

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

NAME \_\_\_\_\_

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

PART/SAFETY/SOC RESP (5 points per class)				/5	/5	/5	/5	/5	/5	/5	/5	/5	/5
SKILL APPLICATION	/12			KNOWLEDGE TEST				/20					
				<b>TOTAL</b>									

**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