

BADMINTON GOES VIRAL

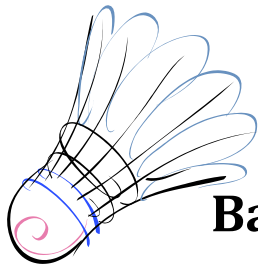
A Teaching Resource
2nd Edition



Endorsed by
UNITED STATES BADMINTON
EDUCATION FOUNDATION

BGV: A nonprofit supporting sustainable badminton education and sports programs for youth in America... where junior programs inspire a lifelong passion for playing badminton equal to the rest of the world.

Badminton Goes Viral operates under the auspices of Beyond the Classroom, Inc.,
an IRS approved 501(c)(3) not for profit.



Badminton Goes Viral – Be Part of It!

WHY BADMINTON?

It's fun! It encourages a healthy lifestyle! It's a lifelong sport! Students can find quick success! This sport is gender neutral – success does not depend on size and strength. As students learn more skills, they challenge themselves. Badminton can be played as an individual, dual or team sport. It's an inexpensive sport to have in your curriculum and you can introduce students to a sport they can enjoy for the rest of their lives.

One of the BEST reasons...

It's active & appeals to the competitive as well as the non-competitive!

The purpose of this teaching resource is to present badminton basics and a multitude of activities to motivate players of all skill levels to play and enjoy the sport. For complete rules and regulations, please go the resources listed at the end of this document.

BRIEF HISTORY

According to USA Badminton, the origins of this sport date back at least two thousand years to the game of 'battledore' and 'shuttlecock' played in ancient Greece, India, and China. Badminton took its name from Badminton House in Gloucestershire, the home of the Duke of Beaufort, where the sport was played in the last century. By coincidence, Gloucestershire was the base for the first international organization, the International Badminton Federation – now the Badminton World Federation (BWF).

BADMINTON POPULARITY - between 2nd & 5th most played sport in the world

BADMINTON BASICS

EQUIPMENT

Plastic vs. Feather Shuttlecocks or Shuttles

Plastic - economic; will last a long time;

slower speed than feather gives longer reaction time.

Feather – more expensive; may be hit harder and faster - “sound”

when hit; may be able to get used shuttle free from local club.

Control vs. Power Rackets

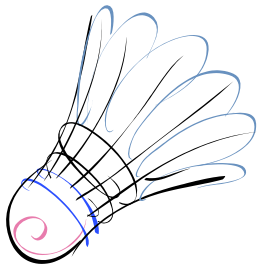
Control - a short shaft allows for better control of the racket and easier hand/eye coordination.

Power – a longer shaft allows for a harder, more powerful hit.

GRIPS

Forehand - “shaking hands” grip

Backhand - thumb on flat side of handle, thumb turned toward player



FEEDING TECHNIQUES

Hold shuttle with thumb and forefinger at base of cork and throw like a dart or hold shuttle with thumb inside cone and lift with underhand motion.

SHOTS IN BADMINTON:

NET SHOTS

Net shots are shots hit when a player is near the net that go just over the top of the net and land near the net – often used when the opponent is in the backcourt.

CLEAR

A clear is a shot that is hit high and deep to the back of the opponent's court (like a lob in tennis) – often used when the opponent is at the net, to keep an opponent at the back of the court or to gain time to get back into a defensive position.

DRIVE

A drive shot is hit straight and fast (like a line drive in baseball). This shot may catch the opponent off guard and can be difficult to return.

SMASH

A smash is an offensive hit that is hit fast and at a downward angle (like a smash in tennis or a spike in volleyball).

DROP SHOT

A deceptive shot from anywhere in the court and landing just over the net.

THE SERVE

Backhand serve

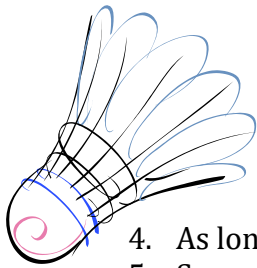
Face net, hold shuttle by top of feathers, put racket in front of non-racket leg (left leg for right handed hitter), angle head of racket slightly upward, hit shuttle out of hand.

