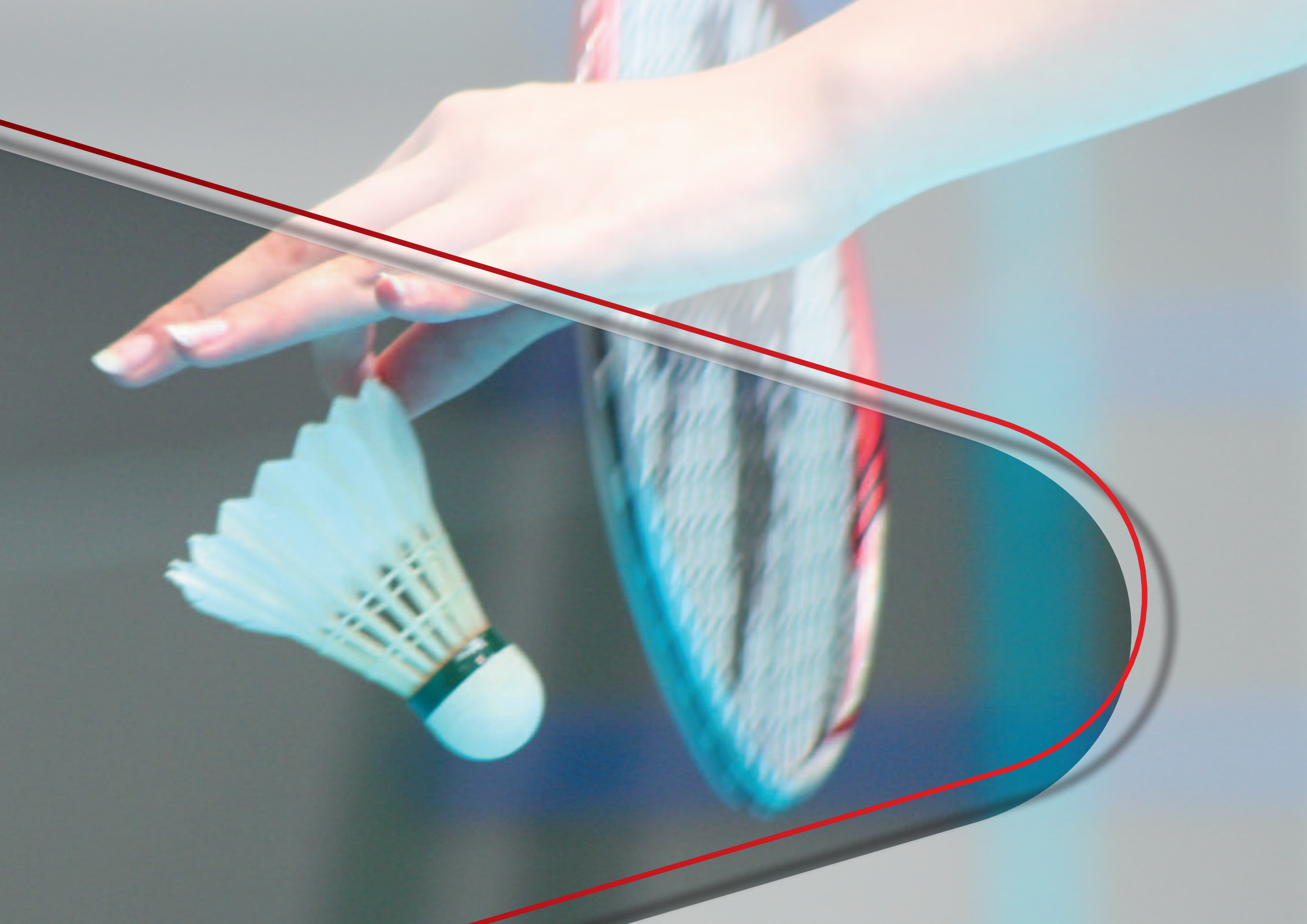


SHUTTLE TIME

BWF SCHOOLS BADMINTON
LESSON PLANS – THROW AND HIT





SHUTTLE TIME

BWF SCHOOLS BADMINTON
LESSON PLANS – THROW AND HIT

© Badminton World Federation 2011.
First published November 2011.

