

Badminton games in physical education

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Abstract

Moving is a biological and social need. Today in the era of computerization when the need for moving is suppressed it is even more important to find the new and interesting ways of persuading children to perform physical activities.

Badminton is one of the new games, recently introduced in physical education system. It is easy to make badminton interesting to the children by using the simple exercises in the beginning. Afterwards you add more complex and more demanding exercises, according to the age and the level of skills they have adopted.

Key words

badminton, exercise, fun games, physical education

Introduction

The main goal of physical education in school is helping children to improve skills, needed for their physical development. It is their basic biological and social need commonly known as necessity for movement. Today children have less physical activity than ever. This problem is characteristic for the countries of developed world, where it has become a health problem. They spend a lot of time in schools, sitting on chairs, while having only few hours of physical education per week. When they come home they have their TV, computers and video games that all demand no physical activity.

Badminton is used in Croatia as part of physical education. Although it is not a new sport, it found its place in schools only recently. Badminton has few advantages that allow this sport to be very convenient for physical education in schools. It is fun and easy to learn. It requires a little financial support and it can be easily introduced in almost every school hall.

This article will show the way to introduce small children to badminton. It will cover the techniques that are necessary to motivate children, teach them how to play proper and as quickly as possible.

Age related training

While you work with children it is very important to bear in mind that they are not just young adults. Therefore the training program with children must be adapted to

their physiological, psychological and social development. It is not just «reduced» training for adults in quantity and quality. When a person introduces badminton exercise to small children, the most important principle is that work has to be systematic. These are the examples :

- Work from easy to hard
- Work from slow to fast
- Work from standing to moving exercises
- Work from technique to tactic
- Work from 1:1, 2:2, to group exercises
- Work from instructions to experiments and self responsibility.

There are some characteristics to every age group :

Age group 8-12 years

- They like to move and like to learn (golden learning age)
- Good body proportion and condition (small, light, good strenght/lenght correlation)
- Need many repetition to learn
- Good physical balance, optimistic and positive
- They need fun and like competition
- They want to take responsibility
- Boys and girls are quite similar

Age 8-12	CONTENTS of badminton program
Strokes	<ul style="list-style-type: none"> • Racket movement, grip • Loops • Strokes play high and far • Service
Footwork	<ul style="list-style-type: none"> • Normal running • Backwards running • Cross in front /cross behind running
Tactics	<ul style="list-style-type: none"> • Single play • Central movements • The rules

In physical education we have to work on co-ordination, speed (reaction speed /action speed), flexibility, aerobic exercises. In badminton activities we should learn basic strokes and footwork, basic tactic for singles and game rules.

Age 12-15 years

- Rapid height differences (girls earlier/boys later but faster), connected with wrong proportions and big individual differences
- Bad co-ordination
- Good age for physical training
- Look for social contact in the same age group
- Big problems in learning new motions

Age 12-15	CONTENTS of badminton program
Strokes	<ul style="list-style-type: none"> • Underarm strokes, backhand and forhand • Long and short service • Lift and short on the net • Clear, drop and smash
Footwork	<ul style="list-style-type: none"> • Central position • Lunge • Chasse steps/running • Jumps – split jumps/movements
Tactics	<ul style="list-style-type: none"> • Safe play • Use oponent's weakness • Playing centre • Same movement for all overhand strokes • Double tactics

In the badminton program we have to improve techniques of footwork and strokes and learn new strokes. They learn basic tactic for doubles. In this age they should participate at least in school competitions.

Age group 15-19 years

- Harmony in proportion and co-ordination
- Good oxygen uptake and good strength
- Good learning of more complex motions

Age 15-19	CONTENTS of badminton program
Strokes	<ul style="list-style-type: none"> • Advanced backhand strokes • Net play/trick shots • Defence play
Footwork	<ul style="list-style-type: none"> • Skips • Scissor jumps/movement • Combination of all footwork movement
Tactics	<ul style="list-style-type: none"> • Avoid to show your own weak spots • Mix tactics, women role • Use many cross court shuttles

In the badminton program we have to learn more advance strokes (with deception while performing strokes), develop advanced tactics, improve even more techniques and footwork, learn trick shots

Examples of simple exercises for fun badminton

The best way to introduce small children to badminton are «fun» games. Those are easy and very simple exercises that children enjoy very much. The main goal is to make children familiar to the shuttle and racket and to improve shuttle control. Exercises can be with shuttle and racket or without any of them, in group (relay) or

individually. These exercises can be with only few or with many shuttles. The advantage is that you can benefit from already used shuttles.

The children can participate individually with the racket or in group in relay, which depends on the time and possibly you have. These exercises are suggested at the very start of learning technique by small children or as a form of repeating by older children. The emphasis is here on «fun and enjoy».

Exercises with the shuttles (*hitting the shuttle time after time up above you*) can be performed in one place but in different posture.

The student can be

- standing
- sitting down
- on one's knees
- lying down

The student can be standing up but in the move

- walking
- running forward and backward
- running sideways
- jumping
- walking along the line
- performing various tasks shouted by the teacher

All such exercises (*hitting the shuttle time after time up above you*) can be performed with forehand, backhand or in combination. If you want to increase the intensity of the exercise one can practise with 2 shuttles.

All *relay* games are always interesting and useful in physical education. We can use shuttles and rackets in many different ways:

- collect as many shuttles from the floor (using only racket or without it)
- carrying the shuttle on the racket
- moving across the obstacles while holding shuttle on the racket or on the head for example
- various combinations with passing the shuttle in the run
- throwing the shuttle with hand as far as possible
- tag games with the shuttle (you have to touch the next player or hit them with the shuttle)

For all such exercises you do not need the badminton court or the net, so you can use them in any hall or even outside.

Games and exercises on the badminton court:

- keeping score between two teams – each has 3 players but only 2 rackets and they change on the court inside the team after each shot
- keeping score, 2 players against 2 but only 1 racket in each team
- keeping score, 2 players against 2 but the pairs must hold hands while playing

Conclusion

Badminton is one of the new adapted sports in physical education. Due to its popularity like a common game it is very well adopted for children. The game that is known to be played outside like a simple passing the shuttle between two players should be introduced as a proper sport. Learning the technique and basic rules is simple and you can start with it at an early age. The advantage of badminton in school is certainly cheap equipment compared to some other sports. Almost all exercises can be applicable in one physical education lesson, either in the beginning, middle or at the end of the school hour.

Our experience suggests that badminton can be easily introduced even to children with disability. This particularly goes for children in wheelchairs and with hearing impairment.

If you take in account the age, and use many different exercises with and without the shuttles, you are sure to find great enthusiasm and motivation from the children.

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