

# KS4 Badminton Knowledge Organiser

	<b>Singles</b>		
	<b>Even</b>	<b>Odd</b>	
	<b>Doubles</b>		
	<b>Odd</b>	<b>Even</b>	

## Singles

- Singles badminton court is long and thin.
- The Player who wins the point serves.
- If the serve is on an even number, they serve from the right.
- If the serve is on an odd number, they serve from the left.

## Doubles

- Doubles badminton court is short and fat.
- The team that wins the point serve.
- If the serving team are on an even number, it is the player who's in the right box whose serves. That player keeps serving until they lose the point.
- For example: if a team are on 2 points, the players on the right serves, if they win the next point, that player changes side and serves from the left box because they are on 3 points which is odd.

## Forehand Grip

- Hold the racket as though you are shaking someone's hand.
- Your thumb should be pressing comfortably against the wider surface of the racket grip. There should be a V shape between your thumb and index finger.
- The way you hold your racket affects the flexibility of your wrist.
- Don't hold the racket too tightly.
- Use your thumb, index and middle finger



## Backhand Grip

- Hold the racket as you would for a forehand grip.
- Turn the racket anti-clockwise so that the V shape moves left if you're left handed and right if you're right handed.
- Place your thumb against the back of the handle for greater leverage and power.
- Your hand should be making a thumbs up, and your thumb should rest on the flat part of the grip.
- Hold the racket handle loosely in your fingers.



## Rules

- A badminton game is played to 21 points. If it is tied at 20-20, the game must be won by 2 clear points. E.g. 22-20 or 25-23. If the game isn't won by 2 clear points it's the first player to 30.
- The aim of badminton is to hit the shuttle over the net to your opponents half of the court. When your opponents miss the shuttle and it is inside the court, you have won a rally.
- You can also win rallies from your opponent's mistakes such as the shuttle going under the net, out of the court or hitting the net.
- If a player's body or racket touches the net before the shuttle lands it's the other player's point.
- If you think your opponent's shot is going to land out, let the shuttle land on the floor to get the point. If you hit the shuttle, the rally continues.
- Once the shuttle touches the ground the rally is over.
- You can only hit the shuttle once before it goes over the net.
- All serves must be hit underarm.

<b>Ready position</b>	Knees slightly bent so you can push off either leg quickly, eyes on the shuttle, racket held correctly ready to move, bounce on your toes to help produce more power.
<b>Serve</b>	Serve diagonally. Start in the right service box. Must land in opponent's service box. Win the point, keep the serve, lose the point, lose the serve. Even score, serve from the right, odd score, serve from the left. Hold the shuttle in your non-dominant hand pinching it with your finger and thumb. Take racket back and strike the shuttle. Ensure contact is below waist height.
<b>Low Serve</b>	Hit the shuttle underarm, low over the net and towards the back of the service box.
<b>High Serve</b>	Hit the shuttle underarm, high over the net towards the back of the service box. Sideways stance, lead with non-racket leg, weight on back foot, bring racket back and swing forward, drop shuttle slightly out in front of your body and hit it with power.
<b>Net Shot</b>	Hold racket high in grip, closer to the racket head for more control. Hit the shuttle at the top of the net, push the shuttle over the net. Performed from the front of the court near the net, to the front of the court of your opponent.
<b>Overhead Clear</b>	Clears move your opponent to the back of the court. Use a sideways stance, weight on back foot, bend your elbow and take the racket back, contact the shuttle as high as possible and in front of your body, straighten your elbow as you hit the shuttle, follow through with your racket, transfer weight to front foot.
<b>Drop Shot</b>	Use a drop shot if your opponent is at the back of the court. Use it to deceive your opponent. Shuttle should land as close to the net on your opponent's side as possible. Sideways stance, played the same as the clear but with a lot less power.
<b>Smash</b>	The smash is an attacking, un-returnable shot. It is hit with power and speed, downwards towards your opponent's court. Forehand grip, sideways stance, weight on back foot, bend elbow and take racket back, contact shuttle as high as possible in front of your body using a strong throwing action, straighten your elbow as you hit the shuttle, snap your wrist down at the point of impact for power and angle.