Forehand serve

Face net, hold shuttle by base, put racket in front of racket side leg (right leg for right handed hitter), lean slightly forward, hit shuttle out of hand.

Basic Serving Rules

1. The shuttle must be contacted below the waist (lowest part of the ribcage).
2. The server's feet must be in contact with the floor and behind the short service line when the shuttle is struck. The shuttle must travel to at least the short service line on the other side of the net.
3. If the shuttle hits the net and continues into the receiver's service box, it is good and should be played.



4. As long as the serving player/team scores, the same player continues serving.
5. Serves are hit diagonally (as in tennis).
6. Note that the end of court line for service is different for singles and doubles play. In singles, the very back line is out for every shot including the serve. In all doubles play, the inside back line is out for the serve only and the very back line is out for all other shots.

SCORING:

Rally scoring – on each serve a point is scored by one of the players/teams (as in volleyball). As long as a player/team scores, they continue to serve. Competitive play is to 21 points. At 21-21, a player/team must win by 2 points. At 29-29, next point wins.

Reminder: A shuttle landing on any part of the line is always IN! In or out is determined by where the shuttle first hits the floor.

REGULATION GAME BASICS:

Pre Match Toss. A toss shall be conducted before the first game. The winner of the toss can choose to serve, receive *or* which side of the court to start playing on in the match. The opponent can then exercise the remaining choice.

Change of Sides. There is a change of sides of the court after finishing each game and the winning side serves first in the next game. If a third game is played, players change sides when the leading score reaches 11 in a game of 21 points.

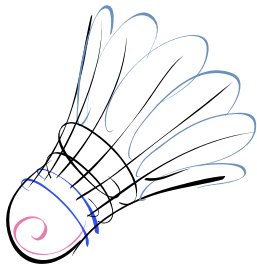
Service. At the start of the game, and each time a side serves, the service shall be delivered from the right service box when the server's score is even and from the left service box when the server's score is odd. All serves are to the diagonal to the corresponding service box on the other side of the net. In doubles, only the opponent whose proper position is in the service box diagonally opposite of the server shall return the service. If the proper receiver's partner touches the shuttle on the service, it is considered a fault and a point is awarded the serving team. After the serve is returned, any player is eligible to return the shuttle from any position on the court.

GAMES AND DRILLS

"E" for EVERYBODY!

SHUTTLE DROP WARMUP

Two players begin across the net from each other. Each player has a shuttlecock or shuttle. Each player throws their shuttlecock over the net to their opponent's side. If the shuttle hits the floor; it is picked up and thrown over the net again. The object of the game is to get both shuttlecocks on the floor at the same time on the opponent's side of the net.



FOOTWORK DRILLS

Partner Shuffle. The purpose of this drill is to work on side to side movement and can be used to introduce the lunge step. The distance covered can be increased as players' footwork becomes better and can be challenged to make more steps. A key factor is to get players comfortable in moving side to side and lunging with the racket foot.

Two X marks or poly spots should be placed on the floor approximately 4 – 6 feet apart. A player starts in the middle between the two marks and then takes one small step backwards. The player practices the lunge step by stepping with the racket foot toward each mark – making sure to step in each direction with the racket foot. Once the player is comfortable with the lunge step, have a feeder toss a shuttle to the mark and let the player lunge to catch the shuttle or lift the shuttle back to the feeder using a racket... alternating from one side to the other at a pace appropriate for the skill of the player.

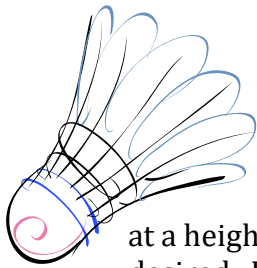
Once the player can lunge and return the shuttle consistently to the feeder, the marks should be moved farther apart. As additional steps are needed to reach the marks, be sure the player is using proper footwork and lunging with the racket foot to make contact with the mark on each side as they lift the shuttle back to the feeder with their racket.

Forward V. The purpose of this drill is to work on side to side footwork toward the net for drop or net shot returns. The drill may be performed with or without a racket and shuttle. Multiple players may be on the same court at the same time if just practicing footwork by using the shadowing technique. An important part of this drill is for the player to lunge toward the net with the racket foot on both the forehand and backhand sides.

