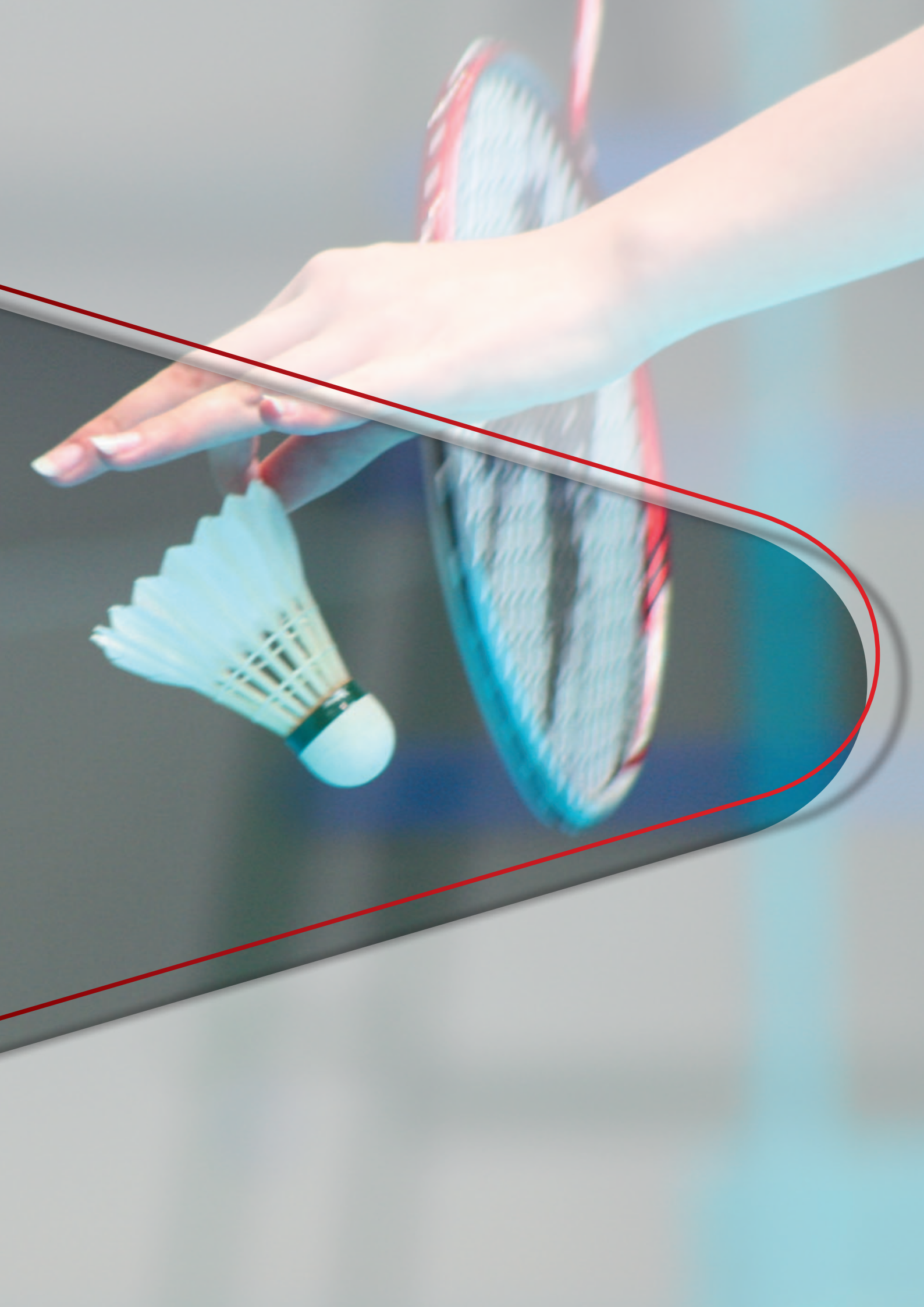




# SHUTTLE TIME

**BWF SCHOOLS BADMINTON**  
TEACHERS' MANUAL  
MODULE 2: TEACHING MATERIALS AND CONTENT





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# Acknowledgements

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## Materials Developers

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Heinz Kelzenberg

Mike Woodward

Ian Wright

Stuart Borrie

## Continental Confederations

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Badminton Africa	<a href="http://www.badmintonafrika.org">www.badmintonafrika.org</a>
Badminton Asia	<a href="http://www.badmintonasia.org">www.badmintonasia.org</a>
Badminton Europe	<a href="http://www.badmintoneurope.com">www.badmintoneurope.com</a>
Badminton Pan Am	<a href="http://www.badmintonpanam.org">www.badmintonpanam.org</a>
Badminton Oceania	<a href="http://www.oceaniabadminton.org">www.oceaniabadminton.org</a>



