

Serves

Purpose: To initiate the game and restart play.

Cues

1. Staggered stance
2. Drop birdie from waist
3. Contact: 6 o'clock @ knee
4. Trajectory: High or low
5. Target: Back court or front court

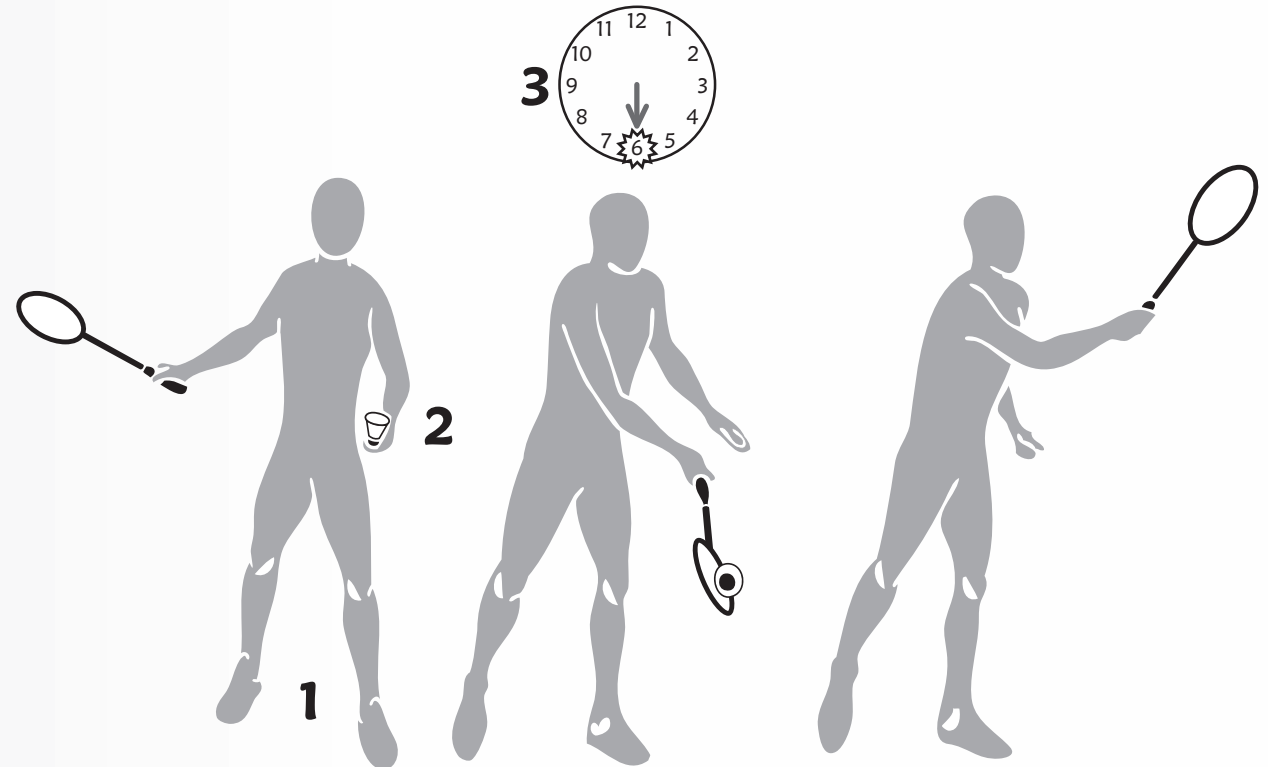
Use To

- Set up the point
- Defend own side
- Restart play

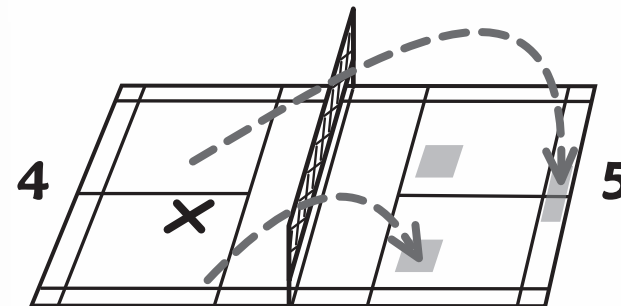
Types

- Long
- Short
- Flick
- Drive

Badminton Content Card



Underhand Forehand



Trajectory and Target

Saques

Bádminton Tarjeta de Contenido

Propósito: Iniciar o reanudar el juego.

