

# Badminton

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## Belt Loop

### **Complete these three requirements:**

1. Explain the rules of badminton to your leader or adult partner.
2. Spend at least 30 minutes practicing badminton skills.
3. Participate in a badminton game.

## Sports Pin

### **Earn the Badminton belt loop, and complete five of the following requirements:**

1. Compete in a pack or community badminton tournament.
2. Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net, and comfortable clothes and shoes.
3. Demonstrate skill in the following grip techniques: forehand and backhand.
4. Spend at least 60 minutes practicing to develop skills for shots and strokes (clear, drive, drop, and smash). Keep track of your time on a chart.
5. Demonstrate skill in the following: hit the shuttle using forehand or backhand; hit the shuttle, alternating forehand and backhand; hit the shuttle against the wall with a forehand or backhand; hit the shuttle against the wall, alternating forehand and backhand.
6. Accurately lay out a badminton court, including net and lines.
7. Play five games of badminton.
8. Participate in a badminton skills development clinic.
9. Play at least three games during which you make your own foul calls effectively to your leader's satisfaction.