

Knowledge Organiser: PE Year 9 Badminton

Skills / Key Terms

Key Words	Description	Coaching Points
Drive	A fast and flat shot that travels horizontally over the net. It can be played on both forehand and backhand sides. The drive is an attacking shot that is usually played from the sides of the court when the shuttle has fallen too low for it to be returned with a smash.	Forehand : Use Panhandle grip. Backhand : Use the traditional backhand grip. The drive is a simple shot to learn because it doesn't require a lot of movement. A drive is nothing more than a quick flick of the wrist with your forearm providing force and guidance. Make sure you hit the shuttlecock as soon as you can. This means that if a shot is coming straight at you, take a step forward as you hit it to provide extra power. Also, the sooner you return a shot, the less time your opponent has to react.
Flick Serve	The flick serve is also played upward but much more shallowly than the high serve. Idea is to deprive the opponent of time and force them to hit shuttle when it is behind their body. Flick serves are used more frequently in doubles.	Appear as though you are performing a low serve. Then as you are bringing your racket head forward increase the speed and angle of trajectory.
Drive Serve	The drive serve is played fast and flat towards the receivers back court, passing low over the net. Idea is to force a mishit of your opponent by catching them unaware. The drive serve is a gamble because if your opponent reacts fast you are likely to lose point as you will be out of position / unable to respond to shot. As a result professional players will very rarely use this serve. Drive serves are favoured more in doubles than singles due to the opponent generally standing nearer the net.	Use a short sharp swing with a rebound action, stop racket head after impact. Tighten grip on racket to achieve more power.

Forehand Drive



Effects of exercise

Short term	Long term
Rise in muscle temperature Blood temperature rises The blood vessels near the skin open to allow heat to be lost	Muscles get bigger (Hypertrophy) Increased number of capillaries in muscles Increased oxygen delivered to and carbon dioxide removed from the body

Components of fitness

Component of fitness	Definition	Example of use in the game
Reaction Time	How fast a person can respond to a stimuli.	Players will need good reactions to respond to a smash to successfully return it.
Speed	Is the maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.	Speed is needed to quickly move around the court and return the shuttle. Especially when responding to clears and drop shots.