Overview

1. Introduction – Throw and Hit

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

- Refer to Module 7 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 six lessons in the section are designed to introduce rear court overhead hitting and movement skills.

Lesson Plans

2. Titles – Throw and Hit

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

- Lesson 13 – Clear and Scissor Jump
- Lesson 14 – Development Games
- Lesson 15 – Drop with Scissor Jump
- Lesson 16 – Development Games
- Lesson 17 – Smash and Block
- Lesson 18 – Development Games



Lesson 13

Clear with Scissor Jump

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> • introduce the overhead clear and scissor jump (kick through). 	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> • demonstrate a shadow overhead clear with scissor jump (kick through); • explain how to reach a shuttle in the rear court and hit forehand overhead clear.
<p>Equipment</p> <ul style="list-style-type: none"> • Rackets • Shuttles • Bean bags (if appropriate) • Badminton nets 	<p>Teaching Situation / Context</p> <ul style="list-style-type: none"> • Preferably the lesson should be taken inside – but it is possible to take this outside

Lesson 13: Clear with Scissor Jump

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	<ul style="list-style-type: none"> Teacher explains and demonstrates scissor jump – kick through (shadow). Teacher explains scissor jump and forehand clear. 	<ul style="list-style-type: none"> The clear can be an offensive or defensive shot. Explain that the preparation for the scissor jump is a side-on position with chasse steps and the scissor jump is a 180° rotation to change direction. 	↑	<ul style="list-style-type: none"> At this stage pupils who progress better can help during demonstrations. 	<ul style="list-style-type: none"> Keep group a safe distance from the court during demonstration.
			↓	<ul style="list-style-type: none"> Teacher explains and demonstrates. 	
Scissor jump (10 min) ▶ L13 – V1	<ul style="list-style-type: none"> Group shadow work with teacher corrections: Pupils with one shuttle / beanbag each throw the shuttle forwards using scissor jump and move forward after landing running to pick up their shuttle / beanbag. Execute first without chassing backwards then with two chasse steps 	<ul style="list-style-type: none"> Pupils are in line facing teacher. Give as many instructions as necessary to encourage correct scissor jump technique (see teaching points above). Kick through. Land on the non-racket foot and move forward. 	↑	<ul style="list-style-type: none"> Start, with split step, to chasse to scissor jump and return to starting position. 	<ul style="list-style-type: none"> Keep group well-spaced apart.
			↓	<ul style="list-style-type: none"> Pupils work in pairs to correct each other's technique. 	

Lesson 13: Clear with Scissor Jump

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Scissor jump practice (10 min) ▶ L13 – V2	<ul style="list-style-type: none"> Group shadow work with teacher corrections. Pupils with racket standing sideways on a line, weight on the racket leg. On signal pupils make a scissor jump and move forward after landing. Execute first without chassing backwards then with two chasse steps. 	<ul style="list-style-type: none"> See teaching points above. 	↑	<ul style="list-style-type: none"> Use targets to make into a competitive game. 	<ul style="list-style-type: none"> Keep distance between pupils and be aware of objects laying on the floor.
			↓	<ul style="list-style-type: none"> Concentrate on correct execution of scissor jump (kicking through). 	
Forehand clear (20 min) ▶ L13 – V3	<ul style="list-style-type: none"> In groups of three, player 1 on the same side of the net as player 2, throws the shuttle high for player 2 to hit forehand clear with rotation. Player 3 on the other side of the net catches the shuttle and throws it back to player 1 to repeat the exercise. Players rotate positions after 10 repetitions. 	<ul style="list-style-type: none"> Focus on correct overhead hitting technique. Side-on position. Arms/elbows should be at shoulder height. Racket hand must be moved actively to the shuttle. Fast racket and high interception point. 180° rotation. 	↑	<ul style="list-style-type: none"> Player 3 to give feedback on length of clear. 	<ul style="list-style-type: none"> Ensure the feeders are positioned in a safe position.
			↓	<ul style="list-style-type: none"> Chasse to scissor kick. 	

