

Oksana Koval

BADMINTON



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

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«БАДМІНТОН»

**методична розробка
з англійської мови**

*для самостійної та аудиторної роботи
з теми*

«Спортивна спеціалізація»

*для студентів III курсу
денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»*

Львів
2013

УДК 796.344:811.111 (076.5)

ББК 75.565+81.2 Англ я72

К 56

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Ухвалено до друку Вченою радою факультету ПК ПП та ЗО

Львівського державного університету фізичної культури

(протокол № 1 від 17 жовтня 2012р.)

Коваль О. Бадмінтон метод. розробка з англ. мови для сам. та ауд. роботи з теми “Спортивна спеціалізація” для студ. III курсу денної та заочної форми навчання за напрямками

К підготовки “фізичне виховання” та “спорт” / Оксана Коваль. – Л. : ФОП Квятковський В.С., 2013. – 20 с.

У методичній розробці представлено тему “Спортивна спеціалізація” (*Бадмінтон*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямками підготовки “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою.

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CONTENTS

<i>Text A. Badminton</i>	4
<i>Text B. History of badminton</i>	11
<i>Text C. Rules of badminton</i>	14
<i>Glossary</i>	16
<i>Reader</i>	18
<i>Reference list</i>	20

BADMINTON

Text A

Pre-text exercises

1. Read and learn the active vocabulary:

- aerodynamic properties - аеродинамічні властивості
- aerobic stamina - вища аеробна майстерність
- anticipate the stroke - передбачати удар
- body momentum - швидкість руху тіла
- decelerate, *v* - зменшувати швидкість
- deception, *n* - оманливий рух
- drag, *n* - опір, гальмування
- employ strokes - застосовувати удари
- estimate, *v* - оцінювати
- event, *n* - змагання
- international competition - міжнародні змагання
- jumping smashes - удари в стрибку
- motor coordination - координація рухів
- netshot, *n* - удар в сітку
- pass over - передавати
- projectile, *n* - півсфера
- rally, *n* - обмін ударами
- rectangular court - прямокутний корт
- return, *v* - відбивати удар
- shuttlecock, *n* - волан
- smash, *n* - смеш
- sophisticated, *adj* - складний
- speed, *n* - швидкість пресування

- strike the ground - торкнутися землі
- subtle stroke – точний удар

2. Translate without using a dictionary:

badminton, racquet, sport, court, pass, unique, top, recreational, mixed, fitness, aerobic, technical, motor coordination, situation, delicate, finish, force, opponent, important, expert, identical, direction, body, smash, initial, federation, nation, competition, debut, medal, side, position, ground.

3. Read and translate the text.

BADMINTON

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. A rally ends once the shuttlecock has struck the ground, and the shuttlecock may only be struck once by each side before it passes over the net.

The shuttlecock (or shuttle) is a feathered projectile whose unique aerodynamic properties cause it to fly differently from the balls used in most racquet sports; in particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly than a ball. Shuttlecocks have a much higher top speed, when compared to other racquet sports. Because shuttlecock flight is affected by wind, competitive badminton is best played indoors. Badminton is also played outdoors as a casual recreational activity, often as a garden or beach game.

Since 1992, badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair is a man and a woman. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed, and precision. It is also a

technical sport, requiring good motor coordination and the development of sophisticated racquet movements.

To win in badminton, players need to employ a wide variety of strokes in the right situations. These range from powerful jumping smashes to delicate tumbling net returns. Often rallies finish with a smash, but setting up the smash requires subtler strokes. For example, a netshot can force the opponent to lift the shuttlecock, which gives an opportunity to smash. If the netshot is tight and tumbling, then the opponent's lift will not reach the back of the court, which makes the subsequent smash much harder to return.

Deception is also important. Expert players make the preparation for many different strokes look identical, and use slicing to deceive their opponents about the speed or direction of the stroke. If an opponent tries to anticipate the stroke, he may move in the wrong direction and may be unable to change his body momentum in time to reach the shuttlecock.

The most powerful stroke in badminton is the smash, which is hit steeply downwards into the opponents' midcourt. The maximum speed of a smashed shuttlecock exceeds that of any other racquet sport projectile. The recordings of this speed measure the initial speed of the shuttlecock immediately after it has left the player's racquet.