**Key Words:** Shuttle, racket, service, long and thin, short and fat, rally, forehand, backhand, service box, overhead clear, underarm clear, drop shot, smash shot, stance, trajectory, defensive shot, attacking shot, ready position, chasse step, lunge, singles, doubles.

# KS4 Badminton Knowledge Organiser

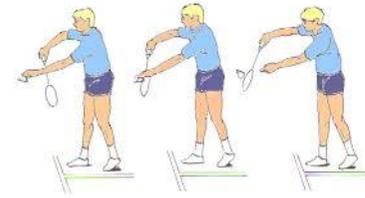


## Tactics

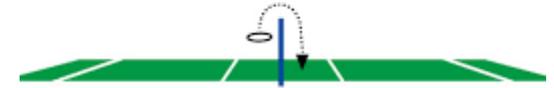
- Badminton tactics are all about playing the right shot at the right place at the right time.
- Tactics will vary according to the level of skills of the players.
- Tactics are based on the position of the shuttle, the stroke options open to the player(s), the reasons for the stroke selection and the effect of the shot on opponent(s).

## Singles Tactics

- **Movement pressure:** Apply maximum movement pressure to your opponent to force them to cover distance rapidly and change direction. This will create situations where they cannot reach the shuttlecock in time and will have difficulty playing an effective shot.
- **Central base position:** After playing a shot, recover towards the centre of the court in the ready position to allow you to cover the whole court and respond to your opponents shot.
- **Hitting the corners:** Achieve movement pressure by aiming for the corners of the court.
- **Long diagonals:** Make your opponent move the farthest possible distance by moving them along a long diagonal.
- **Change Direction:** Force your opponent to change direction which will put pressure on their footwork.
- **Hitting to the same corner:** Hitting the same corner every time can be difficult for your opponent to change direction effectively.
- **Hitting to the middle:** hitting to the middle is a defensive tactic because it limits your opponents attacking angles.
- **Building shots:** Before trying to win the rally, try to gain an advantage.
- Use a clear to move your opponent away from their central base, establish pressure in the rear court, open up the fore court and opposite side.
- Use a drop shot to apply movement pressure to your opponent.
- Use a net shot to create opportunities to attack with a smash.
- Use a smash to apply power and speed but be ready in case your opponent returns the shot.
- **Winning shots:** When you have an advantage in the rally, look for way to win and choose your shot selection carefully.
- **Deception:** Deceive your opponent so they move in the wrong direction before you hit the shuttle. Then when you play a different shot it's hard for them to change direction. If you are in the forecourt, you can fake a soft shot before playing a more powerful one. In the rear court you can fake a powerful shot and play a soft shot. Both of these tactics can be reversed.