The player starts in the ready position just behind the "T" (center line, just behind the short service line facing the net) and performs proper footwork from the "T" to the sideline at the net – alternating from the forehand side, back to the "T", to the backhand side, back to the "T", etc. (making a V formation).

Variations:

1. Two or more shuttles are placed on the floor near the net at one sideline. Only picking up one shuttle at a time, the player moves the shuttle from one sideline to the other following the V formation. The player continues to move the shuttles back and forth while focusing on footwork, ready position and lunging.
2. Instead of using shuttles, the player performs the drill with or without a racket, making a mock shot each time at the net (forehand stroke on the forehand side of the court and backhand stroke on the backhand side of the court) and making sure the racket is held up about head level when at the "T".
3. If desire to include more players and give rest time, an additional player may be placed at each side of the court for the player performing the drill to hand tap with the racket hand while lunging with the racket foot. Hand taps should be performed



at a height that represents the height of contacting the shuttle for the return shot desired. For example, when encouraging players make contact at the height of the net, hand taps should be made at the height of the net. Players take turns being in the center and should complete a determined number of patterns before switching with one of the players at the net.

4. These same variations can be used to practice mid range shots at the mid parts of the court.

SELF-HITTING

A player hits the shuttle up to him/herself by using an underhand hit on both forehand and backhand sides of the racket. Shuttle should be kept under control and hit about 15 feet up into the air.

Advanced players should focus on forearm rotation and hitting the shuttle straight up and as high as possible. For the forearm hit, the palm should start upward toward the ceiling and finish downward toward the floor... opposite for backhand. This requires quite a bit of timing and practice!

PARTNER HITTING

This activity can be used with or without a net. Overhead forehand shots are the easiest ones to use with this activity. Partners keep the “shuttle” going and count the number of consecutive hits between partners. Players must alternate hits. Records can keep students motivated to “break the record”!

Advanced players should progress to hitting drives with a partner. Also, off speed smashing with the partner practicing defensive readiness and lifting is a good drill. When in a defensive position to receive a potential smash, the defender should have the racket in the backhand position and out in front of the body at waist level.

CREATIVE HITTING

Allow students to challenge themselves by hitting while kneeling, sitting or lying on the floor, behind the back, between the legs, non-dominant hand, etc. or let students create their own. This may be performed with self and partner hitting. Players may be motivated by having a place to record their consecutive hits.

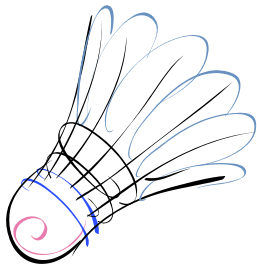
Advanced players can focus on ‘trick’ shots and forearm rotation (described above). When working with a partner, it is helpful for one player to focus on setting up the other player for the ‘trick’ shot.

NET SHOT GAME

Beginners’ boundaries: net, short service line, sideline and center line (half court).

More advanced players boundary lines: net, short service line, singles or doubles sidelines on both sides of court (full court).

The game may be started with an upward hand toss for beginners and a legal short serve for more advanced players. A point is scored each time a player is successful in making the shuttle land inside the opponent’s court area (from net to short service line and



sidelines as appropriate). Games should be kept to a point value of 3 – 5 points for beginners and higher for more advanced players.

AROUND THE WORLD

Students line up on one side of the net. On the other side of the net may be a teacher (or accomplished hitter) or another line of students. Once a student hits the shuttle, they go to the back of their line and the next student in line hits the next shot. This game may be played several different ways such as to work on a particular shot or to combine different shots. To add a fitness element, have students run across the court to the other line or to a designated area before rejoining their line.

Students may work together to keep the shuttle in play or may challenge others by trying to make the next hitter miss the shuttle. Score may be kept or not and this game can be played as an elimination game. If played as elimination, both sides start with as equal numbers as possible. If one side eliminates the entire other side and there is more than one player left on the ‘winning side’, enough players go to the other side of the net to equal the sides again. Play continues until only one player is left.