Men's doubles player Fu Haifeng of China set the official world smash record of 332 km/h (206 mph) on June 3, 2005 in the Sudirman Cup. The fastest smash recorded in the singles competition is 305 km/h (189 mph) by Taufik Hidayat of Indonesia.

Badminton's governing body the International Badminton Federation (IBF) has about 140 members nations. The IBF estimates about 200 million people play the game worldwide and that more than 1000 players participate in international competition. Badminton's growth accelerated after the game's debut as a medal sport during 1992 Summer Olympic Games.

(Originated from Wikipedia, the free encyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- | | |
|--------------------------|----------------------------|
| 1) take positions | 6) sophisticated movements |
| 2) rectangular court | 7) jumping smash |
| 3) core points | 8) lift the shuttlecock |
| 4) strike a shuttlecock | 9) anticipate the stroke |
| 5) competitive badminton | 10) governing body |

2. Match the definitions to the following notions:

- | | |
|----------------|--|
| 1) badminton | a) hard-hit overhead shot that forces the shuttle sharply downward. Badminton's primary attacking stroke; |
| 2) midcourt | b) an act of hitting a ball, for example with a bat or racket; |
| 3) net shot | c) a series of hits before a point is scored; |
| 4) shuttlecock | d) a game of hitting a small light kind of ball, originally with feathers around it across a high net using a racket; |
| 5) smash | e) the middle third of the court, halfway between the net and the back boundary line; |
| 6) precision | f) shot hit from the forecourt that just clears the net and then falls rapidly; |
| 7) event | g) official name for the object that the players must hit, composed of 16 goose feathers attached to a cork base covered with leather; |
| 8) agility | h) the quality of being exact, accurate and careful; |
| 9) stroke | i) one of the competitions in a sport programme; |
| 10) rally | j) ability to move quickly and easily |

3. Combine the following words and translate them:

- | | |
|-------------------|---------------|
| 1) racquet | a) court |
| 2) opposing | b) activity |
| 3) rectangular | c) movement |
| 4) score | d) projectile |
| 5) feathered | e) points |
| 6) top | f) fitness |
| 7) recreational | g) speed |
| 8) mixed | h) sport |
| 9) excellent | i) doubles |
| 10) sophisticated | j) players |

4. Insert the prepositions where necessary:

at, of(4), to(3), about, by(3), with(3), over in(4), for, into, on, up

1. ... high levels ... play, the sport demands excellent level of fitness.
2. Expert players use slicing ... deceive their opponents ... the speed.
3. Players score points ... striking a shuttlecock ... their racket, so that it passes ... the net and lands ... their opponent's half ... the court.
4. .. win ... badminton, players need ... employ a wide variety ... strokes ... the right situation.
5. Expert players make the preparation ... many different strokes look identical.
6. Smash is hit steeply downwards ... the opponent's midcourt.
7. Players take positions ... opposite halves ... a court that is divided ... a net.
8. Badminton is an Olympic sport ... five events, ... which each pair is a man and a woman.
9. Often rallies finish ... a smash, but setting ... the smash demands subtler strokes.
10. Because shuttlecock flight is affected ... a wind, competitive sport is played indoors.

5. Match two parts of the sentences.

- | | |
|---|--|
| 1. At high levels of play, ... | a)...competitive badminton is best played indoors. |
| 2. A rally ends ... | b)... cause it to fly differently from the balls used in most racquet sports. |
| 3. Players score points ... | c)... the sport demands excellent fitness. |
| 4. Because shuttlecock flight is affected by wind ... | d)... after the game's debut as a medal sport during 1992 Summer Olympic Games. |
| 5. The maximum speed of a smashed shuttlecock ... | e)... once the shuttlecock has struck the ground. |
| 6. Badminton's growth accelerated ... | f)... by striking a shuttlecock with the racquet so that it passes over the net. |
| 7. Setting up the smash ... | g)... often as a garden or beach game. |
| 8. The unique aerodynamic properties of the shuttlecock ... | h)... requires subtler strokes. |
| 9. Badminton is an Olympic sport ... | i)... exceeds that of any other racquet sport projectile. |
| 10. Badminton is also played outdoors ... | j)... in which each pair is a man and a woman |

6. Complete the sentences with appropriate terms.

1. A r_____ ends once the s_____ has struck the ground.
2. In badminton, players need to e_____ a wide variety of s_____.