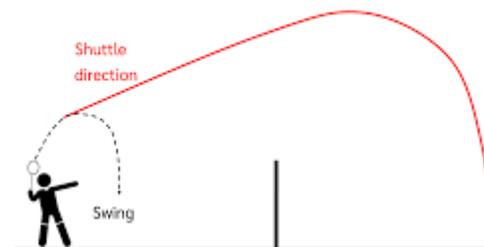
## Net Shot



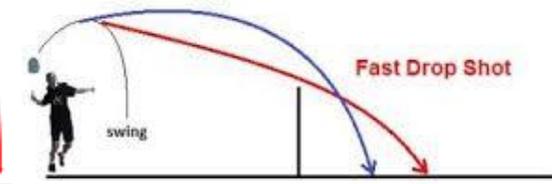
## Doubles Tactics

- **Attack:** Always make choices that improve your opportunities to play attacking shots. Especially smashes and net skills. This is due to these shots being the most effective winning shots.
- **Stance:** Side by side stance is a defensive stance. Forwards and backwards stance to allow you to cover more of the court.
- **Attacking stance:** One player in the rear court and one player towards the front of the court.
- **Defending Stance:** Side-by-side to cover the full width of the court to prevent you from losing any well-played smash or drop shot. Stand around 1 step back from the middle of the court to give yourselves time to react to shots.
- **Fighting for the next attack:** When both sides are fighting for attack, adopt a defensive side-by-side position. As one side gains advantage, one of their players will move forwards to claim the front of the court and their attack will begin.
- **Choose the right shot:** All shot choices should be guided by the principle of attack. You need to understand the situation to allow you to react to the shot.
- **Choosing attacking shots:** When attacking, keep the shuttlecock going downwards. From the rear court, play smashes and drop shots; from the fore court, play net shots.
- **Choosing defensive shots:** Seek opportunities to regain attack.
- **Choosing angles of attack:** Smashes and drop shots should be straight or to the centre.
- **Choosing angles of defence:** You can choose different angles. Play cross-court defensive shots.

## Overhead clear



## Slow Drop Shot



Key Stage 4 Volleyball  
Knowledge Organiser



Underarm Service

**UNDERARM SERVE** – Hold the ball in the hand opposite from the hitting hand below waist height. Feet should be slightly apart with the non-dominant foot first. Contact the ball at waist height by swinging the arm forward hitting the ball with the base of the palm.

**SET SHOT** – A two handed shot that is played above the forehead. Hands need to be under the ball with bent knees and relaxed high arms. Arms follow through to be fully extended. Fingers make contact with the ball and push them through to face outwards after contact.

**THE DIG** – Knees need to be bent to allow a low body position. Join hands together with both thumbs facing forwards so that arms are straight and close together. Straighten your knees prior to contact with the ball and move your arms slightly towards the ball. Make contact with the ball on the lower part of the forearm.

**SPIKE** - Jump as high as you can vertically, lift up both arms and swing down the arm you are not hitting with for momentum. The hitting arm will then follow as you pull your elbow back and bend it approximately 90 degrees. Swing at the ball, keeping your hand open. Hit the ball at your highest reach. Swing hard at the ball and snap your wrist in order to keep the ball in the court, follow through with your arm to finish off your hit.



**BLOCK** - A technique is used to deflect the ball coming from an attacker. The blocker is trying to block the oncoming ball back into the opponent's court. Stand at a comfortable distance off the net. Stand with enough leverage to push off and move sideways. Arms up in front of you ready to react to the other team's offense.

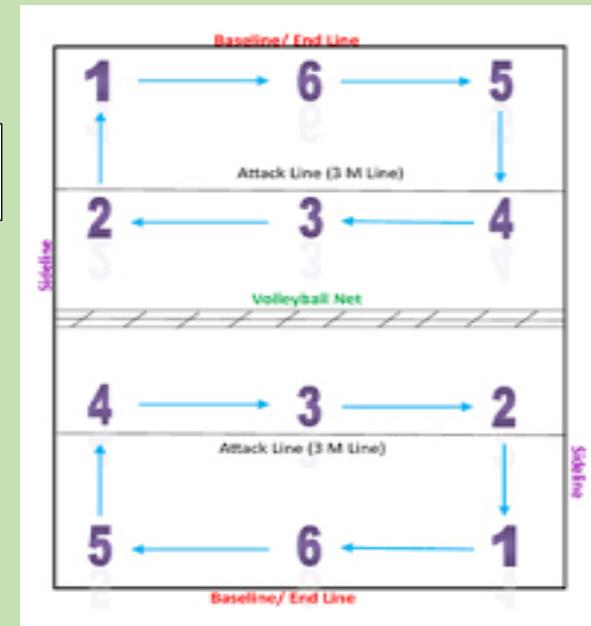
**Rules** - 6 players on a team, 3 on the front row and 3 on the back row. - Maximum of three hits per side. - Player may not hit the ball twice in succession (A block is not considered a hit). - The ball may be played off the net during a rally point, but not from a serve. - A ball hitting a boundary line is in. - A ball is out if it hits a) the floor completely outside the court, b) the net and lands on the same side, c) the ceiling above a non-playable area. - It is illegal to catch, hold, or throw the ball.



The Set



The Dig



**ROTATION** - Teams rotate every time they win the serve back. - Players rotate clockwise. - The serve is taken by the player at the back right hand side of the court

**TACTICS** - Hitting into space – keep the opposition moving around the court. - Shot selection – selecting the right shot for the right situation. - Targeting opponent's weaknesses. - Disguised shots – trying to make it look like you are going to play a particular shot but then play a different shot to fool an opponent, e.g. a dink. - Setting up team mates who are in better positions to win the point.