Lesson 13: Clear with Scissor Jump

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Forehand clear rally (10 min) ▶ L13 – V4	<ul style="list-style-type: none"> • Work in pairs – the rally starts with a high lift to the rear court and continues with forehand clears. The objective is to hit as high and long as possible. • Partners to give feedback on length. 	<ul style="list-style-type: none"> • See teaching points above. • May do the exercise with no net. • Players can rotate onto court after 10 clears. 	↑	<ul style="list-style-type: none"> • Move back to centre between shots. 	
			↓	<ul style="list-style-type: none"> • Try to create time with height and length and to challenge pupils touch short service line with racket between shots. 	
Summary / cool down (5 min)	<ul style="list-style-type: none"> • Teacher reviews main teaching points of lesson 13. • Group is stretching on the floor. 	<ul style="list-style-type: none"> • Remind that the clear with scissor jump can be offensive as well as defensive shot, but the movement is always forward. 	↑	<ul style="list-style-type: none"> • Use questioning to check lesson goals have been achieved. 	<ul style="list-style-type: none"> • Ensure correct stretching technique.
			↓	<ul style="list-style-type: none"> • Teacher repeats key points. 	

Lesson 14

Development Games

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> • practise and develop the forehand overhead clear. 	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> • demonstrate a 'shadow' overhead clear with scissor jump (kick through); • demonstrate how to reach a shuttle in the rear court and hit forehand overhead clear.
<p>Equipment</p> <ul style="list-style-type: none"> • Rackets • Shuttles • Bean bags or sponge balls (if appropriate) • Badminton nets 	<p>Teaching Situation / Context</p> <ul style="list-style-type: none"> • Preferably the lesson should be taken inside – but it is possible to take this outside. You will need nets (or substitute) and a badminton court for this lesson. You may draw the court lines on the floor / ground and use a rope if nets are not available.

Lesson 14: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	<ul style="list-style-type: none"> Teacher reinforces scissor jump – kick through technique. Teacher reinforces forehand clear technique. 	<ul style="list-style-type: none"> See main teaching points of lesson 14. 	<ul style="list-style-type: none"> ↑ 	<ul style="list-style-type: none"> Ask pupils to demonstrate. 	<ul style="list-style-type: none"> Keep group in safe distance from the court during demonstration.
			<ul style="list-style-type: none"> ↓ 	<ul style="list-style-type: none"> Teacher explains and demonstrates. 	
Throwing game with scissor jump (10 min) ▶ L14 – V1	<ul style="list-style-type: none"> Pupils work in groups. Every child has a shuttle / beanbag or sponge ball. To practise the scissor jump pupils are challenged to throw the ball for maximum distance after running backwards. After this they run forward and pick the shuttle up. You can also work in pairs with one shuttle 	<ul style="list-style-type: none"> Encourage scissor jump to change direction. Use racket arm only. Side on for maximum efficiency. Full shoulder turn. High release. 	<ul style="list-style-type: none"> ↑ 	<ul style="list-style-type: none"> Increase the intensity by reducing the number of players. 	<ul style="list-style-type: none"> No contact.
			<ul style="list-style-type: none"> ↓ 	<ul style="list-style-type: none"> Increase or decrease the playing area to vary the difficulty. 	

Lesson 14: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Forehand clear rally with tricks (15 min) ▶ L14 – V2	<ul style="list-style-type: none"> • Work in pairs – the rally starts with a high lift to the rear court and continues with forehand clears. The objective is to hit as high and long as possible. • Partners to give feedback on length. • Progress to challenging the players to hit high and far enough to be able to perform a “trick” in between clears. For example – while the shuttle is in the air: <ul style="list-style-type: none"> – Change racket hand to non-racket hand and return. – Pass the racket behind their back. – Sit down and stand up. – Touch the net with the racket. 	<ul style="list-style-type: none"> • See teaching points in lesson 14. • May exercise with no net. • Players can rotate on / off court each 10 clears. 	↑	<ul style="list-style-type: none"> • Move back to centre between shots. 	
			↓	<ul style="list-style-type: none"> • Try to create time with height and length to touch short service line with racket between shots. 	