## More Information

The resources for *Shuttle Time* are available in different languages. The material can be downloaded from the BWF website.

## Badminton World Federation

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Unit 17.05. Level 17  
Amoda building  
Jalan Imbi  
55100 Kuala Lumpur, Malaysia  
[www.bwfbadminton.org](http://www.bwfbadminton.org)  
[shuttletime@bwfbadminton.org](mailto:shuttletime@bwfbadminton.org)



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# Module 2

## Teaching Materials and Content

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2. Badminton Teaching Material
3. Content Overview
4. Programme Structure
5. Deciding Where to Start
6. Lesson Structure
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8. Flexibility of the Programme

### Module 2 Focus

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**Module 2** gives an overview of the structure of *Shuttle Time* and the main focus for teaching badminton.

The content and suggestions for teaching are detailed in Modules 5, 6, 7 and 8. The 22 Lesson Plans are in four separate downloads corresponding to the lessons and modules below.

- Module 5 – **10 Starter Lessons** (10 lesson plans – numbers 1 to 10)
- Module 6 – **Swing and Throw** (2 lesson plans – numbers 11 and 12)
- Module 7 – **Throw and Hit** (6 lesson plans – numbers 13 to 18)
- Module 8 – **Learn to Win** (4 lesson plans – numbers 19 to 22)

### Learning Outcomes for Module 2

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By the end of this module, you will better understand the:

- structure of the badminton teaching programme;
- main content of Modules 5, 6, 7 and 8;
- structure of a typical badminton lesson from the resources;
- starting point in the programme for your children.



## 1. Overview

The Teachers' Manual and teaching resources are not about making teachers into coaches of badminton.

***This resource:***

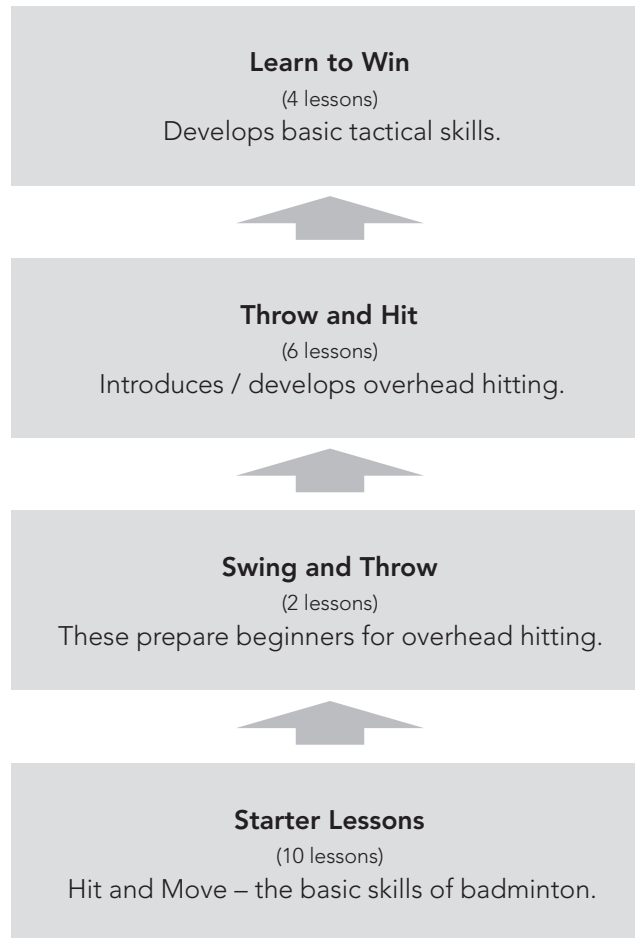
- helps develop teachers' basic badminton skills and knowledge;
- provides the content for teaching badminton in schools (lesson plans / practical examples);
- builds teachers confidence in 'teaching badminton' at school;
- describes some of the basics of badminton – technical, physical and tactical elements;
- presents 22 lesson plans to develop childrens' basic badminton skills and knowledge;
- describes in detail each lesson, the learning activities and learning sequences;
- shows how to do the exercises through video clips;
- provides suggestions on how to increase or decrease the level of difficulty;
- encourages teachers to create their own lesson plans to suit the level and motivation of their pupils.



