



## BADMINTON

### What is the Sport?

Badminton is a racket sport, where players hit a shuttlecock over a net to make the shuttlecock hit the floor of the opponents playing space or force an error from their opponent, to score points. Classically the game is played as singles or doubles and played in an indoor rectangular court, with a net in the middle at a height of 1.55m.

This resource uses games that could be tried out at home, in the garden or in a large open space. We hope that churches will create a safe bookable 'sports' space for those in its local community to enjoy, especially those with no or small gardens. These are ideal to be used by families or small groups of young people as per government guidelines.

Advice around how to run such a space and abide by current government guidelines can be found here <https://www.gloucester.anglican.org/sports> It is important to read these as they will be kept up to date.

Further advice on these activities are posted on <https://www.youtube.com/c/DioceseofGloucester>

### Traditional Game Play

Equipment – You will need some badminton rackets and shuttlecocks, one racket for each participant. You will also need some sort of net, but this could be some rope tied between some chairs or a set of boxes. You need to mark out the court with rope or cones in the corners to give the outline.

### Rules

This is all about having fun. With this in mind please feel free to adjust and flex the rules to ensure that fun is had. Use these simple rules to get you started:

- The court dimensions are governed by space available but should be no bigger than 6m wide and 12m long and must have a net in the middle dividing the court.

- A game is won when a player reaches 21 points. They can win a point at any point during the game (they don't have to be serving)
- When a player wins a point, they take over the serving and continue to serve until the opposing player wins a point.

### You are awarded points:

- if you manage to ground the shuttlecock on your opponent's side of the court
- your opponent hits the net with the shuttlecock
- your opponent hits the shuttlecock and it lands anywhere outside your side of the court

### Singles

Play with the above rules. You may need to switch sides if outside as the wind or sun can create a disadvantage. Swap when the first person gets to 10 points.

### Doubles

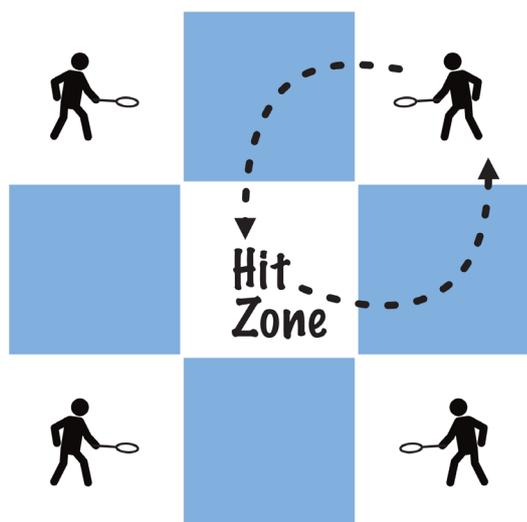
Play with the above rules, but each team must alternate the serving player. You may want to make the court bigger if physical distancing needs to be adhered to. Mark out zones for players to stay within if they are physically distancing.

If you use a modern simple shuttlecock they are made entirely of plastic and rubber and so can be cleaned and disinfected easily. Ensure there is one racket per player for their time on 'court'.

### Fun Variations of Badminton Hit up Rally

Everyone has a racquet. Decide on an order, perhaps youngest to oldest. The first person hits the shuttlecock underarm up into the air, as the shuttlecock drops the next player hits the shuttlecock high up into the air. This is repeated throughout the agreed order. To create more competition decide how long you will play for, eg 10mins and then introduce the rule that if a player fails to hit the shuttlecock, or they intentionally make it impossible for the next person to hit the shuttlecock, they get a strike. The player with the least number of strikes at the end of the game wins.

**Tip:**  
Ideally this is best to be played outside, or in a high-ceilinged hall (when this is permitted by government guidelines). Encourage an underarm hit to get height on the shuttlecock.



If some of your group are physically distancing from each other, mark out a 2m tic-tac-toe grid. The central square is the hitting square that players step into from their corner zones and once hit retreat back to their corner zones. Play the game as above but keep 2m from each other.