Lesson 14: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Forehand clear practice (15 min) ▶ L14 – V3	<ul style="list-style-type: none"> • Work in pairs. Place a marker 5 big step away from the net (moving towards the back line). Players have to try and hit the shuttle hard and high in the air. If the shuttle falls short of the marker the other player wins a point. If you work with big class for example more than 30 pupils, this game can be played in teams – 2 against 2 on a half court. Pupils take turns to hit overhead clear and score points as a team. • Followed by pupils working in pairs playing rallies (this can be done over the net or on open court area. How many overhead clear shots they can hit to each other without making a mistake. 	<ul style="list-style-type: none"> • Focus on correct overhead hitting technique and kicking through. • Arms / elbows should be at shoulder height. • Racket hand must be moved actively to the shuttle. • Fast racket and high interception point. • 180° rotation. • Divide groups according to level. Change partners to make more competitive. • Rotate players regularly. 	↑	<ul style="list-style-type: none"> • Use smaller targets to increase difficulty. 	<ul style="list-style-type: none"> • If more pupils are working on the same court ensure that clear instructions are given regarding how they move out of the way after they have completed the shot to avoid getting hit by the next pupil. • Waiting players should be placed in safe positions.
			↓	<ul style="list-style-type: none"> • Can play either game without net or court. Simply place both players a certain distance apart – about 3 meters apart – and gradually increase the distance. 	

Lesson 14: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Forehand clear game (10 min) ▶ L14 – V4	<ul style="list-style-type: none"> Pupils play half court singles. Starting with high lift (serve), there must be 2 straight clears to begin the rally. Count points and change partners after certain period of time. 	<ul style="list-style-type: none"> The overhead clears must be executed with scissor jump (kick through) and a forward movement. Rotate players regularly. Use all available space. 	↑	<ul style="list-style-type: none"> Variety of the game could be if the clear does not reach certain target on the base line player loses the rally directly. 	<ul style="list-style-type: none"> Start the game on teacher's signal only and ensure that the pupils do not cross the courts before the games have finished.
			↓	<ul style="list-style-type: none"> More than 2 pupils can play on the same half court. The pupil who loses 3 rallies moves out and is replaced by another one. This will ensure that pupils are on court for shorter periods of time, but do not wait for their turn too long. 	
Summary / cool down (5 min)	<ul style="list-style-type: none"> Teacher reviews key teaching points of lesson 14. Group is stretching on the floor. 	<ul style="list-style-type: none"> See teaching points above. 	↑	<ul style="list-style-type: none"> Use questioning to check lesson's objectives have been achieved. 	<ul style="list-style-type: none"> Ensure correct stretching technique.
			↓	<ul style="list-style-type: none"> Teacher is repeating key points. 	

Lesson 15

Drop with Scissor Jump

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> • introduce forehand overhead drop shot from the rear court. 	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> • explain the technique of overhead drop shot; • demonstrate a shadow movement of overhead drop shot and compare to clear.
<p>Equipment</p> <ul style="list-style-type: none"> • Rackets • Shuttles • Badminton net 	<p>Teaching Situation / Context</p> <ul style="list-style-type: none"> • Preferably the lesson should be taken inside – but it is possible to take this outside. You will need nets and a badminton court for this lesson. You may draw the court lines on the floor / ground and use a rope if net is not available.

Lesson 15: Drop with Scissor Jump

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	<ul style="list-style-type: none"> The teacher explains and shows the technique of forehand overhead drop shot (shadow). The teacher explains what kind of different overhead shots are used in badminton and explains the difference between drop shot and clear. 	<ul style="list-style-type: none"> Emphasise on same action for all overhead shots. Same throwing action as clear, but finish with a push instead of full hit. Key teaching points from lessons 13 and 14 still apply. 	↑	<ul style="list-style-type: none"> Pupils to explain difference between overhead shots. 	<ul style="list-style-type: none"> Keep the group well-spaced apart during demonstrations.
			↓	<ul style="list-style-type: none"> Teacher to explain difference. 	
Mobility exercises (10 min) ▶ L15 – V1	<ul style="list-style-type: none"> Work in pairs, both pupils move in different ways to reach out and touch their partner's hands: Partners stand back to back and twist left and right to touch their hands. Back to back and touch hands between their legs and above their heads. Lying on their backs and sit up to touch hands in front of their bodies. Lying on their stomach and move with their upper bodies to touch their hands. 	<ul style="list-style-type: none"> Control tempo of exercise. 	↑	<ul style="list-style-type: none"> If pupils handle this well increase time. 	<ul style="list-style-type: none"> Put pupils in pairs of similar physical ability.
			↓	<ul style="list-style-type: none"> Reduce speed to encourage full range of movement. 	