Señales

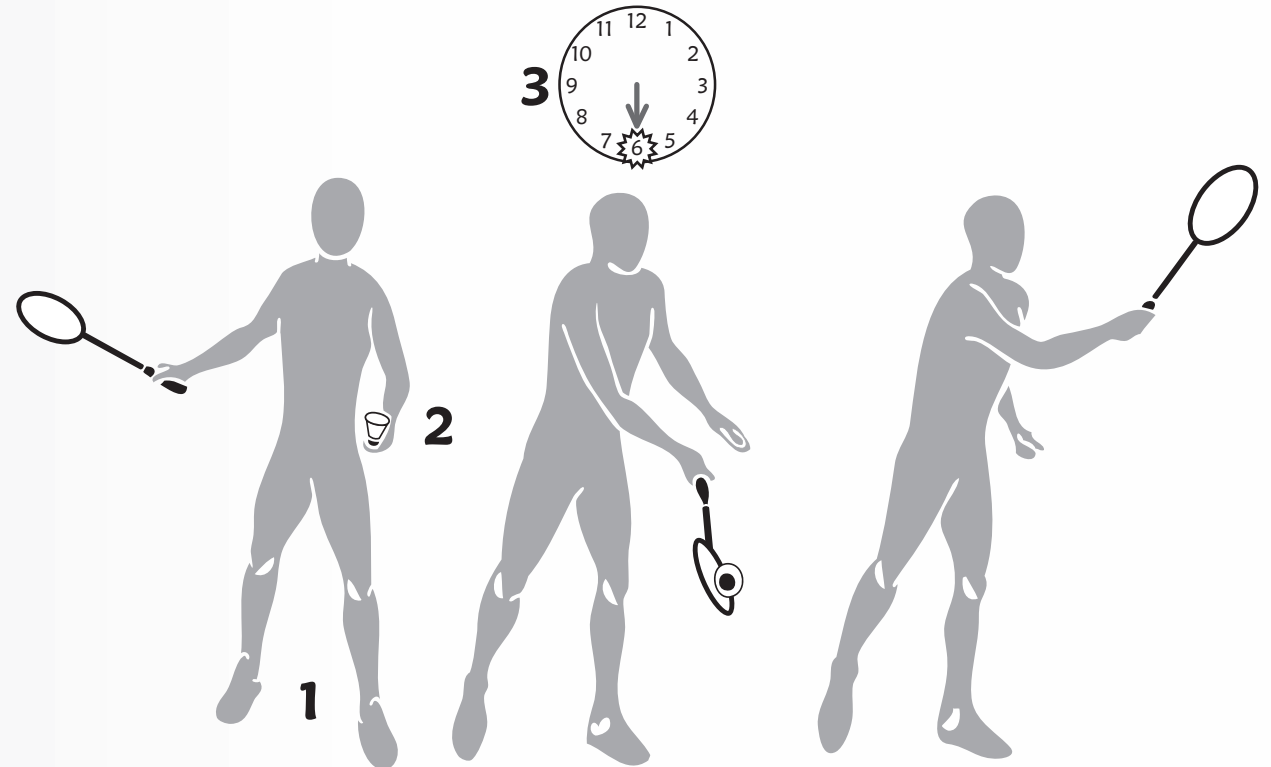
1. Postura escalonada
2. Deja caer la palomita de la cintura
3. Contacto: 6 en punto por la rodilla
4. Trayectoria: Alta o baja
5. Blanco: Cancha trasera o delantera

