

# Badminton Knowledge Organiser

## 3 top tips of a warm up and cool down

1. Pulse raiser consisting of things such as jogging, high knees.
2. Dynamic stretching (stretches on the move) lunges.
3. Static stretching.

## Basic rules

1. A match consists of the best of 3 games of 21 points.
2. Every time there is a serve - there is a point scored.
3. The side winning a rally adds a point to its score.
4. At 20 all, the side which gains a 2 point lead first, wins that game.
5. At 29 all, the side scoring the 30th point, wins that game.

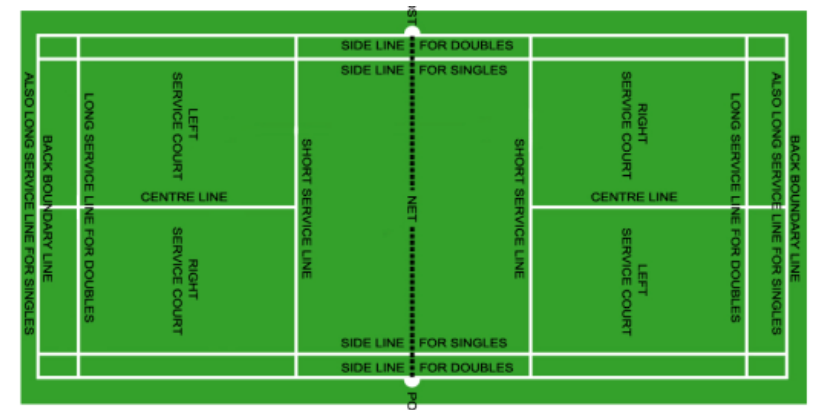
## Types of shots

1. Attacking clear
2. Defensive clear
3. Smash
4. Drive
5. Drop
6. Net drop

Badminton England  
Website

[www.badmintonengland.co.uk](http://www.badmintonengland.co.uk)

Nylon Feather



## Serving Positions

