BADMINTON IN SCHOOLS PROGRAMME

MINOR GAMES

MODIFIED RULES

DRILLS

Prepared by Badminton Victoria
A. MINOR GAMES:

1. Foursomes

2. Beat the Champ/ Beat the Coach

3. Round the World

4. Team Rotation

5. Battle Shuttle/Shuttle Throw

6. Double-Doubles

7. ½ Court singles

8. Serving shoot-outs

9. Golf

10. Cricket catching

11. Balloons

12. Soft balls
FOURSOMES:

Four players in each group – one shuttle. Pass the shuttle clockwise, then anticlockwise around group. Second time around thrower touches ground with two hands after throwing shuttle, Third time around thrower touches ground and spins around after throwing shuttle. A second shuttle is added and the activities are repeated. Add in catching "racquet hand" pass behind back and throwing with 'other hand" Use a shuttle, then add a shuttle box, and finally a racquet for passing around.

BEAT THE CHAMP:

Champ versus challengers. Champ serves shuttle to the challenger’s court. Players play a one-point rally. Winner becomes the champ. Loser goes to end of the line. Beginner level - shuttle goes over the net anywhere in singles court Advanced level - shuttle must be served diagonally as in singles game.

ROUND THE WORLD:

Coach serves shuttle for the player to hit an overhead shot back to the coach. After hitting the shuttle the player runs around the marker and joins the end of the line of players. Aim to keep the shuttle in continuous play. Player can take the coach’s place
TEAM ROTATION:

Two teams with each team at either end outside the back line. One player from each team starts with one hit then goes to end of team line. Next player in line runs on to keep the shuttle operating. One hit per player until someone misses. Winning team scores a point and serves. Play games to 5, 7, or 11 points Change team members occasionally to level the competition.

“BATTLE SHUTTLE” – THROWING GAME:

Four, six or eight players on each court with up to eight shuttles. On signal, players throw their shuttles into their opponents’ court area – (Anywhere in the court area) Shutters should be thrown from behind the short service line to begin. Teams with the smallest number of shuttles on their side at stop signal wins. Throwing action, forearm pronation and wristwork are emphasised. Can be an excellent warm-up on a cold day and for a small area other than a court being used to introduce badminton. Lead into overhead strokes by referring back to this game.
DOUBLE-DOUBLES

Game is played using only half the court area for doubles. (Singles can also be played on a half court. Care must be taken to ensure the safety of players.

Server (Smiley) serves to Receiver (Heart). Heart’s partner waits in the Singles tramlines and moves either forward to net or backwards to rear of court depending on whether a short or high service has been played. The game continues as per an ordinary doubles game but using only half of court area. It is important for players to remember whether they are even or odd, as the score decides who is to receive and who to serve.

Good short and flick services are essential and games are generally played with flat, fast rallies. Net play and attacking ploys are highlighted. Players at the net must keep their racquet head near face for protection and for attack. The server keeps serving while winning points, but the receivers change places each point.

SERVING SHOOT-OUTS

All children involved. Can be short service forehand and backhand, or, preferably, long high service.

**Short service** – place handkerchief/paper square in T-junction. Players have three shuttles and serve into square. In first round any one shuttle in square qualifies player for next round. Players who miss are out. Second round players have three shuttles and highest score in square is winner. In event of tie the shoot-out continues until winner is identified.

**High service** – Place four racquets end to end in square (Alternatively, use 4 shuttle boxes or cane hoop) at rear corner of court. Rules for shoot-out are the same as for short service. Added interest in first round is to place rewards in square or racquets. Qualifiers for final shootout are rewarded by taking one item from target. Winner takes grand prize.
GOLF:

Any number of "holes" may be placed around a hall. The game is played as for golf with each shuttle going into the hole scoring "a hole in one" any shuttle landing outside the hole being counted as two. Smallest score wins.

Use either hoops, canes, shuttle boxes, cardboard boxes as "holes" Make up a score sheet for 9 holes and have a trophy for the winner. Players may be given a "golf handicap" Better players playing off lower scores. Mini-Golf can be played by adding obstacles or placing "holes" in difficult positions

CRICKET CATCHING:

Cricket catching is used in cricket to practice short and long catching and to quicken reflexes. One "batter" with box of shuttles. Batter hits shuttles towards a ring of "fielders"
**BALLOONS:**

- Fun activities using balloons in place of shuttles to develop and practise skills.
- Teamwork and communication on court
- Developing forearm rotation and wrist movement in strokes
- Using judgement to gently place balloon (as in dropshot)
- High contact with balloon in overhead strokes
- Improve service action

Any number of players on each side of court. Server serves balloon as in normal short service action. Teams are allowed 3 hits to get shuttle over net (as in volleyball) Games played to 15 or 21 points.

