

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.



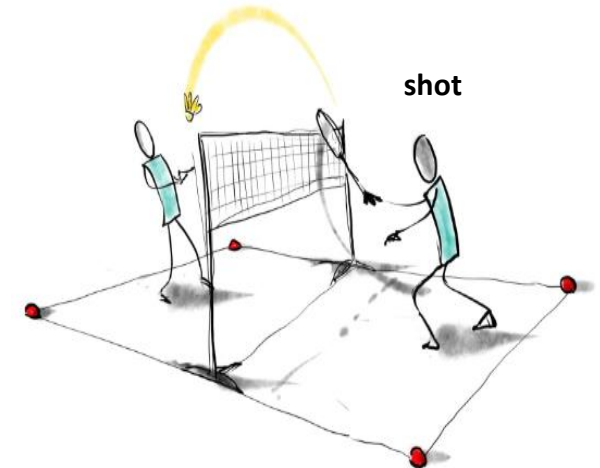
serve      court      racket  
net      shuttlecock  
rally



serve



rally



shot

## **STEPS TO SUCCESS**

**These are the skills I need to achieve success in UKS2 Athletics:**

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.