Lesson 15: Drop with Scissor jump

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Scissor jump revision (10 min) ▶ L15 – V2	<ul style="list-style-type: none"> Group shadow work with teacher corrections: Pupils with racket standing against a wall (sideward, non-racket leg and shoulder closer to the wall) or on a line, weight on the racket leg. On signal pupils make a scissor jump and move forward after landing. First without chasseeing backwards then with two chasse steps. 	<ul style="list-style-type: none"> Pupils are in line facing teacher. Encourage correct scissor jump technique (see teaching points above and from lessons 13 and 14). Kick through. Land on the non-racket foot and move forward. 	↑	<ul style="list-style-type: none"> Start with split step to chasse to scissor jump and return to starting position. 	<ul style="list-style-type: none"> Keep group well spaced apart.
			↓	<ul style="list-style-type: none"> Pupils work in pairs to correct each other's technique. 	
Overhead drop shot (20 min) ▶ L15 – V3	<ul style="list-style-type: none"> In groups of 3, player 1 on the same side of the net as player 2, throws the shuttle high for player 2 to hit forehand drop with rotation. Player 3 on the other side of the net catches the shuttle and throws it back to player 1 to repeat the exercise. Players rotate positions after 10 repetitions. 	<ul style="list-style-type: none"> Focus on correct overhead hitting technique. Side-on position. Arms / elbows should be at shoulder height in preparation. Racket hand must be moved actively to the shuttle. Maintain high interception point, but check the throwing action pre-impact and strike shuttle with pushing action. 180° rotation. 	↑	<ul style="list-style-type: none"> Player 3 to give feedback on accuracy of drop shot. 	
			↓	<ul style="list-style-type: none"> Chasse to scissor kick. 	

Lesson 15: Drop with Scissor Jump

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Lifts and drops (10 min) ▶ L15 – V4	<ul style="list-style-type: none"> • Work in pairs – rally starts with high lift (serve), followed by straight drop. • The rally continues with 1 player lifting and the other practicing drop shot from the rear court. • Change on time or shots. 	<ul style="list-style-type: none"> • See teaching points above. • Focus on accuracy of lifts to allow good quality practice. • Emphasise both players practicing different skills. • Rotate players regularly. 	↑	<ul style="list-style-type: none"> • Add movement for both players to increase difficulty. 	<ul style="list-style-type: none"> • Court safety.
			↓	<ul style="list-style-type: none"> • Focus on walk through and rotation. 	
Summary / cool down (5 min)	<ul style="list-style-type: none"> • Teacher summarises the main teaching points of lesson 15. • Whole group stretches on the floor. 	<ul style="list-style-type: none"> • See above. 	↑	<ul style="list-style-type: none"> • Use questioning to check if lesson's objectives are achieved. 	
			↓	<ul style="list-style-type: none"> • Use demonstration to once again remind overhead drop technique. 	

Lesson 16

Development Games

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> • develop and practice the overhead drop shot. 	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> • demonstrate a shadow overhead drop with scissor jump (kick through); • demonstrate how to reach a shuttle in the rear court and hit a forehand overhead drop shot.
<p>Equipment</p> <ul style="list-style-type: none"> • Rackets • Shuttles • Badminton nets (or substitute) 	<p>Teaching Situation / Context</p> <ul style="list-style-type: none"> • Preferably the lesson should be taken inside – but it is possible to take this outside. You will need nets and a badminton court for this lesson. You may draw the court lines on the floor / ground and use a rope if nets are not available.