## 2. Badminton Teaching Material

The teaching material in this resource is divided into four sections or levels. Each section builds on the skills developed in the previous lessons or sections and introduces higher level / more complex elements of badminton.

Each section contains a number of lessons depending on the complexity and importance of the topic.



The content for each section / level above is presented as a separate module:

- Module 5 – **10 Starter Lessons** (Lessons 1 to 10)
- Module 6 – **Swing and Throw** (Lesson 11 and 12)
- Module 7 – **Throw and Hit** (Lessons 13 to 18)
- Module 8 – **Learn to Win** (Lessons 19 to 22)

See the different modules above for the detail of the content for each.

The **10 Starter Lessons** are the main starting point for teachers and children who are inexperienced with badminton.



The 10 Starter Lessons:

- cover basic badminton skills;
- ensure beginners of all abilities have a positive first experience of badminton.

Teachers will have the flexibility to:

- move from one lesson to the next;
- repeat lessons where necessary;
- move onto the subsequent sections / levels whenever they feel this is appropriate for the level of the individuals / group;
- repeat activities in the 10 Starter Lessons so they give children more practice time in the basic skills;
- take activities from different lessons to create their own lessons.

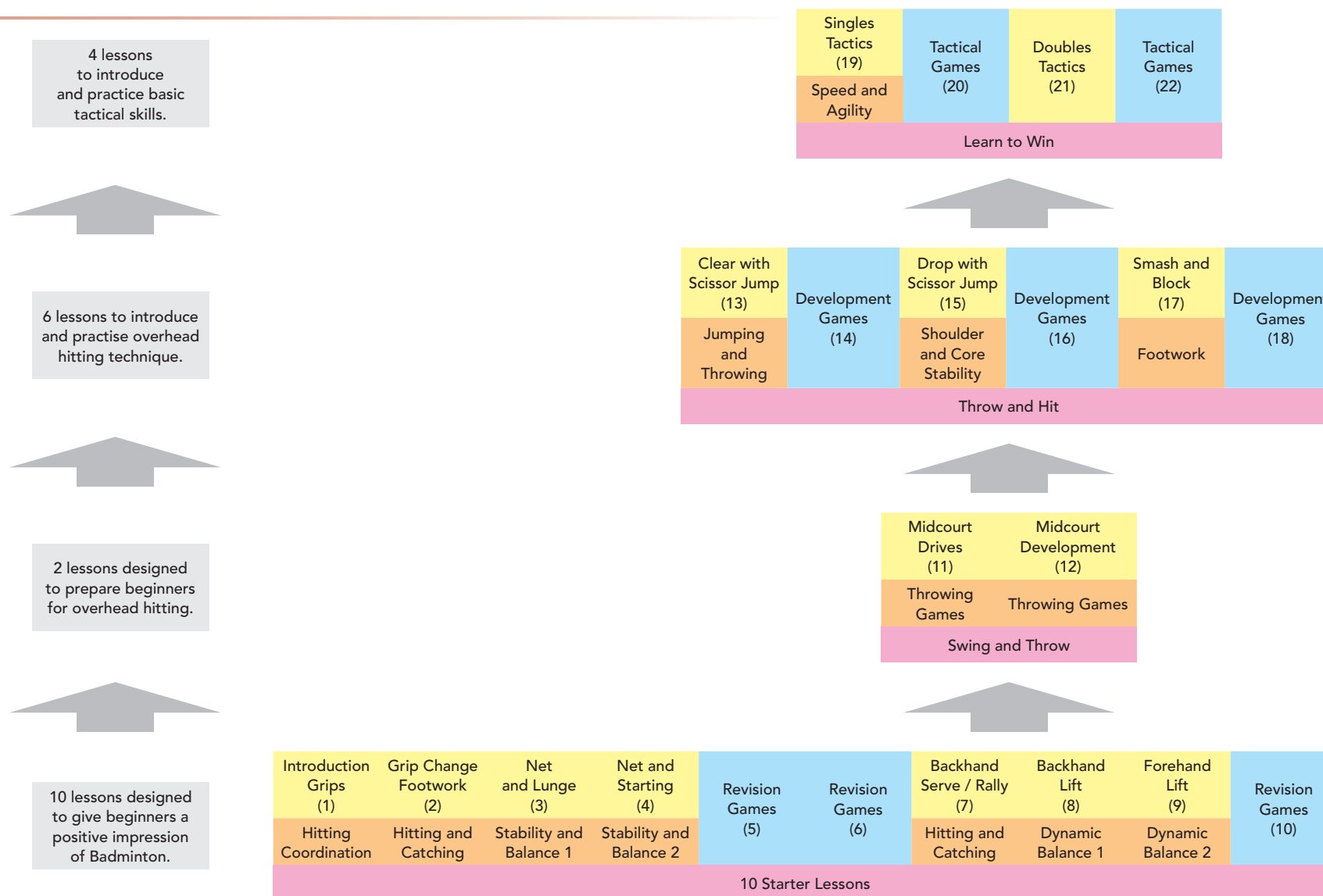
The teacher should evaluate the progress of children after each lesson before planning the next badminton lesson.