LADDER PLAY or UP AND DOWN THE RIVER

When multiple courts are available, play may be timed and players move up or down a court when time is up. Player(s) ahead at time limit move “up” the ladder (or river), while the other player(s) move “down” the ladder (or river). Tied games have a 1 point sudden death rally... may be played in singles or doubles and full court or half-court.

HALF-COURT PLAY

Singles or doubles may be played on one half of the court.

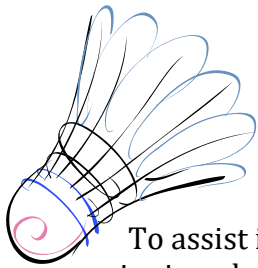
Special rules for half-court doubles:

1. One partner plays in front, while the other plays in back.
2. Any shuttle hit over the front person’s head, is the back player’s hit.
3. The front player should not turn around and watch their partner hit the shuttle (they may get hit in the face).
4. The front partner serves. Partners rotate front and back play when regaining the serve.
5. Smashes are not allowed.

HELTER SKELTER BADMINTON

This activity may be used with full or half-court play and singles or doubles play. Students are set up on as many available courts as possible with additional players placed in a waiting area. Games are played to a pre-determined number of points (low number).

The winning player/team goes to one area in the gym, while the player/team that does not win goes to a different area to wait their turn to play again– bleachers or off court area may be used. Courts are refilled with the waiting players in the order they came off the courts.



To assist in getting to play others of similar skill, winners play other winners and non-winning players play each other. So that all students get equal playing time, it is helpful to pre-determine which playing courts will be used for the players that won and which courts will be used for those that did not.

BADMINTON PING PONG

Teams of 2 or more players line up at the short service line or about 6 feet away from a dividing line or makeshift net. This “net” can be a chalk line, crack in the cement or sidewalk, a painted line or a rope held by other players.

Beginning with a legal serve or high toss, players attempt to rally the shuttle within an established boundary (short service line to net for net practice or farther back for longer shot practice). Teammates must alternate hitting the shuttle. After returning the shuttle across the net, players must use proper footwork to move from the front of the line, out to the side using shuffle steps and to the back of the line using drop steps. Players should rotate in a clockwise or counterclockwise direction (all going in the same pattern) and should never turn their back to the net.

Games can be played cooperatively to establish the “longest rally” or points can be awarded when a team fails to return the shuttle over the net and between the net and the short service line. Games can also be played half court or full court.

PASS THE RACKET

Teams of 2 or more players line up at the short service line or about 6 feet away from a dividing line or makeshift net. As with “Badminton Ping Pong,” students rally the shuttle within the established boundary with teammates alternating hits with each other.

Teams are allowed only one racket, which must be passed off to the next hitter between hits. Games can be played cooperatively to establish the “longest rally” or points can be awarded when a team makes an error. Boundaries can be made smaller or larger.

2 vs 1 HALF COURT

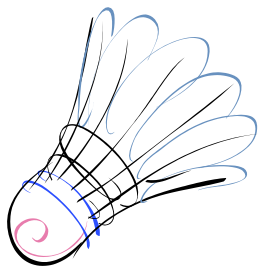
This activity may be used with three students on half of a court (two on one side of the net and one on the other). Multiple combinations of shot hitting practice could be used from this formation. For example, the ‘single’ player may alternate hitting a drop shot and a clear, while the ‘doubles’ players hit clears.

WIPEOUT

Divide the group into two teams (A and B) of 3 to 6 players each. Each team stands in a line along the side or back of their court. Players rotate onto the court in turns.

To begin play, one player from team A and one player from team B play a singles point beginning with a legal serve. After the point, the winner (A1) stays on the court and adds a second player (A2) to their court. The player who loses the point (B1) goes to the end of the team B line and the next player in line (B2) begins the point with a legal serve to the two people on the opposite side. The single player should always serve.

The winning team keeps adding an additional player until a maximum of 4 team players are on the court. If a team with 4 players on the court wins a rally, that team is



declared the winner of the round and play goes back to one versus one. If a team with 4 players on the court loses a rally, the last player to come on the court stays to begin the next round for the team.