Lesson 16: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	<ul style="list-style-type: none"> Teacher reinforces scissor jump – kick through technique. Teacher reinforces forehand drop technique. 	<ul style="list-style-type: none"> See key teaching points – lesson 15. 	<ul style="list-style-type: none"> ↑ ↓ 	<ul style="list-style-type: none"> Ask pupils to demonstrate. Teacher explains and demonstrates. 	<ul style="list-style-type: none"> Keep group a safety distance from the court during demonstration.
Shuttle chase (10 min) ▶ L16 – V1	<ul style="list-style-type: none"> Work in groups in a half court (or defined area) with one shuttle. One pupil starts as a “chaser” with shuttle and tries to “tag” the other pupils by throwing the shuttle and hitting them on the body (below head height). Once the shuttle hits someone – the pupil who is “tagged” joins the chaser – and they both use the one shuttle to ‘tag’ others. The pupil who is last to be “tagged” is the winner. 	<ul style="list-style-type: none"> Chasers to work as a team passing the shuttle to tag pupils. A short warming up may be required. 	<ul style="list-style-type: none"> ↑ ↓ 	<ul style="list-style-type: none"> Start with more than one chaser. Increase playing area. 	<ul style="list-style-type: none"> Be aware of shuttles on the floor.
Plank exercises – core stability (10 min) ▶ L16 – V2	<ul style="list-style-type: none"> Pupils make four different plank exercises: <ul style="list-style-type: none"> Plank on elbows and toes Reverse plank on underarms and heels Side plank (right side) Side plank (left side) 	<ul style="list-style-type: none"> Ensure correct posture. Time the exercises depending on age and level of physical development. 	<ul style="list-style-type: none"> ↑ ↓ 	<ul style="list-style-type: none"> Increase time. Make the exercises competitive by who can hold a correct posture for longer 	<ul style="list-style-type: none"> If the pupils lose the correct posture stop the exercise.

Lesson 16: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Lift-Drop-Net (10 min) ▶ L16 – V3	<ul style="list-style-type: none"> • Work in pairs. Exercise starts with high lift (serve), followed by drop shot, then net shot and then high lift again to repeat the sequence (lift-drop-net). • If too difficult, start with lift-drop-net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	↑	<ul style="list-style-type: none"> • Challenge pupils accuracy. 	<ul style="list-style-type: none"> • Court safety during rallies
			↓	<ul style="list-style-type: none"> • Lower net. Go back to lift and drop only with regular changes. 	
Lift – drop – net – variations (10 min) ▶ L16 – V4	<ul style="list-style-type: none"> • Choices are introduced to the previous sequence e.g: <ul style="list-style-type: none"> – Clear or drop from the rear court followed by clear or net. Sequence continues. – Lift or block from front court followed by overhead choice from rear court or lift from front court. 	<ul style="list-style-type: none"> • Develop your own combinations from the sequences. • Reduce choices if not executed correctly. • Reinforce technical elements. 	↑	<ul style="list-style-type: none"> • Increase choices. 	<ul style="list-style-type: none"> • General court safety.
			↓	<ul style="list-style-type: none"> • Return to closed routines. 	

Lesson 16: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Half court singles with "no-go" area (10 min) ▶ L16 – V5	<ul style="list-style-type: none"> • ½ court singles in reduced court. Use markers (shuttles, shuttle boxes etc.) to indicate a "no go" area. Markers used to indicate if a drop shot is too long or a clear is too short. • Game is played with normal scoring system. • Rally starts with serve and continues with choice of lift or drop from front court and clear or drop from rear court. 	<ul style="list-style-type: none"> • Divide into ability groups. • Change opponents regularly. 	↑	<ul style="list-style-type: none"> • Reduce middle court "no go" area to encourage accuracy. Aim to finish with playing area only the back tram lines and short service line. 	<ul style="list-style-type: none"> • Court safety.
			↓	<ul style="list-style-type: none"> • Increase allowed hitting areas. 	
Summary / cool down (5 min)	<ul style="list-style-type: none"> • Teacher reviews main teaching points of lesson 3-4. • Group is stretching on the floor. 	<ul style="list-style-type: none"> • See teaching points above. 	↑	<ul style="list-style-type: none"> • Use questioning to check lesson's objectives have been achieved. 	<ul style="list-style-type: none"> • Ensure correct stretching technique.
			↓	<ul style="list-style-type: none"> • Teacher is repeating key points. 	

Lesson 17

Smash and Block

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to introduce the:</p> <ul style="list-style-type: none"> • overhead smash technique; • defensive technique in badminton. 	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> • explain and show the technique of the smash; • explain and show the defensive technique.
<p>Equipment</p> <ul style="list-style-type: none"> • Rackets • Shuttles • Badminton nets (or substitutes) 	<p>Teaching Situation / Context</p> <ul style="list-style-type: none"> • Preferably the lesson should be taken inside – but it is possible to take this outside. You will need a net and a badminton court for this lesson. You may draw the court lines on the floor / ground and use a rope if net is not available.

