**Badminton activities**

**Pong (Physical Dimensions)**

* The server only gets one serve.
* The game is played to 11 or 21 points.
* Players serve five consecutive points, and then switch service.
* The players don’t switch sides until the end of the game.
* If the server misses, a single serve point goes to the receiver. Much like rally scoring in volleyball.

**Partner Clears**

* Have partners stand on opposite sides of the court and work on forehand and backhand clears.
* Emphasize the height and depth of the clears.
* Change partners every minute.

**Partner Drop and Clear**

* Have partners stand on opposite sides of the court.
* The students on one side of the net works on drops.
* The student on the other side of the net works on clears.
* Reverse roles every 30 seconds.

**Partner Smash Drill**

* One person serves or clears to the partner.
* The partner smashes the birdie back to the server.

**Two minute Rallies**

* Have partners stand on opposite sides of the court.
* Keep track of highest number of consecutive rallies.
* Every two minutes, rotate to a new partner and try to beat the last number.

**Horse**

* Provide each team with six polyspots or hoops as markers.
* Each person gets to set out three spots anywhere in the long or short service area.
* After spots have been established, the object is to challenge the partner to a game of badminton horse.
* Horse is played by serving the birdie to the designated spots.
* If player A hits a spot then player B must try to hit the spot or they receive a letter.
* Continue play.
* Keep track of the order of players who spell the letter horse; however, they remain in and take a shot on their turn.

**Relayminton**

* Play a limited number of points (8 points) or time (5 minutes).
* Regular badminton rules apply, except partners must alternate hits.
* Partners play another set of partners in a game of badminton.

**Around The World**

* Teams stand at the baseline of their court.
* The first player on each team hits the birdie. This player then runs around the court to stand at the end of the opposite baseline. The first player from the other team hits the birdie and then runs around the court to the end of the opposite baseline.
* The players from the two teams keep a rally going as long as possible.
* By counting the consecutive hits aloud, the groups can strive toward a set goal or compete against another group on an adjacent.
* When someone misses, that player drops out and keeps busy with a conditioning activity (jump rope, sit-ups, etc.) until the next player misses. The first player then rejoins the group.

**Cross Country Badminton**

* Each pair finds another pair to challenge.
* Play for two minutes, keeping cumulative points. Do not play games.
* After two minutes rotate to the court to the right and play, new opponents. Keep adding to the original score.

**Top of the Hill**

* Each doubles team challenge another doubles team.
* At the end of 3-5 minutes, the winner moves up to the next court and the loser stays.
* Losing team always serves first.
* The object is to get to be, and to remain, Top of the Hill.