## Seated Badminton

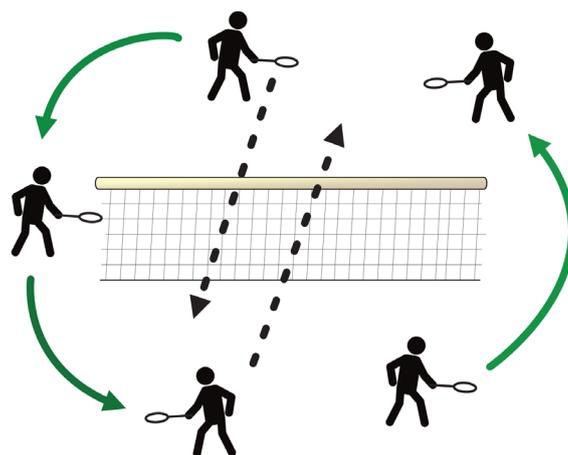
Ensure that each player has a racket. Lower the net to about 1m high and reduce the court size to one player's arm span, as they hold a racket. Play the normal rules but serve from where you are and remain seated throughout.

**Tips:**  
This could be played inside at home, just remove any breakable items from the vicinity. If at home replace the net with chairs and a blanket. This is more about accuracy and getting the shuttlecock to land in spaces where your opponent isn't.

If playing doubles and there is a need for physical distancing ensure that players are sat 2m away from each other.

## Killer Badminton

Ensure that each participant has a badminton racket. Each player is given '3 lives'. Get the group to spread out around the court. The first player hits the shuttlecock and then makes their way around to the other side of the court. The shuttlecock is hit back by another player who also moves around to the other side of the court. This is kept repeated



until the shuttlecock hits the floor. The player who didn't hit the shuttlecock loses a life. Once they lose all their lives they are out and the game is continued until one player wins.

If some of your group are physically distancing from each other, they must remain 2m away from each other. This could be helped by creating zones to stand in at each stage around the court.

**Tips:**  
Ideally you need a bit of space to get around the net posts. Set players a single direction to move to prevent bumps. Try to encourage players to strike the shuttlecock up in the air to give the time to get into position. Once the group become more competent, you can encourage more competitive slams.

## Mob Badminton

Divide your group into two teams, it does not matter how many people are on each team. Give each player a racket and allocate a side of the court to each team. The aim is to score a point by grounding the shuttlecock within the opponent's court and forcing an error.

**Tip:**  
Ideal for more than 4 players from a large single household. Ensure to balance the teams so that they have equal ability, especially if playing with young children. You could combine Mob badminton, with seated badminton by making all players sit on the floor and reducing the net height.

You could add the rule that the shuttlecock may be hit between members of the same team, up to 3 times before it needs to be played over the net, like volleyball.

If some of your group are physically distancing from each other, ensure that players are 2m from each other and positions are fixed, and marked on the court, so that distance is maintained.

### **Rally Points Builder**

Play in single, doubles, seated or mob badminton. However, keep a count of the rally and when the winning shot is scored or error forced the number of the rally is the number of points awarded. So, if

the rally is 7 and then the shuttlecock is grounded the point score is 7. If the rally is 163, then the score is 163! Before starting the match agree the length of time, at the end of the time the winner is the one who has the most points.

**Tip:**  
This could get very tactical with players building up a high scoring rally and then winning the points and then being so far ahead on points that they make no effort. Encourage sportsmanship rather than tactical winning.

### **Pause for thought**

Badminton is a simple sport, yet it can be so frustrating. The shuttlecock can move so fast and if we are in the wrong position it can result in losing the point. Because it is so frustrating, it becomes more joyous when the point is won from a great shot. In life, we go through frustrations and there are times when it feels like nothing is going right, and times of sadness and tears. But those times will end and be replaced with joy and laughter. The Bible says 'The nights of crying your eyes out give way to days of laughter.' (Psalms 30:6 The Message).

Question: What makes you frustrated? How do you deal with feeling frustrated?

Prayer: Lord God, knower of all things, you know what makes me frustrated and what brings me tears, help me to find joy and laughter and to know your love for me and my family. Amen