3. Often rallies finish with a s_____.
4. N_____ can force the opponent to l_____ the shuttlecock, which gives an opportunity to smash.
5. Expert players use s_____ to deceive their opponents about the speed or direction of the s_____.
6. Men's d_____ player Haifeng of China set the official world smash r_____.
7. Badminton's governing b_____ is the International Badminton Federation.
8. D_____ is also important.
9. At high levels of play, the sport demands excellent f_____.
10. Setting up the smash requires s_____ strokes.

7. Answer the following questions.

1. What is badminton?
2. When did badminton become Olympic sport?
3. What is shuttlecock?
4. What gives an opportunity to smash?
5. Why is competitive badminton played indoors?
6. Why is deception important?
7. What is the most powerful stroke in badminton?
8. What is badminton's governing body?
9. When did badminton gain popularity?
10. What are five events in badminton at Olympic Games?

8. Finish the following sentences.

1. Badminton is ...
2. A rally ends ...
3. The shuttlecock is ...
4. To win in badminton ...
5. Setting up the smash ...

6. Expert players use ...
7. The smash is hit ...
8. Badminton's growth accelerated ...
9. Players score points ...
10. Badminton's governing body ...

1. Read the text to find the information about:

- 1) When and by whom was badminton brought to England?*
- 2) When did the game officially become known as badminton?*
- 3) When did the first badminton competition take place?*
- 4) What are the founding members of the IBF?*
- 5) What countries do the world-class players come from?*

Badminton has been played since ancient times; an early form of the sport was played in ancient Greece. In Japan, the related game Hanetsuki was played as early as the 16th century. In the west, badminton came from a game called battledore and shuttlecock, in which two or more players keep a feathered shuttlecock in the air with small racquets. The modern derivative of the game was called "Poona" in India during the 18th century, and British Army officers stationed there took a competitive Indian version back to England in the 1860s, where it was played at country houses as an upper class amusement. Isaac Spratt, a London toy dealer, published a booklet, "Badminton Battledore - a new game" in 1860, but unfortunately no copy has survived. The new sport was definitively launched in 1873 at the Badminton House, Gloucestershire, owned by the Duke of Beaufort. During that time, the game was referred to as "The Game of Badminton," and the game's official name became Badminton. Until 1887, the sport was played in England under the rules that prevailed in India. The Bath Badminton Club standardized the rules and made the game applicable to English ideas. The basic regulations were drawn up in 1887. In 1893, the Badminton Association of England published the first set of rules according to these regulations, similar to today's rules, and officially launched badminton in a house called "Dunbar" at 6 Waverley Grove, Portsmouth, England on September 13 of that year. They also started the All England Open Badminton Championships, the

first badminton competition in the world, in 1899. The International Badminton Federation (IBF) (now known as Badminton World Federation) was established in 1934 with Canada, Denmark, England, France, the Netherlands, Ireland, New Zealand, Scotland, and Wales as its founding members. India joined as an affiliate in 1936. The BWF now governs international badminton and develops the sport globally. While originated in England, international badminton has traditionally been dominated by Denmark from Europe. Indonesia, South Korea and Malaysia are among the nations that have consistently produced world-class players in the past few decades and dominated competitions on the international level, with China being the most dominant in recent years.

(Originated from Battledore and Shuttlecock. 1854, from the John Leech Archive)

2. Are the sentences true or false? Correct any false sentences.

1. The new sport was prohibited in 1873 at the Badbinton House, Gloucestershire.
2. The founding members of the IBF are Canada, Denmark, England, France, the Netherlands, Australia, Scotland and Wales.
3. Until 1887 badminton was played in England under the rules that prevailed in India.
4. In England first badminton was played as upper class amusement.
5. The world-class players come from Europe.
6. In 1993, the Badminton Association of England published the first set of rules.
7. Badminton has been played since ancient times.
8. The Bath Badminton Club made the game applicable to English ideas.
9. The first badminton competition in the world took place in 1900.
10. India joined the IBF in 1936.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

1. Read the text. Translate It in a written form.**Rules**

International rules state that an indoor badminton court must be rectangular, with white lines marked on a level wooden floor or on a special mat that is rolled onto a level playing surface. A singles court is 44 ft (13.41 m) long and 17 ft (5.18 m) wide. For doubles, alleys 1 ft 6 in (0.46 m) wide along the two longer sides of the court come into play, making the court 20 ft (6.10 m) wide. Because many shots fly high into the air, there must be clearance of at least 30 ft (9.14 m) above the court. A net stretched across the middle of the court has a top edge set to a height of 5 ft (1.52 m) at the center and 5 ft 1 in (1.55 m) at the posts.

