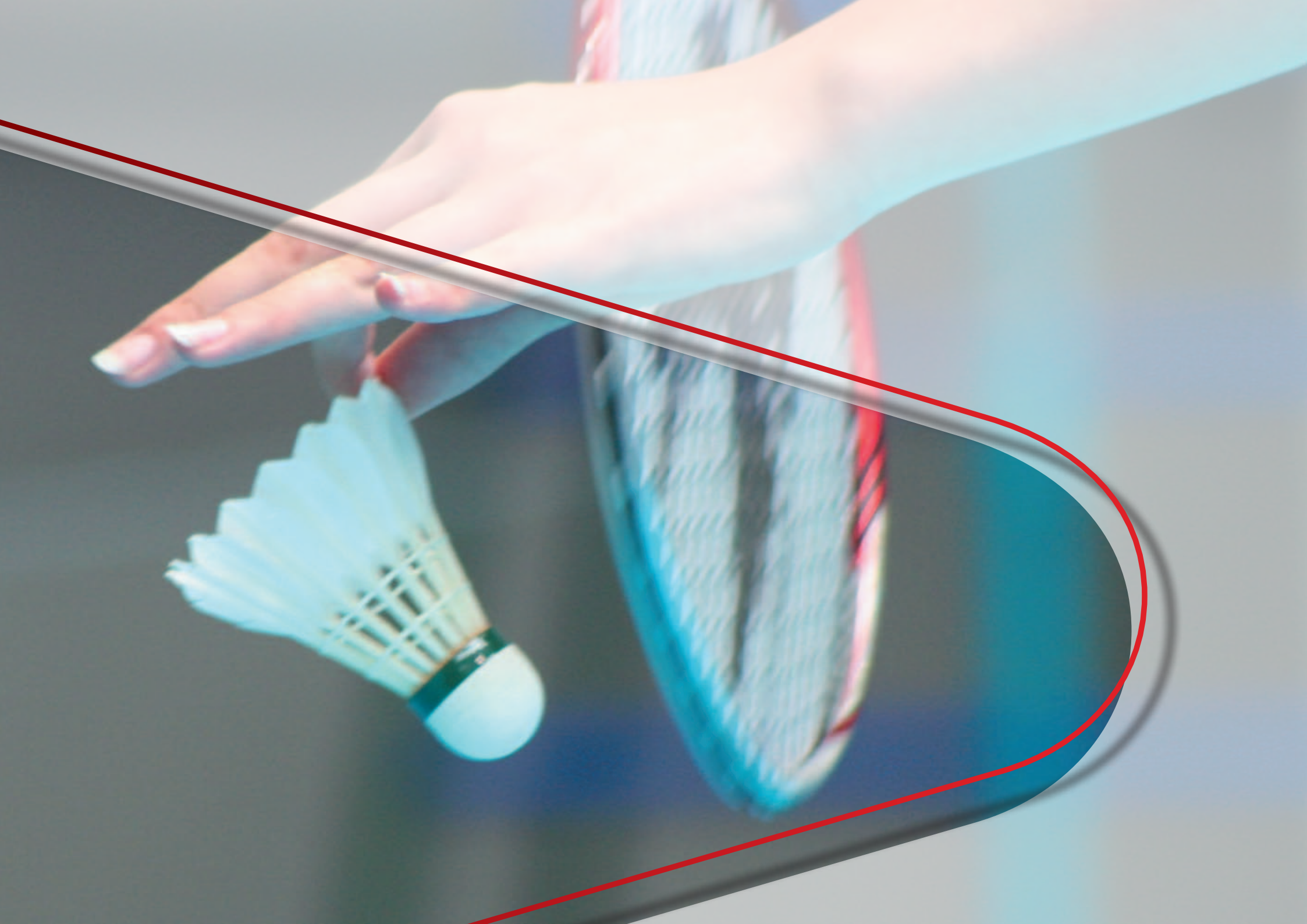


# SHUTTLE TIME

**BWF SCHOOLS BADMINTON**  
LESSON PLANS – SWING AND THROW





# SHUTTLE TIME

**BWF SCHOOLS BADMINTON**

LESSON PLANS – SWING AND THROW

© Badminton World Federation 2011.  
First published November 2011.

# Overview

## 1. Introduction – Swing and Throw

---

Before starting to read through the lesson plans and to plan lessons, please read the below information:

- Refer to Module 6 before planning these lessons.
- Each activity included in these plans has a video clip to show the activities and to assist the teachers with their preparation.
- These two lessons in this section are designed to:
  - increase the speed of the rallies;
  - prepare the children for overhead hitting.