When there are three players on a court, triples formation is used - one player in front and two players in the back playing sides. When four players are on the court, a formation of two in front playing sides and two in back playing sides is used.

BEGINNER TO INTERMEDIATE LEVEL

(Elementary and Middle School)

RACKET CONTROL GAME

Each student has a racket and a shuttle. A boundary area is determined. The shuttle must be laid on its side on the face of the racket. Players should use a forehand grip (palm up) to hold the racket parallel to the floor and waist high. Each player uses his/her non-racket hand to try to knock the shuttle off another player's racket by touching the head or face of their racket. Players may not hit any part of the other players' body or the shaft of the racket. Players may move freely within the boundary.

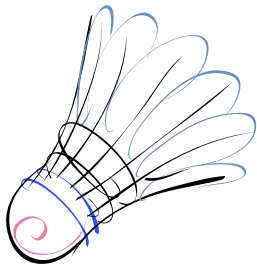
This game may be played continuously by placing a dropped shuttle back on the face of the racket and continuing or by leaving that game area and joining another game area. It may be played as a temporary elimination game, such as if a student drops the shuttle for any reason they must go outside the boundary area and perform an activity to get back into the game (such as a fitness activity). It may also be played as an elimination game to determine a winner. As player's skills advance, they may be allowed to lift the shuttle into the air and catch it on the face of their racket as a way to avoid others knocking it off. Caution: catching the shuttle on the racket will require lifting the racket above waist level.

HAND RALLY

Two players begin across the net from each other. One player starts the rally with an easy, high toss of the shuttle over the net. The other player must return the shuttle with their hand. The two players rally using their hands in an underhand or overhead motion (overhead as much as possible) until one of the players does not return the shuttle over the net. This activity could also be used hitting over another object such as a jump rope being held by two students or a folded gymnastics tumbling mat stood up on the long edge.

STEP BACK

Starting at the short service line or few feet from a dividing line (net), begin play with a toss or a legal serve. Students rally back and forth trying to make 4 consecutive hits. If they are successful, one or both players take a step back (space permitting) and begin again. Variation: determine a particular shot that must be hit, such as backhand clears.



TARGET GAMES/DRILLS

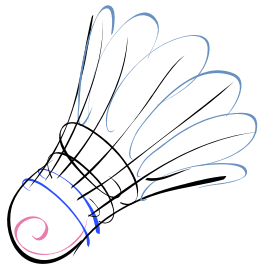
(Nets optional depending on objective)

Variations

1. Place a hula-hoop on the floor as a target for the shot to land. A poly spot may be used inside the hoop as a “bull’s eye”. Score can be kept to include math skills (percentages) and/or to motivate the hitter. Hitting the “bull’s eye” may be a higher point value and the edge of the hoop should count as a hit because in badminton the line is considered inbounds. This game activity is best used with a hand feed and can be used with serving, net shots and clears.
2. Place a container, such as a large trash can or box, on the floor and have students hit as many shuttles as possible into the container. This could be used for practice or as a competition for individuals or teams. This activity can be used for racket control and/or serving. For serving practice, it would be helpful to put a net or rope the height of the net for students to serve over. This activity can be used with students in a circular or semi-circular formation around the target or in straight lines.
3. Place poly spots on the floor across the net in various places to practice certain shots or just for hitting practice and fun. Each time a student hits a spot; they pick up that spot and keep it. When all spots are picked up, the winner is the player/team with the most spots (teams may be combined for total scores). This activity could be used with net shots, clears or serving and students may participate as individuals or on teams.
4. Tape two hula-hoops together and hang over a basketball rim. Determine a hitting spot the same distance from the hoop(s) as the short service line is from the net. Students must serve the shuttle through the hula-hoop. The bottom hoop should be about the same height as the badminton net. If you choose to use scoring; the bottom net should count two points (to encourage keeping the serve close to the top of the net) and the top hoop as one point.
5. Determine a place to hit from and then place a number of poly spots or hoops in a straight line. Players must use a serving motion to hit the shuttle. If keeping score, the closest spot should be the lowest value and the farthest spot being the highest.

