Helpers know the court area being used.

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How can you show your opponents you really believe you can win?

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