### 3. Content Overview

<p><b>Section 1</b></p> <p><b><i>Starter Lessons</i></b> (10 lessons)</p>	<p>The 10 Starter Lessons include:</p> <ul style="list-style-type: none"> <li>• the general principles of badminton</li> <li>• <b><i>grips</i></b> and an introduction to <b><i>play at the net</i></b></li> <li>• <b><i>front court techniques and rallying</i></b></li> <li>• physical elements including coordination, stability and balance.</li> </ul> <p>Grips and basic racket skills are taught first. Then hitting from the net area. These are the simplest badminton techniques and teaching them first will ensure success for young beginners.</p> <p>The more difficult overhead techniques are introduced later in the programme when the children have gained some basic techniques and have experienced success.</p> <p>By the end of the <b>10 Starter Lessons</b>, pupils should be able to:</p> <ul style="list-style-type: none"> <li>• enjoy rallying with basic grips;</li> <li>• hit from the net to the rear court;</li> <li>• use a serve to start rallies.</li> </ul>
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<b>Section 2</b> <b>Swing &amp; Throw</b> (2 lessons)	<p>This is designed to assist children with the transition from <b>underarm hitting</b> to <b>overhead hitting</b>. This section includes related physical elements such as throwing and coordination.</p> <p>Here the character of badminton as a fast game is introduced. Therefore the speed of the rallies can be increased relative to the level of the pupils.</p> <p>Usually this increase in tempo will result in increased enjoyment. Children will have a lot of fun because of the speed of the rallies.</p> <p>Note that speed will need to be controlled to ensure continued development of good technique and so children experience success.</p> <p>By the end of <b>Section 2, "Swing &amp; Throw"</b>, pupils should be able to:</p> <ul style="list-style-type: none"><li>• enjoy faster rallies from mid court to mid court;</li><li>• demonstrate correct throwing technique.</li></ul>
<b>Section 3</b> <b>Throw and Hit</b> (6 lessons)	<p>This section introduces and develops <b>overhead hitting</b> and associated physical elements including jumping and landing as well as core stability.</p> <p>Most lessons in this section start with games to improve throwing technique, which is the core skill required to develop good overhead hitting technique.</p> <p>By the end of <b>Section 3, "Throw and Hit"</b>, pupils should be able to:</p> <ul style="list-style-type: none"><li>• enjoy overhead rallies;</li><li>• move around the court with basic footwork;</li><li>• enjoy rallies which incorporate all areas of the court.</li></ul>
<b>Section 4</b> <b>Learn to Win</b> (4 lessons)	<p>This section introduces basic <b>tactical skills</b> for both singles and doubles and introduces associated physical elements including speed and agility.</p> <ul style="list-style-type: none"><li>• In this section more exercises involve competitive situations, activities and games.</li><li>• They are designed to place more emphasis on developing tactical thinking to enhance the learning of basic badminton tactics and decision making.</li></ul> <p>By the end of <b>Section 4, "Learn to Win"</b>, pupils should be able to:</p> <ul style="list-style-type: none"><li>• enjoy rallying strategically;</li><li>• demonstrate basic positional play in singles and doubles;</li><li>• enjoy match play.</li></ul>

