



4 Square Badminton

Tactical
Problems

Scoring A
Point

Court
Positioning

Defending
A Space

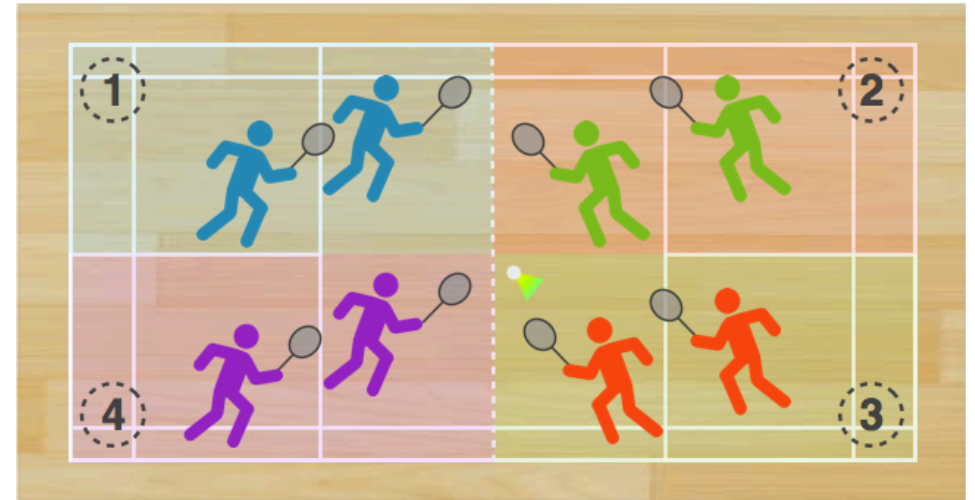
GRADES
5-6

Rules of Play

- Court is split into 4 squares using a net or pylons.
- There are 4 pairs/teams playing at the same time.
- Teams enter the game from the number 4 square and aim to make it to square number 1.
- The team in square 1 serve the shuttle into another square to begin the game
- Teams can hit the shuttle into any of the opposing teams squares.
- If the shuttle hits the ground the point is over and the losing team moves to Square 4. The other teams move up a square.

Variations and Progressions

- Modify team sizes (1 player per team, 3 players per team)
- Modify square sizes
- Teams only move down 1 square when lose point (1 to 2, 2 to 3 etc.)



Game Info

Equipment

Badminton racquets, shuttles, cones

Safety

Remind students on being aware of other 4 square badminton games going on (do not cross courts).

Tactical Talk

What type of shot do you use to send your opponent back?

What type of shot do you use to bring your opponent forward?

Where do you position yourself after each shot? Why?