Lesson 17: Smash and Block

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	<ul style="list-style-type: none"> Teacher explains and demonstrates the technique of the smash with full rotation. Teacher explains and demonstrates shadow of defensive shots (backhand and forehand) in front of the body. 	<ul style="list-style-type: none"> Smash technique is very similar to the technique of overhead clear – same preparation, but the acceleration and the speed of the racket and upper body at the end of the shot is much greater. The interception point when smashing must be in front of the body. In defence there is no time for big racket movements so defensive shots are executed with short swings with the racket moving towards the shuttle from a position in front of the body. No big swing away from shuttle in preparation. 	↑	<ul style="list-style-type: none"> If there are pupils who are able to use them for demonstrations. This will motivate all the class to improve and show the rest of the pupils what they can achieve. 	<ul style="list-style-type: none"> Keep the group a safe distance from the demonstration on the side of the court.
			↓	<ul style="list-style-type: none"> Teacher explains and demonstrates. 	

Lesson 17: Smash and Block

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Fast feet (10 min) ▶ L17 – V1	<ul style="list-style-type: none"> Pupils are spread in rows in front and facing the teacher executing the following footwork on the spot: <ul style="list-style-type: none"> Jogging on the spot, then with maximum fast feet. Split steps and back – slow to fast. Cross steps forward (left and right). 2 steps forward and 2 back. 	<ul style="list-style-type: none"> Teacher demonstrates and then executes with pupils. Each exercise starts with slow movement to establish correct technique. On signal from the teacher pupils maintain the sequence with maximum speed. 	↑	<ul style="list-style-type: none"> Add variations which challenge coordination. 	<ul style="list-style-type: none"> Keep pupils well spread.
			↓	<ul style="list-style-type: none"> Keep pace low and concentrate on correct footwork. 	
The Smash (15 min) ▶ L17 – V2	<ul style="list-style-type: none"> Explain and show the technique of smash (shadow). The pupils then work in pairs and practice shadowing the smash. They give corrections to each other. Progress by practising with shuttles – work in pairs. Player 1 starts with a high serve, player 2 practices smash, and player 1 lets the shuttle fall on the floor and then gives it back. 	<ul style="list-style-type: none"> Preparation as for clear (see teaching points from lessons 13 and 14). Interception point is in front of body. Strong throwing action. Shuttle should be hit in a downward direction (lower net where necessary). 180° rotation (scissor jump). 	↑	<ul style="list-style-type: none"> Could include chasse steps before shot and moving forward after. 	<ul style="list-style-type: none"> Keep pairs well spaced apart as racket speed is very high.
			↓	<ul style="list-style-type: none"> Use targets to test accuracy. Lower net where necessary. 	

Lesson 17: Smash and Block

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Block defence (10 min) ▶ L17 – V3	<ul style="list-style-type: none"> • Pupils work in pairs – one using a throw feed to allow partner to practice block defence from waist height and below. • Start by practising backhand and forehand block individually. • Progress by practising alternate forehand and backhand. • Change roles after 10 shots. 	<ul style="list-style-type: none"> • Starting position with racket in front of body. • Elbow in front of body. • Racket to shuttle (no big back swing). • Short follow through. • Short pushing action. 	↑	<ul style="list-style-type: none"> • Move to alternate feed to increase intensity and difficulty. 	<ul style="list-style-type: none"> • Keep pairs well spaced apart.
			↓	<ul style="list-style-type: none"> • Remove or lower net. 	
Smash and block defence practice (15 min) ▶ L17 – V4	<ul style="list-style-type: none"> • In pairs pupils practice on half court. Fixed sequence of shots. Player 1 starts with high serve, player 2 smashes, 1 plays defensive shot to the net, 2 plays back to the net and 1 lifts again. Sequence is repeated. 	<ul style="list-style-type: none"> • Change according to time or number of smashes. • If it is a bigger group, change roles more often to avoid longer waiting times. • If there are pupils waiting, they can be given different roles like referee to count the smashes that are on target. 	↑	<ul style="list-style-type: none"> • Progress by using targets on the floor for the smash. Can become a competitive game by counting number of smashes on target. 	<ul style="list-style-type: none"> • If pupils wait for their turn on court, ensure they are standing on the side of the court away from the line.
			↓	<ul style="list-style-type: none"> • Keep competitive element out of the game to concentrate on correct execution. 	
Summary / cool down (5 min)	<ul style="list-style-type: none"> • Teacher repeats again the main teaching points of lesson 17. • Stretching. 	<ul style="list-style-type: none"> • See main teaching points above. 	↑	<ul style="list-style-type: none"> • Use questioning to check lesson goals have been achieved. 	<ul style="list-style-type: none"> • Correct stretching technique.
			↓	<ul style="list-style-type: none"> • Teacher repeats the main teaching points. 	