## What skills will I need?

### **Throwing: 2 types**

**Overarm (overhand)** – used for long distance and fast throws:

- Ball in strongest hand
- Side on position with ball hand and foot at the back.
- None throwing elbow points in direction of the throw
- Transfer weight from back to front and step into the throw
- Release the ball as it comes past your head.



**Underarm** – used for pitching (bowler to batter) & short throws:

- Ball in strongest hand
- Side on, but this time as you step through the ball leads the way with your under arm showing towards the target line



### **Catching: 2 types**

#### **Low catches**

- hands together with little fingers touching
- spread fingers wide to create a 'basket'
- collect the ball into chest



#### **High catches**

- hands together with thumbs touching
- spread fingers wide to create a 'basket'
- collect the ball to chest or shoulder



# Softball

## **Strike zone:**

- In line with batting plate
- Below shoulder height
- Above Knee height

## **"Ball":**

- A pitch that doesn't go in the strike zone and batter doesn't swing for
- 3 balls to a batter is a walk to 1<sup>st</sup> base

## **Batting position:**

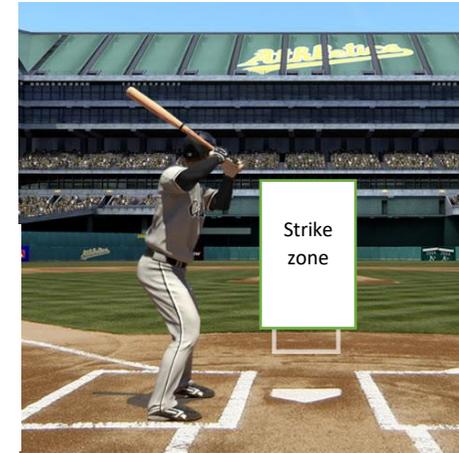
- Batter must stand in the left or right batting box
- Must be a two handed grip

## **Batting team:**

- Must stand or sit in correct playing order the correct distance away (behind cone)

## **Strike if the batter:**

- Swings and misses a 'pitch' – no matter if it was a good or bad ball
- Leaves a good ball (hitting strike zone)
- Hits the ball out of the 'V'



## **Batter is out if:**

- Caught off a ball hit in play
- 3 strikes
- Ball is at the base they are running to or should be on
- Team mate over takes them

## **Hitting area:**

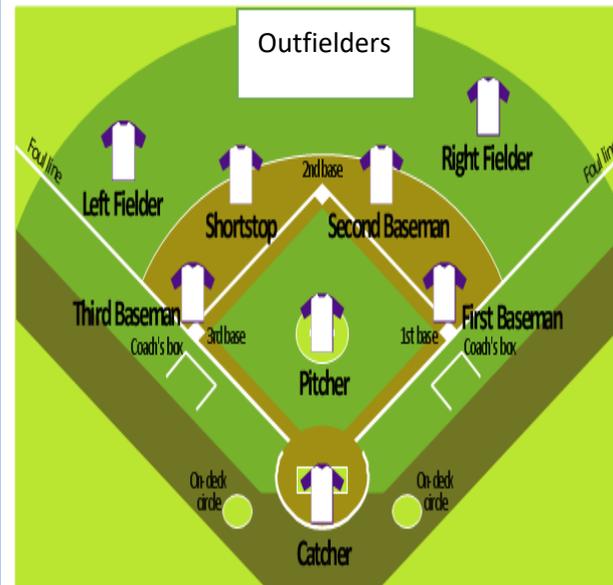
Batter must hit the ball and it bounce or stay within the Batting V that extends beyond 1<sup>st</sup> and 3<sup>rd</sup> bases

## **To score:**

Batter must touch each base (or go over) and get to home plate. They can stop along the way = 1 run for team

