

Key Skills

Flick Serve

- Flex wrist to generate power
- Racket should start low and finish high

Doubles Serving:

- Team that wins last rally serves
- Players rotate who serves each time service is regained
- Serve from left if score is odd, right if even

Drive

- Shuttle flight should stay flat and low
- Shot should be played when shuttle is not low, but not high enough to smash/clear
- Typically played down the sides of the court

Net shots from Service

- Player should look to net kill any wayward short serves
- Player should have rackets high and on the front foot when waiting to receive serve

Smash

- Shuttle is taken at highest point
- Shuttle is marginally in front of head
- Player should flex wrist at impact to encourage power and downwards trajectory.

Positioning in Doubles

- When dominant in rally, players to stand side by side
- When opponents are dominant in rally, players should stand one behind each other

Doubles Tactics

- Identify weaknesses in opponent
- Move to cover the space on the court when partner is hitting

Year 9 Badminton

Example of a Badminton Match



<https://www.youtube.com/watch?v=Z6arGTWu82I>

When watching the game from the QR Code/hyperlink above, look out for the following:

- How they position themselves, depending on how the rally is going
- How they position themselves when serving and receiving

Components of Fitness

- **Reaction Time** – The time taken to respond to a stimulus
- **Coordination** – The ability to use two or more body parts together
- **Agility** – The ability to change the position of the body quickly and control the movement
- **Balance** – The ability to maintain the body's centre of mass above the base of support
- **Power** - The ability to perform strength performances quickly
- **Muscular Endurance** – The ability to use voluntary muscles repeatedly without tiring
- **Strength** – The amount of force a muscle can exert against a resistance
- **Cardiovascular Fitness** – The ability of the heart, lungs and blood to transport oxygen
- **Speed** – The ability to put body parts into motion quickly
- **Flexibility** – The range of motion at a joint

Racket Sport Tactical Focus for Year 8: Positioning when Attacking and Defending

Depending on if you are the more dominant player during a rally, your position will vary. If playing singles, you will stand slightly closer to the net if dominant, and slightly further back if not. In doubles, you would stand side by side if dominating the rally, and one behind each other if not.