Se Usa Para

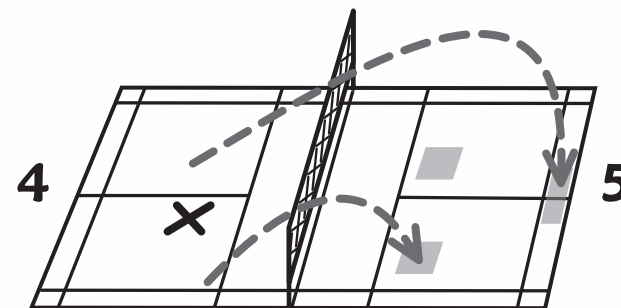
- Poner en marcha el punto
- Defender tu lado
- Reanudar el juego

Tipos

- Largo
- Corto
- Golpe de muñeca
- Golpe de movimiento continuo



Golpe de Derecha por Abajo



Trayectoria y Blanco



Badminton

Rules

- All teams are assigned a number, which corresponds to their start-station.
- On signal, teams move clockwise and remain together for the entire race.
- Perform 1st non-stop loop by moving around the perimeter until you return to your start-station.
- Complete the task at that station to criteria before moving on to the next station.
- Continue moving to each station in order until all stations have been completed once.
- Remember to have the station box checked after successfully completing each station.
- Perform another non-stop loop, returning to original start-station, repeat process.
- When each station has been completed and checked off 3X, move to Closing Challenge.
- Teams adhere to **Adventure Race Creed:**

Out Lead! * Out Last! * Out Laugh!

///Station 1 – Think About It

Read the question. When your team thinks they know the answer, tell the Judge. If correct, receive a mark and move on. If not, jog around the *Think About It Loop* before returning to Judge with your answer. Answer question correctly before moving on.

Questions:

- Loop 2: What shot is hit high and used to move your opponent to the back court?
- Loop 4: After hitting each shot, what should a player do?
- Loop 6: Referring to a clock, what is the ideal point of contact for a smash?

///Station 2 – S-P-A-C-E Shuttle

In circle formation, face team members 10 paces away from each other. With 1 shuttle, hit 50 overhand forehand clears as a team. After each hit, move away from and back to your spot. All team members must contribute.

///Station 3 – Officials' Clinic

As a team in unison, show and say each of the badminton five hits. If shuttle contacts the ground during rally, restart count at zero. Station is complete when each group of 4 completes 10 hits.

///Station 4 – Double the Fun Rally

Paired doubles make 10 consecutive hits. If shuttle contacts the ground during rally, restart count at zero. Station is complete when each group of 4 completes 10 hits.

///Station 5 – Serve It Up!

1 shuttle per person. From line, serve into hoop-targets. Serve and retrieve as a team. Mark "hits" with a cone in hoop. Repeat until all 10 hoops have been hit.

Closing Challenge

Cool-down, stretch and/or cheer for other teams until the signal.

Badminton Adventure Race

Stamp this side.

Team: _____ Our 1st Station

Badminton Adventure Race Recording Card

LOOP 1: From your start-station, perform one non-stop loop.

LOOP 2: From start-station, complete each station in order.

Station 1 Think About It	Station 2 S-P-A-C-E Shuttle	Station 3 Officials' Clinic	Station 4 Double the Fun Rally	Station 5 Serve It Up!
Place Mark Here	Place Mark Here	Place Mark Here	Place Mark Here	Place Mark Here

LOOP 3: Perform one non-stop loop.

LOOP 4: From start-station, complete each station in order.

Station 1 Think About It	Station 2 S-P-A-C-E Shuttle	Station 3 Officials' Clinic	Station 4 Double the Fun Rally	Station 5 Serve It Up!
Place Mark Here	Place Mark Here	Place Mark Here	Place Mark Here	Place Mark Here

LOOP 5: Perform one non-stop loop.

LOOP 6: From start-station, complete each station in order.

Station 1 Think About It	Station 2 S-P-A-C-E Shuttle	Station 3 Officials' Clinic	Station 4 Double the Fun Rally	Station 5 Serve It Up!
Place Mark Here	Place Mark Here	Place Mark Here	Place Mark Here	Place Mark Here

Closing Challenge