**HFR Badminton Worksheet /25**

Bishop Carroll High School

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TA:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ HFR Level:\_\_\_\_\_\_\_\_**

***All answers can be found in the Badminton Learning Guide.***

***Please answer the following questions to the best of your ability:***

**Definitions (10 marks):**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Name given to the object you strike in the game of badminton. It’s nickname is “Birdie”.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The area into which a service must be delivered. Different for singles and doubles.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - A shot made from below and very close to the net and causing the shuttle to rise, just clear the net, then drop sharply down the other side so that the flight of the shuttlecock resembles the shape of a hairpin.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Area between the back boundary line and the long service line for doubles.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The location in the centre of the court to which a singles player tries to return after each shot; also called “centre position”.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - A quick wrist-and-forearm rotation used to surprise an opponent by changing an apparently soft shot into a faster passing shot.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - A hard-hit overhead shot that forces the shuttle sharply downwards into the opponents court.
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - An illegal stroke in which the shuttle is not hit, but caught and held on the racquet before being released; also called a “sling” or a “throw”.
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - A shot hit softly and with finesse to fall rapidly and close to the net in the opponents court.
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The stroke used to put the shuttlecock into play at the start of each rally.

**Short Answer (10 marks):**

1. A game of Badminton begins with a coin toss. The winner of the coin toss has to make a choice between what ***two*** options before starting the game? (2 mark)

2. Draw a diagram of a Badminton court. On this diagram, label the doubles and singles court lines and show where the service for the very beginning of the game takes place and label where the birdie must land on the other side of the net. (4 marks)

3. What is the difference between a short and long serve? (Hint: Where the shuttlecock travels)

 (1 mark)

4. What are two major international Badminton tournaments? In what Olympic games was Badminton given official status? (3 marks)

**Long Answer (5 Marks):**

1. Choose one type of return/shot we practiced in Badminton. With this explain the following: When it would be used, why it would be used, how it is executed and one more main point to remember when making that shot. (5 marks)