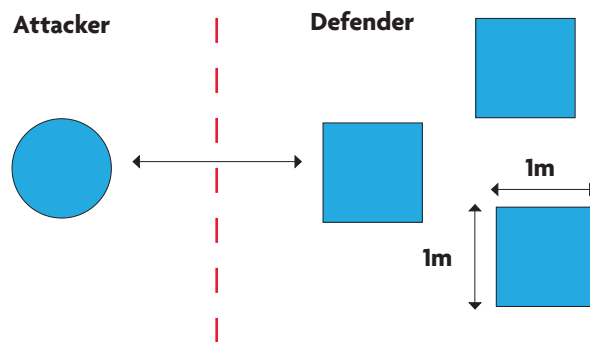


# Attack/Defend Format

One player is designated the 'attacker' and the other the 'defender'. The aim of the game is for the attacker to score points by landing the shuttle in one of the defender's target 'boxes'. The defender needs to defend the target boxes by moving between them and hitting the shuttles away before they land

## Layout



## Scoring

- The attacker scores points by landing shuttles in the target boxes
- One point is awarded per shuttle laying inside any of the boxes at the end of their turn
- Only the attacker can score points
- The winner is the player with the highest score after three rounds

## Rules

- The attacker must remain in the same spot for the duration of their turn
- The attacker has a maximum of 6 shuttles per turn
- The attacker hits their shuttles aiming for the target boxes on the defender's side
- Once all the shuttles have been hit, any points are tallied, and the attacker then swaps places with the defender
- Once each player has had a turn this called a 'round'

## Equipment

- Two rackets
- Up to six shuttlecocks per player
- Cones (or anything you have handy to mark out your boxes)
- Net (non-essential)

## Simplify

- Increase the size of your boxes
- Increase the number of points awarded for landing shuttle in certain boxes (closest box = 1 point, middle box = 2 points furthest box = 3 points)

## Challenge

- Reduce size of your boxes
- Extend the distance between your boxes

**Notice – When playing badminton with anyone from outside your household ensure you are following social distancing. Please check Badminton England website for current badminton specific guidance**