

Nombre:

Curso:

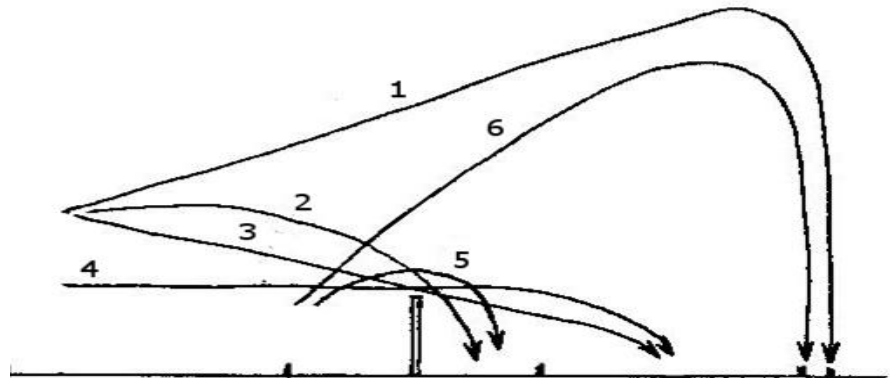
Fecha:

Calificación:

BADMINTON

2P. Mach the correct “hit name” with the number of the different arrows in the picture below.

- Lob.
- Drive.
- Smach.
- High drop.
- Low drop
- Clear.



1P. True or false:

- When serving I can serve either forehand (drive) or backhand side.
- When serving I can hit the shuttlecock above my hips.

2P. Fill the gaps. :

You need to win at leastsets to win the match.

The match reach up to.....points at least and you must to win with a difference of.....points.

If the server score is an odd number he/she must to serve from the.....side of the court.

Is it valid when the shuttlecock lands just over the line?

1P. Explain with your own words: What happens when during a rally the shuttlecock barely touch the net and falls down in to the opponent’s side of the court? Is it opponent’s point or is it not?

1P. Fill the gaps about the main warming up goals.

When I do a warm up I’m trying to avoid and to achieve a better.....

1P. Write down the three main warm up phases:

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2P. Draw 4 different exercises of the weak strength phase of the warm up and write down which main muscular group is implicated in each exercise.