FOUR SQUARE BADMINTON

This game may be played with the same boundaries as the net shot game to work on net shots or using the service boxes to practice clears. Four players defend their court area. One court is designated the “king court” as in four square. If a player does not successfully defend their court or they hit the shuttlecock out of bounds, they are “out”. When a player is put out, players advance to the “king court” as in four square and a waiting player moves onto the court. Score may or may not be kept by players.



RUN THE TEACHER

The teacher (or an accomplished student) hits against one or two students. The student(s) should alternate hitting clears and drop shots to make the teacher move forward and backward on the court. The teacher may call out which shot the student should hit. This helps the students understand how to combine shots to move an opponent around the court.

INTERMEDIATE TO ADVANCED LEVEL

(Middle and High School)

STROKE & FOOTWORK PRACTICE

These drills push players to the front and back of the court creating a situation where two or more players work together on strokes, footwork and stamina. The tightness of the drops and the depth of the clears should be designed for each player to be able to push themselves, yet keep the rally going.

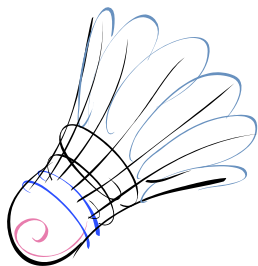
LIFT, DROP, DROP DRILL

- To begin the sequence Player A lifts across the net to Player B.
- Player B hits a drop shot.
- Player A returns a drop shot.
- The sequence starts over by Player B lifting to the back court of Player A.
- Player A hits a drop shot.
- Player B re-drops across the net.
- The sequence continues with Player A lifting to the back court of Player B

CLEAR, CLEAR, DROP, DROP DRILL

Similar to the lift, drop, drop drill, but adds the clear shot.

- Player A begins with a lift to the back of Player B's court.
- Player B hits a clear.
- Player A returns with a clear.
- Player B hits a drop shot.
- Player A returns a drop shot.
- The sequence starts over by Player B lifting to the back of Player A's court.
- Player A hits a high clear.
- Player B returns a high clear.
- Player A hits a drop shot.
- Player B returns a drop shot.
- Player A begins the sequence again with a lift to the back of Player B's court, etc.