## 4. Programme Structure



Note: The point of entry and selection of lessons from the programme should be relevant to the profile of the pupils.

## 5. Deciding Where to Start

The lesson you start teaching badminton with in the programme and the pace of progression from lesson to lesson depends on several factors:

- badminton experience and exposure of pupils;
- age and physical development;
- aptitude and previous sporting experience.

It is *not* essential to follow each lesson progressively as described here, from 1 to 10 and then 11 and 12 and so on.

The programme has been designed to allow teachers to select lessons and exercises relevant to the level of their pupils.

Teachers are encouraged to adapt each exercise within the lesson plans to increase or decrease the difficulty to suit individuals and groups. This is to ensure their experience of badminton is a positive one.

## 6. Lesson Structure

The lessons for badminton in this resource contain:

- **physical** exercises;
- **technical badminton** exercises;
- **fun and competition** activities.

Every lesson is designed for 60 minutes, however the timing of the exercises can be adjusted to suit a shorter or longer lesson period.

Parts of the lesson are in different colours to help teachers following the plan.

The three colours represent – **physical**, **technical/tactical** and **competitive / fun** content.

Lessons start with a **warming up** activity and specific **physical development exercises**. This is followed by **technical elements** and finally **competitive elements**, which makes up the largest part of the lesson.

Fun competitive situations

Technical elements

Physical exercises

This colour code allows the teachers to see the elements easily (physical / technical / competitive). These parts of the lesson are interchangeable. This allows the teacher to plan lessons according to the ability and motivation of the class.

## 7. General Lesson Format

<b>Introduction – lesson goals / focus</b> (5 minutes)	The teacher highlights what the pupils will learn.
<b>Physical development</b>	<p>Fun type activities to improve motor skills and general warm-up movements specific to the lesson content.</p> <p>There are some exercises in the physical part of the lessons which need a 'pre-warming-up' activity, because they require the pupils to work at maximum speed or agility.</p> <p>Therefore pupils will need 3-4 minutes general warming-up with running and flexibility exercises. See the lesson plans.</p>
<b>Technical / Tactical</b>	<p>The main part of the lesson is dedicated to technical exercises with racket and shuttle or fun/competitive games designed to reinforce the teaching points.</p> <p>All activities can be increased or decreased in level of difficulty, so the content is appropriate to the level of the pupils.</p> <p>This will assist in maintaining motivation of all levels of learner.</p>
<b>Review lesson focus</b> (5 minutes)	The teacher summarises the main teaching points and cool down.

Revision lessons using fun exercises and competition situations are interspersed in the programme to reinforce technical badminton learning.



## **8. Flexibility of the Programme**

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This is a flexible resource to meet the needs of:

- teachers and learners from different cultural backgrounds;
- different teaching / learning situations – location / equipment / size of groups / experience with badminton;
- mixed ability groups.

Progress through the programme will depend on the skill level and motivation of the class. Teachers should evaluate progress of children after each lesson.

This resource is designed to be flexible – depending on the teachers experience and the ability (physical badminton) of the pupils.

There are many options for teachers to implement the course. This includes:

- varying the activities using the suggestions to make activities more or less difficult;
- varying the length of time for physical, technical, competition elements in the one lesson / or for one activity within the lesson;
- designing your own lesson plans relevant to your own teaching situation using the ideas and content of the lesson plans;
- creating new lessons with emphasis on more physical, technical or competitive content while maintaining core learning and the fun elements;
- repeating lessons and exercises where appropriate to meet the needs and progress of individual children or the group.





