**DHS Badminton** **GRADING:**

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DAY/S\_\_\_\_\_\_\_\_ PERIOD\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- |
| PART/SAFETY/SOC RESP (5 points per class) /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 |
| SKILL APPLICATION  | /12 | KNOWLEDGE TEST | /20 |
|  |  | **TOTAL** |  |

**SKILL 1:** **Serve**

* Correct form, lead with non-dominant foot, slight bend at waist, shuttle below waist
* Utilizes wrist snap
* Performs short and long serves in a practice setting

**SKILL 2:** **Smash Shot**

* Moves feet to set up in correct position for smash
* Utilizes correct contact position for effective smash
* Performs a smash shot in a practice

**SKILL 3: Drop Shot**

* Moves feet to reach correct position for drop shot
* Uses a punch motion to contact the shuttle (little to no back swing/follow through)
* Performs overhand/underhand drop in a practice setting

**Skill 4:** **Clear Shot**

* Moves feet to correct position for clear shot
* Utilizes wrist snap to gain power/momentum and drive
* Performs underhand and overhand clear shot in a practice setting

**TOTAL SKILL: 12 pt**

**BADMINTON TERMINOLGY**

* **Clear**- a shot hit deep into the opponents court
* **Drive-** a fast and low shots that makes a horizontal flight over the net
* **Drop Shot**- a shot hit softly and with finesse to fall rapidly and close to the net in the opponents court
* **High Clear-** a defensive shot hit deep into the opponents court
* **Smash**- a fast shot hit straight down into the opponent’s court so that it cannot be returned
* **Serve-** the stroke used to put a shuttle into play at the start of each rally
* **Let** – A play that results in no point for either team. The server will redo the serve
* **Rally Score**- Each serve results in a team being awarded a point

**BADMINTON RULES**

* Games are played to 21. A game must be won by 2 points.
* Service must take place behind the service line and must be directed to the diagonal box
* Serves are taken from the right side on a score of an even number
* Serves are taken from the left side on a score of an odd number
* Only one person serves on the service team until the serve is lost
* Badminton is a rally scoring game. On every serve a point is awarded
* All serves must be contacted below the waist
* If the shuttle lands on the line it is “in”
* A player or a player’s racket may not touch any part of the net