## **Fielding team:**

- Should not stand in the diamond (except pitcher)
- Cannot obstruct a batter



## **Tactics:**

### **When batting:**

- Spread out your best batters in your order (every 3 or 4)
- Look at the fielding positions & aim for gaps
- If a space at next base – don't have to run
- Steal bases – as the ball leaves pitchers hand you can run (starting position can be up to max of ½ between bases)

### **When fielding:**

- Change positions depending on: batters ability and left or right handed
- Possible to get more than one person out per play (catch and base stump)

1

TECHNIQUE : GRIP

SHAKE HAND GRIP

How to get it started:  
 • One bat per player  
 • As the name suggests, players 'shake hands' with their bat  
 • The thumb and first finger are on the playing surface and lie roughly parallel with the straight edge of the rubber  
 • Other three fingers wrap loosely around the handle to provide stability and balance



The key points about this grip are:

1. Your thumb and first finger should be resting around the handle of the bat - do not grip too tightly as this will 'lock up' the motion in your arm and inhibit your touch, the speed of your strokes and the amount of spin you can impart on the ball.
  2. Your other three fingers should be relaxed around the handle of the bat - do not grip too tightly as this will 'lock up' the motion in your arm and inhibit your touch, the speed of your strokes and the amount of spin you can impart on the ball.
  3. The shoulder of the blade should lay in the 'V' between your first finger and thumb, so that if you drew a straight line extending from the top edge of the blade, it would continue down your forearm.
- This grip will give you the ability to develop good control of the bat angle, and the 'feel' of the bat on the ball. It will also enable you to play strong strokes on both the forehand and backhand equally without changing your grip - again this will improve your control of the bat, especially in the early stages playing.

1

TECHNIQUE

READY POSITION

A position that should be undertaken after every shot so all the shots can be equally reached and the player is prepared.



- WHY IS THIS USEFUL?  
 The ready position will enhance balance and enable a player to move in any direction, allowing the player to move efficiently and enabling time for stroke preparation.
1. Knees bent
  2. Leaning slightly forward so your weight is on the balls of your feet
  3. Feet shoulder-width apart
  4. Racket should be table height and in front of the body

TOP TIP  
 Touch your right toe against your left heel, and then step your right foot out to shoulder width apart.



2

TECHNIQUE : BASIC STROKE

FOREHAND DRIVE

To make it easier to describe and analyse strokes in table tennis, they are broken down into 4 stages:  
 1. Ready position  
 2. Backswing to include arm and body movement  
 3. Forward movement to include the forward swing & contact  
 4. Follow through  
 These stages are used for each stroke throughout the programme and should be explained when each new stroke is demonstrated.



1. READY POSITION  
 • Crouched with left foot slightly forward  
 • Close to the table
2. BACKSWING  
 • 1/2 rotation from the waist to the right  
 • Arm moves back and downwards at the elbow
3. FORWARD MOVEMENT  
 • Arm moves forward and upwards as the body unwinds from the waist  
 • Weight transfers from the right to the left foot  
 • Contact at top of the bounce
4. FOLLOW THROUGH  
 • Bat arm continues to move forward and upward, finishing in line with the waist  
 • Recover to ready position

TOP TIP  
 • Rip to lip (start and finish points for the ball)  
 • Similar action to throwing a discus  
 • Finish with your index finger pointing towards the target (like a gun)

1

TECHNIQUE : BASIC STROKE

BACKHAND PUSH

To make it easier to describe and analyse strokes in table tennis, they are broken down into 4 stages:  
 1. Ready position  
 2. Backswing to include arm and body movement  
 3. Forward movement to include the forward swing & contact  
 4. Follow through  
 These stages are used for each stroke throughout the programme and should be explained when each new stroke is demonstrated.