# Lesson Plans

## 2. Titles – Swing and Throw

---

There are two lesson plans in this section. These are:

- Lesson 11 – Midcourt Drives
- Lesson 12 – Midcourt Development





## Lesson 11

# Midcourt Drives

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to introduce the:</p> <ul style="list-style-type: none"><li>• ready position;</li><li>• forehand and backhand midcourt play (drives).</li></ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"><li>• show what the ready position is;</li><li>• demonstrate backhand and forehand drives with the correct grip, shape and feel;</li><li>• have a basic midcourt rally.</li></ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"><li>• Shuttles, sponge balls or bean sack – one between two pupils</li><li>• Rackets</li><li>• Badminton nets (if appropriate)</li></ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"><li>• All these activities can be played on a court with net / or rope instead of a net.</li></ul>



## Lesson 11: Midcourt Drives

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	<ul style="list-style-type: none"> <li>Teacher explains and demonstrates the technique of the forehand and backhand drive.</li> <li>Teacher demonstrates the ready position and racket work (fast grip change required).</li> </ul>	<ul style="list-style-type: none"> <li>Ready position – slightly flexed knees and leaning forward, racket in front of body (racket head above the height of the hand).</li> <li>Fast grip change and short racket movements.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Pupils asked to demonstrate grip change (review from previous lessons).</li> </ul>	<ul style="list-style-type: none"> <li>Group keeps safe distance when teacher is demonstrating.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Teacher demonstrates and explains technique.</li> </ul>	
Throwing game (10 min)  L11 – V1	<ul style="list-style-type: none"> <li>Pupils work in groups – ideally about 6. Every child has a shuttle, beanbag or sponge ball. Pupils throw the shuttle / beanbag / ball: <ul style="list-style-type: none"> <li>– as high as possible.</li> <li>– as far as possible.</li> <li>– combination of the two using a target.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Use racket arm only.</li> <li>Side on for maximum efficiency.</li> <li>Full shoulder turn.</li> <li>High release.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use targets of different sizes to increase the difficulty. Change the distance pupils have to throw.</li> </ul>	<ul style="list-style-type: none"> <li>Make pupils aware of safety for eyes / face in throwing.</li> <li>Separate into smaller groups of 3 – 4 pupils.</li> <li>The throwing should only begin on the signal from the teacher.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Concentrate on correct technique.</li> </ul>	
Keep the court free (10 min)  L11 – V2	<ul style="list-style-type: none"> <li>Teams of 4-6 pupils play against each other on either side of a net. Each player holds one shuttle. On teacher's signal, everyone throws their shuttle high and far to the other side and tries to catch one of the other shuttles. When the teacher stops the game, the team with the most shuttles on its side loses the game.</li> </ul>	<ul style="list-style-type: none"> <li>Encourage correct overhead throwing technique.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Decrease the number of players and increase the number of shuttles.</li> </ul>	<ul style="list-style-type: none"> <li>Make pupils aware of safety for eyes / face in throwing.</li> <li>Be aware of shuttles laying on the floor.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Lower the net.</li> </ul>	

## Lesson 11: Midcourt Drives

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introducing racket speed (15 min) <b>▶ L11 – V3</b>	<ul style="list-style-type: none"> <li>Pupils work in pairs. One is throwing the shuttle from the side of the court to their partner (shoulder height), therefore “hitters” direct the shuttle away from their partners.</li> <li>‘Feed’ from the forehand side for forehand drive and move to the other side for the backhand drive.</li> </ul>	<ul style="list-style-type: none"> <li>Change roles after 10 shots.</li> <li>Both players are at the same side of the net.</li> <li>Ensure correct speed and height of throwing.</li> <li>Use short racket movements.</li> <li>Hold racket in front of body.</li> </ul>	↑	<ul style="list-style-type: none"> <li>If pupils can do this correctly, increase the speed of feeding to reduce the length of swing.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure a safe distance between partners when throwing the shuttle to avoid pupils being hit.</li> <li>Ensure that the feeders are positioned safely.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>You do not need to use net or court for this exercise.</li> </ul>	
Flat play (15 min) <b>▶ L11 – V4</b>	<ul style="list-style-type: none"> <li>Pupils work in pairs to play a rally with forehand or backhand drive only. Partners are working without net 5-6 meters away from each other (side lines). Start the rally with reduced speed concentrating on correct execution.</li> <li>Gradually increase the speed.</li> </ul>	<ul style="list-style-type: none"> <li>Emphasise the ‘ready’ position.</li> <li>Racket in front of body (do not pull elbow towards the body).</li> <li>Finger work – tighten grip to generate power.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Alternate between forehand and backhand drive (ensure correct change of grip).</li> </ul>	<ul style="list-style-type: none"> <li>Keep safe distance between pairs.</li> <li>Group well spaced apart.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>No change of direction – backhand or forehand drives only and change roles after a few minutes.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Group stretching on the floor.</li> <li>Teacher reviews key points of lesson.</li> </ul>	<ul style="list-style-type: none"> <li>Racket handling and racket speed to improve flat play.</li> <li>‘Ready’ position.</li> <li>Fast grip change.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Pupils are questioned about what “drive” is.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Teacher explains important teaching points again.</li> </ul>	



