

Badminton is a fast paced sport, played on a court, either 1 player versus 1 player (singles) or 2 players versus 2 players (doubles). Each player uses a badminton racket to hit a shuttlecock over a net trying to make it difficult for their opponent to return in back over the net.



Viktor Axelsen
Country: Denmark.
Age: 29.
Fact: World champion and Olympic champion.



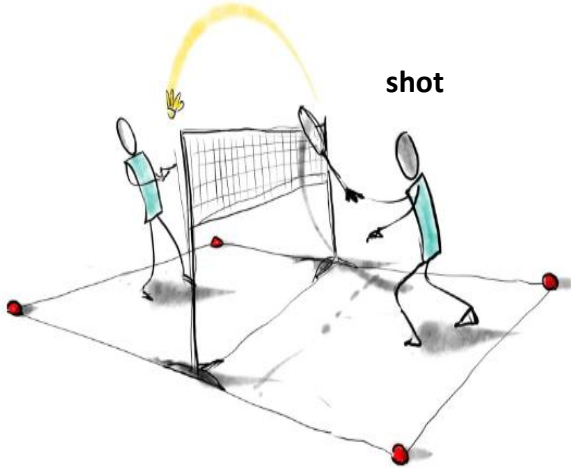
serve court racket
net shuttlecock
rally



serve



rally



shot

STEPS TO SUCCESS
These are the skills I need to achieve success in UKS2 Badminton:

- To know the correct grip and stance when holding a racket.
- To play shots on the forehand and backhand side of the body.
- To use a variety of shots, and serves, hitting with increasing consistency.

- To adopt a good ready position.
- To employ tactics in games.
- To play games following the rules and scoring correctly.