1. READY POSITION  
 • Crouched facing the direction you would like the ball to travel  
 • Close to the table
2. BACKSWING  
 • Bat moves back towards the stomach with an open angle
3. FORWARD MOVEMENT  
 • Produced from the elbow as bat moves forward and downwards  
 • Contact the ball underneath the programme and should be explained when each new stroke is demonstrated.
4. FOLLOW THROUGH  
 • Bat moves forwards and downwards  
 • Recover to ready position

TOP TIP  
 • Making an L shape with your elbow on the backswing and push your arm forwards to an L on the swing  
 • Finish with your index finger pointing towards the target (like a gun)

4

**Table Tennis ExCel** men women

**PADDLE**  
 Rubber 2mm thick. Players can use different rubber on forehand and backhand side of paddle - distinguished by red / black colours

Blade: 85% natural wood  
 Sponge: Optional layer 2mm thick adds speed or control to rubber

Ball: Celluloid. Diameter: 40mm Weight: 2.7g

Table size 2.74m x 1.52m

Net height 15.25cm

**GRIP**  
 Shakehand Racket head faces up - used by most Europeans and some Asian players  
 Penholder Traditional Asian style with racket head facing downwards

**Service**  
 Ball thrown upwards at least 15cm prior to serve. Often thrown higher so speed of falling ball adds spin

World number one **Ma Long (CHN)**. China holds top five places in men's and women's rankings

Source: LOCOG Original picture: Getty Images © GRAPHIC NEWS

TECHNIQUE : FEEDS



1. **BOUNCE & HIT FEED**  
 Ideal for beginners, the feeder bounces the ball onto the table and hits it carefully, imparting the appropriate level of speed and spin needed to the point on the opposite side of the table required for the player to be able to perform the stroke.
2. **THROW FEED**  
 Perfect for beginners and feeders less able to control the ball with a bat. Feeders who do not have the skills to hit the ball into the required area are most likely to use this method. The ball to be thrown gently to the target area on the opposite side of the table required to enable the player to be able to perform the stroke.
3. **MULTI-BALL FEED**  
 A very good system for feeding the ball to the player from the beginner right through to advanced level. It can also be used for improving reaction time, speed and frequency, as well as developing technique. This method uses a box or bucket of balls, with the feeder playing a number of balls one after the other, carefully imparting the appropriate amount of speed and spin, to the points required on the opposite side of the table. A number of players can be involved of the same time by having one feeding, one hitting the ball and the others picking the ball up and putting them back into the box.



3

TECHNIQUE : BASIC STROKE

BACKHAND DRIVE

To make it easier to describe and analyse strokes in table tennis, they are broken down into 4 stages:  
 1. Ready position  
 2. Backswing to include arm and body movement  
 3. Forward movement to include the forward swing & contact  
 4. Follow through  
 These stages are used for each stroke throughout the programme and should be explained when each new stroke is demonstrated.



1. READY POSITION  
 • Crouched facing the direction you would like the ball to travel  
 • Close to the table
2. BACKSWING  
 • Bat moves back towards the stomach  
 • Slight rotation of the wrist
3. FORWARD MOVEMENT  
 • Produced from the elbow and bat moves forward and slightly upwards  
 • Contact at top of the bounce in front of eye line
4. FOLLOW THROUGH  
 • Bat arm continues in the direction you want the ball to travel  
 • Recover to ready position

TOP TIP  
 • When finishing the shot imagine you are looking at yourself in a mirror on the back of your bat  
 • Similar action to throwing a discus

3

TECHNIQUE : BASIC STROKE

BACKHAND SERVE

To make it easier to describe and analyse strokes in table tennis, they are broken down into 4 stages:  
 1. Ready position  
 2. Backswing to include arm and body movement  
 3. Forward movement to include the forward swing & contact  
 4. Follow through  
 These stages are used for each stroke throughout the programme and should be explained when each new stroke is demonstrated.



1. READY POSITION  
 • Crouched with left foot slightly forward  
 • Close to the table
2. BACKSWING  
 • 1/2 rotation from the waist to the left  
 • Arm rotates back and upwards to the chest
3. FORWARD MOVEMENT  
 • Arm moves forward and downwards as the body unwinds from the wrist  
 • Weight transfers from the left to the right foot  
 • Contact in eye line
4. FOLLOW THROUGH  
 • Bat arm continues to move forward and downwards  
 • Recover to ready position

TOP TIP  
 • The ball must be thrown up at least 15cm in a near vertical trajectory  
 • The ball is struck after it has reached the peak of the throw and has begun to fall  
 • The ball must bounce each side of the table.

4

Table Tennis Knowledge Organiser