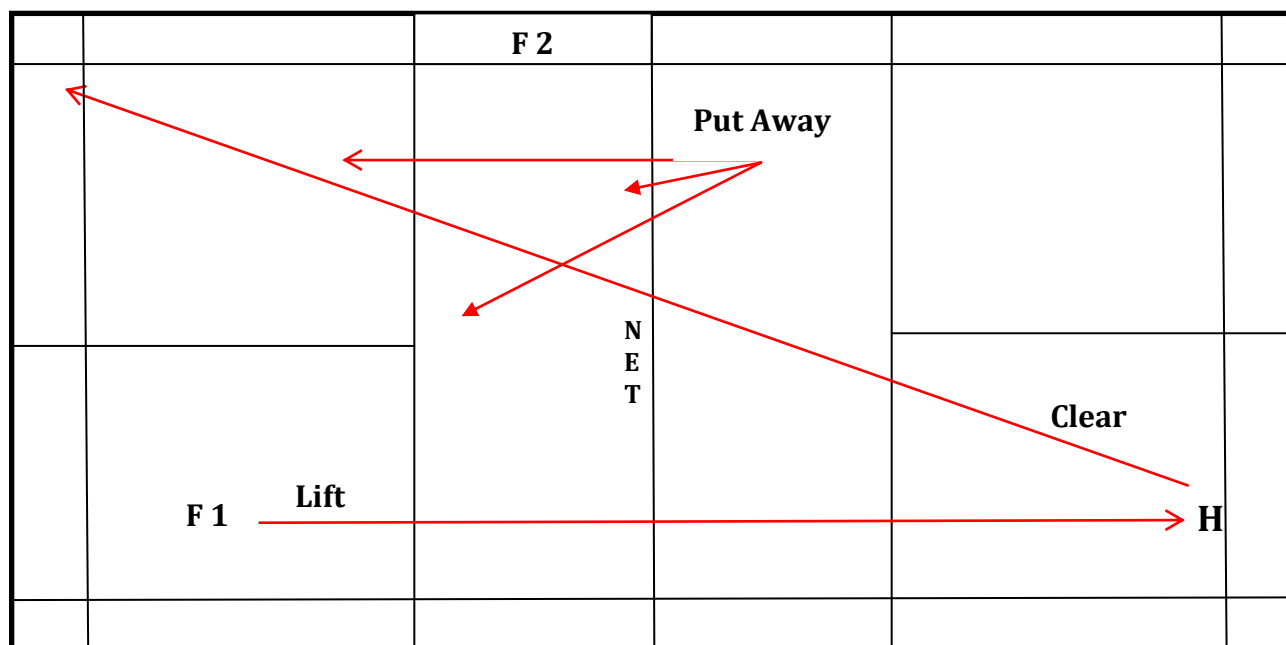


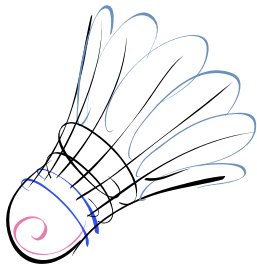
PUT AWAY DRILL

This drill is used to encourage court movement and setting up a finishing shot. The idea is that a deep clear to the back of the court (especially the backhand side) will often result in a weak return or drop shot down the line that can be 'put away' to end the rally.

Several players work together on the same court and the drill moves very quickly. It works well to have 2 to 3 hitters, 2 feeders and 2 retrievers (one for each feeder). Players rotate positions after a pre-determined number of hits or time.

- Feeder 1 lifts the shuttle across the net and down the line to the back of the court (allowing for long serve practice).
- Hitter 1 hits a deep crosscourt clear and then rushes to center court anticipating a short return and is ready to rush the net for a 'put away' shot... net kill or net drop.
- Feeder 2 is stationed across the net on the crosscourt side and feeds from the sideline. As soon as the hitter reaches the center ready position, feeder 2 hand tosses a shuttle over the net high enough for a 'put away' shot. (The height of the toss can be altered to practice different return shots and decision making).
- The hitter moves into position to put the shuttle on the floor with an aggressive return. If the shuttle is not high enough for a 'kill' shot, or the hitter does not get to the shuttle in time, a tight net drop is a good alternative.
- As soon as Hitter 1 is out of the way, Feeder 1 lifts the shuttle to Hitter 2, etc.





MODIFIED GAMES PRACTICE

1 VERSUS 2 FULL COURT

Mainly used to improve singles play, this modified game is good for improving fitness, speed, footwork and shot accuracy. It is normally played using the singles court lines, but either singles or doubles sidelines can be used depending on the objective. The main focus is on practice for the singles player.

The two players on the same side of the net use regular doubles positioning during the rally. Their goal is to keep the shuttle in play and move the single player around on the court. The goal of the single player is to win the rally by making an unreturned shot.

2 VERSUS 3 FULL COURT

Mainly used to improve doubles play, this modified game has the same purpose as the 1 versus 2 game above and is played using the doubles court lines. The main focus is on practice for the doubles team.

The 3 player team uses a triangle formation with one player in the front and two players in the back using sides positioning. Their goal is to keep the shuttle in play and hit shots to make the doubles team practice shifting alignment during play. The goal of the doubles team is to choose and execute smart shots to win the rally.

TRIPLES

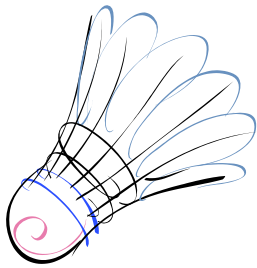
The doubles court lines are used for triples play. During a rally normal doubles rules apply. There are 3 positions: right backcourt, left backcourt, and frontcourt. During play, teams are free to shuffle around, although due to the quick pace, it is challenging to switch positions during a rally.

When the server's score is even, front players for both teams stand on the right side and when the server's score is odd both front players stand on the left side. Apart from that, normal doubles service rules apply. A high-quality serve is essential since the front receiver can (and should) stand extremely close to the short service line. A long or flick serve is not a good idea since a player is already standing there, ready to smash down.

Whenever a side regains the serve, players rotate clockwise, with the left backcourt player moving into the serving position. Scoring is the same as in regulation doubles. In order for all players to serve to all opponents, a different player configuration should be used with the start of every game.

