

welcome!

Welcome to Tudor Grange Badminton Club

Hello!

Thanks for joining our badminton community. I'm really looking forward to working with you and helping you on your journey to develop your skills.

Each week we will be working on our skills and techniques and practicing rules.

This pack will give you some insight as to the basic badminton rules.

Whether you have secured your weekly badminton lessons or are on our waiting list you can still sign up for our onDemand membership or sign up for our games sessions and gym fitness sessions.

If you need to contact me at any time please feel free to call on 07870 949073 or email me on skiernan@btinternet.com.

Steve Kiernan
Head Coach

www.badmintoncentre.co.uk



Benefit Of Playing BADMINTON

BADMINTON IS A TOTAL BODY WORKOUT

While you're lunging, diving, running and getting your heart pumping, playing a game of badminton can help you burn around 450 calories an hour. The varied movements provide a powerful cardio workout by engaging the entire body, including the hamstrings, quads, calves and your core.



SOCIALISING

Badminton is a fun and flexible sport that can be enjoyed around your busy schedule. Our courts are available to hire during the day, in the evenings and on weekends. You can even use your workout as an opportunity to socialise and catch-up with friends and family.

BADMINTON IMPROVES YOUR MENTAL WELLBEING

Taking part in any form of regular physical activity helps to release our natural feel good happy hormones, endorphins. In turn, this can help reduce depression, anxiety and stress and improve our overall mood and sleep.



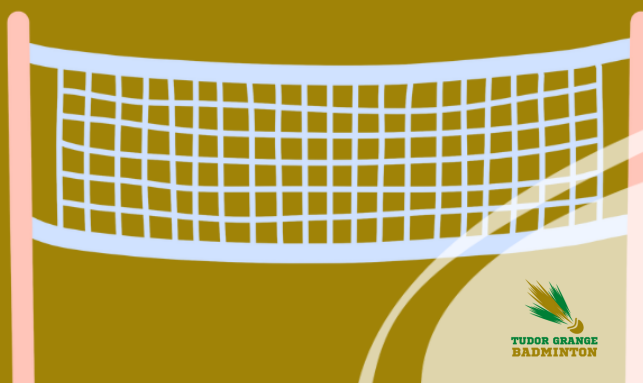
HEART HEALTH

A healthy heart is essential to ensure your body functions correctly and properly. Badminton decreases the levels of 'bad' cholesterol, which can block your blood vessels and improves the levels of good cholesterol. This leads to a reduced risk of hypertension (high blood pressure), heart attack and stroke.



BADMINTON HELPS REDUCE HEALTH RISKS

Badminton can reduce the risks of developing type two diabetes as an adult. It reduces the production of sugar in the liver, which in turn reduces the body's fasting blood sugar.



Badminton Basics

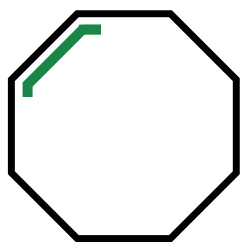
Grips

How badminton players hold their racket (their grip) is critical to the success of many of the shots they will play in a game.

The two grips you need to be aware of are 'Basic' and 'Thumb'.

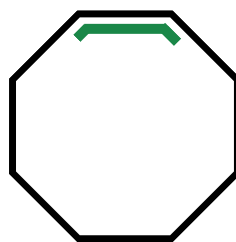
Basic

V between 1st finger & thumb on side of the handle



Thumb

Thumb placed flat on top of the handle



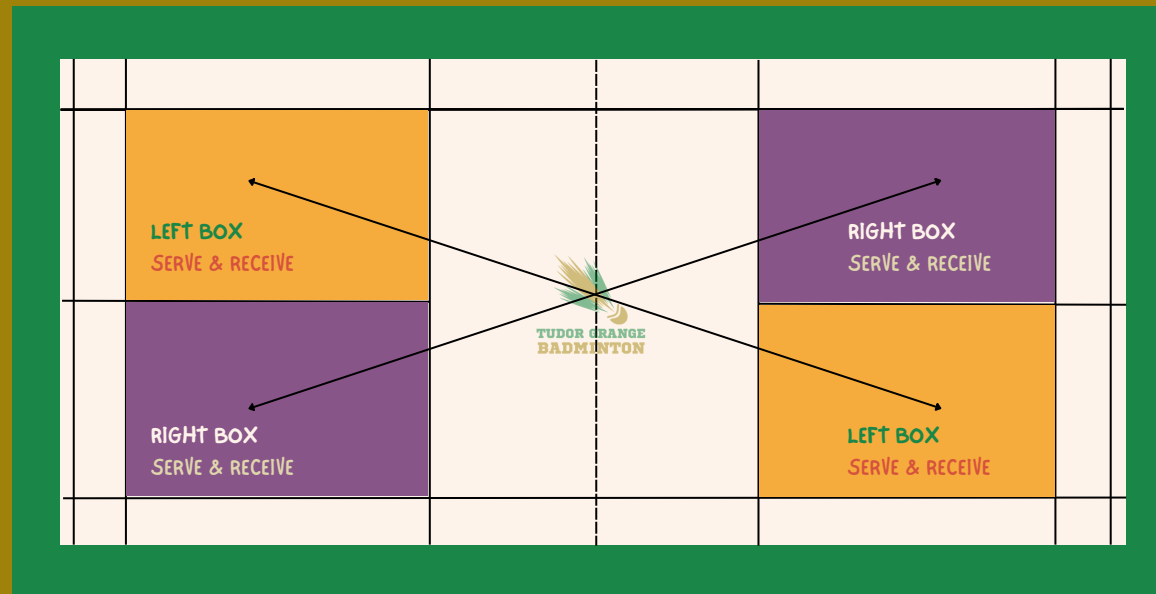
Badminton Basics

Basic Rules for Singles Matches

Serves travel diagonally
(purple to purple, red to red)

If your score is odd, serve from the left

The game always starts by serving from the right (0-0)



If your score is even, you serve from the right (In badminton, 0 is classed as even)

Remember the "Law of the Score" – "Left is odd, Right is even"

You can score a point every rally (not only when serving)



Badminton Basics

Basic Rules

Getting going

- Serve and win a rally = score a point, swap sides and serve again
- Serve and lose a rally = give serve to opponent and opponent scores a point
- Return serve and win a rally = score a point and gain the serve
- Return serve and lose a rally = opponent scores a point and
- continues to serve

Match play scores

- Best of 3 games to 21
- If scores reaches 20-20, the player who gains a 2 point lead first, shall win the game
- If the score becomes 29-29, the player scoring the next point shall win that game
- Players change ends after each game, and in the 3rd game when a player reaches 11 points. The player who wins the last game shall serve first in the next game.