## Lesson 12

# Midcourt Development

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to introduce the:</p> <ul style="list-style-type: none"><li>• ready position, forehand and backhand midcourt play (drives).</li></ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"><li>• have midcourt rallies with correct grips.</li></ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"><li>• Rackets</li><li>• Shuttles</li><li>• Badminton nets (if appropriate. Can replace with rope or string)</li></ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"><li>• Preferably the lesson should be taken inside – but it is possible to deliver outside. You will need nets and a badminton court for this lesson. You may draw the court lines on the floor / ground.</li></ul>

## Lesson 12: Midcourt Development

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	<p>The teacher introduces the key principles of lesson 12:</p> <ul style="list-style-type: none"> <li>Teacher reinforces the technique of forehand and backhand drive and ready position.</li> </ul>	<ul style="list-style-type: none"> <li>See key teaching points in lesson 11.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Start to work with change of grip.</li> </ul>	<ul style="list-style-type: none"> <li>Group keeps a safe distance from the teacher when he is demonstrating.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Concentrate on forehand and backhand technique individually.</li> </ul>	
Throwing team game (10 min) <b>▶ L12 – V1</b>	<ul style="list-style-type: none"> <li>Work in teams, one team starts with a shuttle and uses throws to team mates. Each successful throw and catch scores a point. If the shuttle is dropped, shuttle goes to the other team. The opposing team tries to intercept the shuttle.</li> <li>When shuttle is dropped possession goes to the other team.</li> <li>The game is played in a defined area and can be played on time or points.</li> </ul>	<ul style="list-style-type: none"> <li>Use racket arm only.</li> <li>Emphasise throwing technique</li> <li>Encourage change of direction to create space..</li> <li>“Team-play” by passing shuttle</li> </ul>	↑	<ul style="list-style-type: none"> <li>Introduce scissor jump.</li> </ul>	<ul style="list-style-type: none"> <li>Keep group well-spaced to prevent collisions.</li> <li>Prevent fighting for the shuttle, when it is dropped possession goes to the other team.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Concentrate on throwing technique.</li> </ul>	
Relay games “Run and throw” (10 min) <b>▶ L12 – V2</b>	<ul style="list-style-type: none"> <li>Running forwards and throwing.</li> <li>Running backwards and throwing.</li> <li>Chasseing and throwing.</li> </ul>	<ul style="list-style-type: none"> <li>Create your own relay games depending on group’s level and physical ability and available resources.</li> <li>Keep small groups to reduce waiting time.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Create your own relay games depending on group’s level and physical ability and available resources.</li> </ul>	<ul style="list-style-type: none"> <li>Be aware of obstacles on floor.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Keep small groups to reduce waiting time.</li> </ul>	

## Lesson 12: Midcourt Development

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Midcourt game with body hits (15 min) <b>▶ L12 – V3</b>	<ul style="list-style-type: none"> <li>Pupils practice midcourt drives (backhand to forehand) from tramlines to tramlines (5-6 metres).</li> <li>Start with backhand serve. The challenge is to hit the opponent's body below head height to score a point.</li> <li>The objective is to increase racket speed by playing fast flat rallies around the body.</li> </ul>	<ul style="list-style-type: none"> <li>Start with reduced speed.</li> <li>Change partners regularly.</li> <li>Encourage strategic play (low to high, left to right etc.)</li> </ul>	↑	<ul style="list-style-type: none"> <li>Increase speed and intensity.</li> </ul>	<ul style="list-style-type: none"> <li>Keep safe distance between pairs.</li> <li>Emphasise the importance of aiming for body below head height.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Start with shots to alternate sides (one plays straight, one plays cross) to develop grip change.</li> </ul>	
How many shots per minute? (15 min) <b>▶ L12 – V4</b>	<ul style="list-style-type: none"> <li>Work in pairs over a net, both players approx. 2.5 metres from the net. The objective is to hit the maximum number of shots in the time allowed. If they make a mistake, the score goes back to zero.</li> </ul>	<ul style="list-style-type: none"> <li>Start with 30 seconds and gradually increase.</li> <li>Change partners regularly.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Reduce the distance between the players to increase the speed.</li> </ul>	<ul style="list-style-type: none"> <li>Emphasise safe distances.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Lower the net or take net away.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Group stretching on the floor.</li> <li>Teachers review key point of lesson 11.</li> </ul>	<ul style="list-style-type: none"> <li>See key teaching points.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use questioning to check lesson goals are achieved.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Teacher explains key principles and pupils are listening.</li> </ul>	



