

How might I explain simple tactics?

Key Vocabulary	Badminton
Serve	The shot that starts a point. The player hits the shuttlecock from behind the service line to the opponent's side.
Court	The area where badminton is played, marked with lines that show the boundaries for singles and doubles.
Racket	The piece of equipment used to hit the shuttlecock. It has a handle, a frame, and strings.
Net	The barrier that stretches across the middle of the court. Players must hit the shuttlecock over it during play.
Shuttlecock	The object players hit back and forth. It has a rounded base and feathers or plastic that help it fly through the air.
Rally	A continuous back-and-forth exchange of shots between players until a point is won.
Grip	The way a player holds the racket to control their shots. Different grips help with different types of hits.

Steps to Success in Badminton

To watch, track and catch a shuttle successfully

To perform a basic forehand action with increasing control

To keep a rally going using a range of shots

To hit a shuttlecock into space at different speeds and heights

To compete with others