Lesson 18

Development Games

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> • develop smash technique; • develop defensive shots in badminton. 	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> • demonstrate a smash technique; • demonstrate a defensive technique.
<p>Equipment</p> <ul style="list-style-type: none"> • Rackets • Shuttles • Badminton nets 	<p>Teaching Situation / Context</p> <ul style="list-style-type: none"> • Preferably the lesson should be taken inside – but it is possible to take this outside. You will need a net and a badminton court for this lesson. You may draw the court lines on the floor / ground and use a rope if net is not available.

Lesson 18: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	<ul style="list-style-type: none"> Teacher reinforces the technique of the smash with full rotation. Teacher reinforces the technique of defensive shots (backhand and forehand) in front of the body. 	<ul style="list-style-type: none"> See main teaching points in lesson 17. 	↑	<ul style="list-style-type: none"> Use pupils to demonstrate. 	<ul style="list-style-type: none"> Keep the group a safe distance on the side of the court away from the demonstration.
			↓	<ul style="list-style-type: none"> Teacher reinforces main teaching points of lesson. 	
Group agility (10 min) ▶ L18 – V1	<ul style="list-style-type: none"> Pupils work in groups. First pupils start footwork on signal, examples from “fast feet” in lesson 17. On teacher’s signal the group executes an agility movement – for example: <ul style="list-style-type: none"> – “Turn” (one complete fast turning) – “Down” (make one ‘push up’ on the floor) – “Jump” (jump with hands up in the air) In between the teachers signals the group continues footwork. When the teacher shouts “go” – the group runs to the opposite side of the hall (20 meters) and the next group starts. 	<ul style="list-style-type: none"> Form the groups depending on space. Exercises are executed with maximum speed. 	↑	<ul style="list-style-type: none"> Use size of group to control intensity. 	<ul style="list-style-type: none"> Sufficient space between pupils to exercises.
			↓	<ul style="list-style-type: none"> Change exercise and vary commands to control the intensity. 	

Lesson 18: Development Games

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Lift-smash-block (20 min) ▶ L18 – V2	<ul style="list-style-type: none"> Work in pairs – rally starts with high serve, followed by smash, then block defence, which is followed by a lift. Then the sequence starts again which means that this exercise is alternating (lift-smash-block-lift). 	<ul style="list-style-type: none"> Reinforce technical teaching points. Divide players by level. Change partners regularly. 	↑	<ul style="list-style-type: none"> Challenge players with accuracy targets. 	<ul style="list-style-type: none"> Remember court safety during rallies.
			↓	<ul style="list-style-type: none"> Lower net or smaller court. 	
Half court singles with 'winner smash' (20 min) ▶ L18 – V3	<ul style="list-style-type: none"> ½ court singles game on reduced court area - in front of short service line is out. Normal scoring with 2 points awarded for winning the rally with smash. 	<ul style="list-style-type: none"> If the group is too big, 3 or 4 players can play on the same half court. The winner stays on court, but the player who enters the game continues from the previous losing score and the winner starts from zero. Can be played as a team game with mixed ability teams or points counting 	↑	<ul style="list-style-type: none"> Automatic win if smash touches floor without opponent touching it. 	<ul style="list-style-type: none"> Remember court safety.
			↓	<ul style="list-style-type: none"> Lower the net and/or reduce size of court. 	
Summary / cool down (5 min)	<ul style="list-style-type: none"> Teacher repeats again the main teaching points of smash and defensive technique. Stretching. 	<ul style="list-style-type: none"> See key teaching points above. 	↑	<ul style="list-style-type: none"> Use questioning to check targets have been achieved. 	<ul style="list-style-type: none"> Use the correct stretching technique.
			↓	<ul style="list-style-type: none"> Teacher repeats the key principles. 	