Use good quality balloons.

Play "OTHER HAND" racquet held in other hand. Balloons/soft balls travel slower speed allowing players opportunity to hit them. Use Half court or net area as court.

**SOFT BALLS:**

A visit to any good toy shop will acquaint you with small soft balls, sometimes made from felt, wool, other soft material, that can be hit as alternatives to shuttles - for play and practising. Net Play in particular can be enhanced by using soft balls.

Hard plastic or rubber balls are usually too heavy and can cause damage to racquets and strings. Select balls for size, weight and feel, similar to shuttles.

A Badminton Court can be used to play "Volleyball" with racquets for back court players only. Front Court players use open hands.

A table tennis ball is effective in "Badminton/Tennis" Service as in Badminton, ball bouncing and volleying is permissible

"Netball" - Play over net between short service lines -- Singles and Doubles. Players start behind service lines and move into the net area
B. MODIFIED RULES:

1. Win points each rally
2. 'TableTon'
3. Timed Games
4. Half-court Singles/Doubles
1. **Win points each rally:**
   As a variation to the normal scoring system, singles and doubles can be played using the system whoever wins the rally, wins the point and the service. As the scoring will be quicker these games can be played to 21. This scoring system is not used in official competition but can be implemented as a modified rule game.

2. **"Tableton"**
   Badminton played using Table Tennis Scoring. Each server has 5 serves from the right hand court to the same receiver. Whoever wins the rally wins the point. After 5 serves the server moves to the left court and partner becomes the receiver in the right court. Games are played to 21 points or to a time.

3. **Timed Games:**
   Games are played to a time limit, with normal scoring. Two Games of 7 minutes with an interval of 1 minute. Matches involving timed games are usually decided on total games first and total points if scores are tied.

4. **Singles - Half court - Full length**
   A special approach to singles play can be introduced with players using half court/full length i.e. from the net to back line. Service for young players can be to anywhere in the court, with normal service areas for better players.

   Other modified rule approaches can be introduced to create interest, or for practice sessions. Games, drills and modifications are enhanced when the "Games Sense" approach is used and the drill, game etc, challenges the player in a number of ways - in decision-making, anticipation, creativity, self-appraisal etc.
C. DRILLS AND SEQUENCES:

1. Forehand clear - attacking, defensive, straight, crosscourt.
2. Forehand drop - Position - 1,2,3.
3. Cut drop
4. Drop/net combination
5. Forehand smash - Positions 1,2,3.
6. 3 shuttles - different depths
7. Net Play - Positions 1,2,3.
8. Nets, lobs, straight, crosscourt
9. Hit to four corners - Singles play
10. Hit to one position - Singles play
1. Forehand Overhead Clear:

Player works on high, defensive clear, varying this with low attacking clear. Occasionally, player will play a cross-court clear.

2. Overhead forehand drop shots:

Feeder plays shuttles to player at rear of court and calls out number 1, 2, or 3. Player hits shuttle to position. Practice then continues from the rear backhand area to the same three positions. Straight drops and cut drops can be played. Additional to this drill, the player follows his/her drop shot to position and plays a short net shot before returning to the back of the court to play next drop shot.
5. **Overhead Forehand Smash:**

The same directions apply to this drill. Player hits to stated number and shuttle is returned by one player or one of three, practising their defence/return of smash

6. **Three smashes:**

Three shuttles hit to player 1. High to back court  
2. High to mid court  
3. Hit lower to front of court. 
Player smashes each shuttle, moving forward and recovering after each shot.

7. **8. Net Play:**

Feeder throws shuttles over net to three positions B/H, centre and F/H sides of net. Player plays net shot moving from and recovering to central base. Feeder can initially call out direction shuttle is taking. Extend to player watching feeders's arm and anticipating

Exercise extends to player playing net drop, lob to back of court, crosscourt net and lob, practising whichever shot they are in position to play. Aim to have shuttles drop into four corners of court. At end of shuttle feed inspect "grouping" of shuttles in the four corners.
9. **Singles drill - Four corners:**

Feeder plays shuttle, initially, high into player's court, (later, to any position) and calls out number 1,2,3 or 4 before player strikes shuttle. Player hits shuttle to designated corner. Calls can be made early or closer to strike. A sequence of strokes may be called to practise a singles tactic. e.g. 3, 1, 3, 1, 3, 1, 3, 2 etc.

![Diagram of four corners]

10. **Singles Drill - One position:**

Feeder plays shuttle to any position in court, player returns shuttle to the one position where feeder stands. Commence with straight and cross drop shots. Second phase: Feeder calls player to come in to play net shot, again to the one position. A sequence of strokes - two drops and a net shot to the one position - can be practised.

Feeder then moves position to the other three corners of the court and practice continues.