ONE BIRD LIVE

Teams of two players set up in sides formation. Two singles rallies are started at the same time on each half court with a legal serve straight across the net. When one of the singles rallies ends, players yell "Doubles" to indicate that only one shuttle is now "live" and players continue the rally in doubles play. A point is given to the team that wins the doubles rally. Games can be played to 7 or 11.



BADMINTON VOLLEYBALL

This game focuses on smashing, blocking and control. Three players form a triangle on each side of the net with one player in the center of the court at the short service line and one player at the back of each service box. Play begins with a legal high serve to the back of the opponents' service box. The back player receiving the serve lifts the shuttle to the front player, who lifts the shuttle high in the air to either of the back players... setting up a smash. Smashes should be hit down the line.

Variations could include allowing less than three hits, adding other badminton strokes such as a drop shot and switching the formation to two players in the forecourt and one player in the back.

ALLY RALLY

Two players hit across a court from doubles ally to doubles ally. A shuttle landing in the ally scores a point. If a player can successfully keep the shuttle from landing in his/her ally, no point is scored.

BOXES

This is a half court singles game to practice control and strategy. Each half court has 6 boxes – forecourt: the short service line to the net and the doubles ally = 2 boxes; mid court: the doubles service box and the doubles ally = 2 boxes; backcourt: the back of the doubles service box to the baseline and the doubles ally = 2 boxes.

Players begin with a legal serve using the singles service box. Play continues until the end of the rally. The box in which the shuttle lands is 'closed'. The player who scored begins the next rally with a legal serve. Play continues as each player tries to 'close' all their opponent's boxes.

If at the end of the rally, the shuttle lands in a box that has already been closed, a point is scored. A shuttle hit out of bounds or into the net results in a point for the opponent. Each rally results in one point being scored. Every 3 points scored by one player allows that player to choose a box to close and that player's score is then reset to zero. The game is over when one player has closed all six boxes of the opponent.

INCORPORATING OTHER ACADEMIC AREAS

Social Studies, Geography, Reading and Cultural Studies

History and popularity of sport

Math with target games

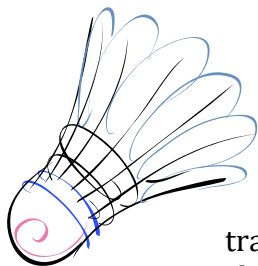
Data collection; addition; percentages

Thinking skills, concepts and applications

Force – a push or a pull (controlled by range of motion & movement

speed of racket) – using the right amount of force for each shot

Trajectory – flight path (how flight path differs with each shot; controlling



trajectory with force and angle of the racket head; predicting trajectory from shot description).

Shot selection and game strategy – when and why a shot should be hit

Compare and contrast skills and shots in this sport with other sports

Dynamics of shuttle construction

Technology

Jeopardy game to learn/review rules, etc. of game;

Smartboard activities to learn/review court lines and parts of racket;

Movies made by students for other students, etc.

OPPORTUNITIES FOR JUNIOR CAMPS & TOURNAMENTS:

Check the USAB website: www.usabadminton.org

Check the USBEF website: www.usbef.org

Contact BGV: pnknechtel@yahoo.com for information

ONLINE RESOURCES:

Badminton Goes Viral: www.facebook.com/badmintongoesviral/

Badminton Goes Viral website: www.badmintongoesviral.org

Shuttle Time: <http://bwfshuttletime.com/>

United States Badminton Education Foundation: www.usbef.org

USA Badminton: www.usabadminton.org

Badminton World Federation: www.bwfbadminton.org

EQUIPMENT RESOURCES:

Badminton Goes Viral – paul@badmintongoesviral.org

Donors Choose - www.donorschoose.org

HL Badminton (vendor) – HLCorp7@hotmail.com

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BGV and USBEF have teacher and club contacts throughout the U.S.A.

BGV: A nonprofit supporting sustainable badminton education and sports programs for youth in America... where junior programs inspire a lifelong passion for playing badminton equal to the rest of the world.

**Badminton Goes Viral operates under the auspices of Beyond the Classroom, Inc.,
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