Badminton rackets weigh between 3.5 and 5 oz (99 and 141 g) and consist of a leather or terrycloth handle; a long, thin shaft; and a stringed area called the head. Official rules limit the total length of a racket to 26.75 in (67.95 cm). Tournament-quality shuttlecocks, also called shuttles or birdies, weigh 0.2 oz (5.7 gm) and consist of 16 goose feathers that protrude from one side of a ball-shaped cork base.

Play begins with a serve from a service area on the right-hand side of the court to a receiver in a diagonally opposite service area across the net. To serve, the server stands behind the service line and strikes the cork base of the shuttle in an underband motion. The receiver must then return the shuttle before it hits the ground, and the players hit the shuttle back and forth until one side fails to return it.

Play ends when the shuttle hits the ground on one side of the court or when one player makes a fault, or error, such as hitting the shuttle into the net or out of bounds. Specific faults for servers include striking the feathers of the shuttle first or serving overhand. The receiver can be faulted for not being within the service court, for not having both feet on the floor when receiving, and for moving before the serve is made.

During play, faults include hitting the shuttle into the roof or lights, hitting it through the net, double-hitting or slinging a shot, touching the net, playing a shot by reaching over the net, and allowing the shuttle to hit the player's body. Unsportsmanlike conduct—such as intentionally distracting an opponent—will also earn a player a fault.

Points are scored when the opponent fails to return the shuttle, hits it out of bounds, or earns a fault. Points only count for the server (or serving side in doubles), so keeping the service privilege is an important part of the game. If the server loses a rally or makes a fault, the service privilege passes to the opponent. In doubles, this immediate loss of service occurs only at the start of the game. After this first loss of service, each team receives two chances to bold serve. When the first teammate loses serve, the partner serves. If the partner loses serve, the opposing team takes over.

In men's singles, men's doubles, women's doubles, and mixed doubles, the first side to score 15 points is the winner. Women's singles games are played to 11 points. If the score is tied at 14-14 (or 10-10 in women's singles) a system called setting settles the outcome. The first side that reached 14 (or 10) elects either to play through, meaning that the next side to win a point wins the game, or to set the game to three additional points, meaning that the first side to reach 17 points (or 13 in women's singles) wins the game. Each badminton match is a best-of-three-games contest. Average matches last about 45 minutes, but professional matches can last more than 2 hours. Badminton tournaments involve a number of officials. A referee supervises the tournament organization while an umpire controls each match. Aided by a service judge, the umpire keeps score and rules on faults during play. Up to ten line judges rule on whether particular shots have landed in or out of the court.

2. Compile a vocabulary of badminton terms.

3. Make up a presentation of badminton.

Alley - extension of the court by 1-1/2 feet on both sides for doubles play

Back Alley- Area between the back boundary line and the long service line for doubles.

Backcourt- Back third of the court, in the area of the back boundary lines.

Carry- An illegal tactic, also called a sling or a throw, in which the shuttle is caught and held on the racquet and then slung during the execution of a stroke.

Center or Base Position- Location in the center of the court to which a singles player tries to return after each shot.

Center Line- Line perpendicular to the net that separates the left and right service courts.

Drive- A fast and low shot that makes a horizontal flight over the net.

Drop- A shot hit softly and with finesse to fall rapidly and close to the net on the opponent's side.

Fault- A violation of the playing rules, either in serving, receiving, or during play.

Feint (Balk)- Any deceptive movement that disconcerts an opponent before or during the service.

Hairpin Net Shot- Shot made from below and very close to the net with the shuttle rising, just clearing the net, and then dropping sharply down the other side. The shuttle's flight approximates the shape of a hairpin.

Halfcourt Shot- A shot hit low and to midcourt, used effectively in doubles against the up-and-back formation.

Kill- fast downward shot that cannot be returned; a "putaway".

Let- A legitimate cessation of play to allow a rally to be replayed.

Long Service Line- In singles, the back boundary line. In doubles a line 2-1/2 feet inside the back boundary line. The serve may not go past this line.

Match- A series of games to determine a winner.

Midcourt- The middle third of the court, halfway between the net and the back boundary line.

Net Shot- Shot hit from the forecourt that just clears the net and then falls rapidly.

Push Shot- Gentle shot played by pushing the shuttle with little wrist motion, usually from the net or midcourt to the opponent's midcourt.

Rally- Exchange of shots while the shuttle is in play.

Service Court- Area into which the serve must be delivered. Different for singles and doubles play.

Short Service Line- The line 6-1/2 feet from the net which a serve must reach to be legal.

Shuttlecock (Shuttle)- Official name for the object that the players must hit. Composed of 16 goose feathers attached to a cork base covered with leather. Synthetic shuttles are also used by some.

Wood Shot- Shot that results when the base of the shuttle is hit by the frame of the racket. Once illegal, this shot was ruled acceptable by the International Badminton Federation in 1963.

(Originated from IOC site: <http://www.olympic.org>.)

EQUIPMENT

Badminton rackets weigh between 3.5 and 5 oz (99 and 141 g) and consist of a leather or terrycloth handle; a long, thin shaft; and a stringed area called the head. Official rules limit the total length of a racket to 26.75 in (67.95 cm). The head of a racket measures 11 in (28 cm) in length and 8.6 in (21.8 cm) in width and is strung with synthetic nylon or gut at between 25 and 35 lb (11.3 and 15.9 kg) of tension. Early rackets were made of wood, but badminton rackets are now commonly made of aluminum, boron, graphite, and titanium.

Tournament-quality shuttlecocks, also called shuttles or birdies, weigh 0.2 oz (5.7 gm) and consist of 16 goose feathers that protrude from one side of a ball-shaped cork base. Most shuttles used by casual players are plastic and have synthetic feathers. Both types of shuttles are 2.5 in (6.4 cm) long. When the shuttlecock is in the air, its aerodynamics cause it to spin so that when players hit it, they almost always strike the cork, not the feathers.

SCORING AND OFFICIALS

Points are scored when the opponent fails to return the shuttle, hits it out of bounds, or earns a fault. Points only count for the server (or serving side in doubles), so keeping the service privilege is an important part of the game. If the server loses a rally or makes a fault, the service privilege passes to the opponent. In doubles, this immediate loss of service occurs only at the start of the game. After this first loss of service, each team receives two chances to hold serve. When the first teammate loses serve, the partner serves. If the partner loses serve, the opposing team takes over. In men's singles, men's doubles, women's doubles, and mixed doubles, the first side to score 15 points is the winner. Women's singles games are played to 11 points. If the score is tied at 14-14 (or 10-10 in women's singles) a system called *setting* settles the outcome. The first side that reached 14 (or 10) elects either to *play through*, meaning that the next side to win a point wins the game, or to *set* the game to three additional points, meaning that the first side to reach 17 points (or 13 in women's

singles) wins the game. Each badminton match is a best-of-three-games contest. Average matches last about 45 minutes, but professional matches can last more than 2 hours.

Badminton tournaments involve a number of officials. A referee supervises the tournament organization while an umpire controls each match. Aided by a service judge, the umpire keeps score and rules on faults during play. Up to ten line judges rule on whether particular shots have landed in or out of the court.

Skills and strokes

Badminton requires speed, strength, power, agility, and nerve. Players must move quickly from side to side and back and forth, and stamina is important.

There are six key badminton strokes: the serve, drive, net shot, smash, lift (or lob), and clear. To hit these strokes, players use either a forehand or a backhand grip, depending on court positioning. On the forehand the forefinger acts as a lever and creates power and direction for the stroke. For the backhand the thumb creates this power and direction while placed along the back of the handle.

Many players aim the serve toward the centerline of the opposite service box. This technique limits the angle of the opponent's return shot. Sometimes players use long, high serves to force opponents to the back of the court. Players also make specialty serves, such as flick serves that barely clear the net or drive serves that are hit down the sideline of the service area, to catch opponents out of position.

Once play has started, players tend to hit straight, low-flying shots called drives.

When the shuttle remains close to the center of the court, net shots can be a good option. Net shots can be hard-hit or delicate. They are aimed at the front area of the opponent's court, forcing the opponent to play the shot close to the net.

If the opponent manages to return a net shot, the return must be hit high to clear the net. This gives the player a chance for a smash—the deadliest attacking stroke in badminton. A smash is hit to the floor so forcefully that the opponent has no chance to return the shuttle before it hits the ground.

(Originated from Microsoft® Encarta® 2006.)

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