

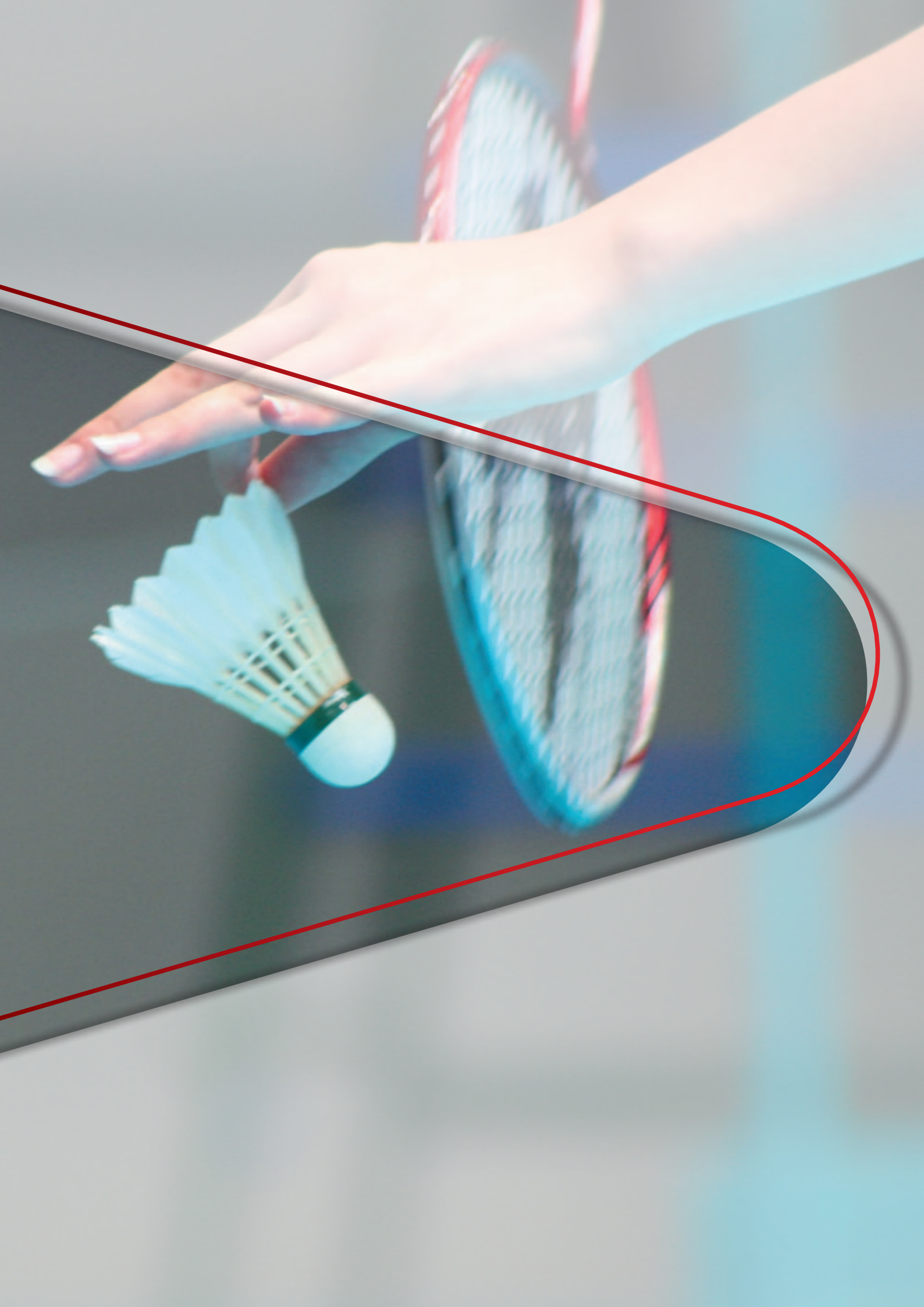
A hand holding a badminton racket in front of a net. The background is a dark, grid-like pattern, possibly a net or a wall. The hand is in the foreground, holding the racket. The racket is a dark color with a light-colored head.

SHUTTLE TIME

***BWF* SCHOOLS BADMINTON**

TEACHERS' MANUAL

MODULE 4: PHYSICAL DEVELOPMENT EXERCISES



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More Information

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

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Module 4

Physical Skills

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Module 4 Focus

Module 4 provides an overview of the physical skills which are developed in each part of the programme. The module describes the core physical content that is integrated into the programme. The module also provides the references to lessons and activities that develop basic coordination, stability and balance skills.

These physical skills are essential for developing the technical skills of badminton.

Learning Outcomes for Module 4

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

- which physical skills are developed as part of the programme;
- the lessons and activities where these physical skills are practised.

1. Introduction

Each lesson begins with a brief introduction of the key teaching points.

This is followed by specific physical development exercises which are relevant to the technical content of the lesson.

Both the technical and physical objectives are integrated into the lesson activities.

Each of the four sections has its own area of **technical content** integrated into the activities.

Section	Technical Content
Learn to Win (4 lessons)	<ul style="list-style-type: none"> • Basic tactical principles for singles and doubles.
Throw and Hit (6 lessons)	<ul style="list-style-type: none"> • Overhead hitting.
Swing and Throw (2 lessons)	<ul style="list-style-type: none"> • Mid-court play. Transition from underarm hitting to overhead hitting.
Starter Lessons (10 lessons)	<ul style="list-style-type: none"> • Grips, under arm hitting, rallying in the front court (at the net) back hand serve, high forehand serve, lifts from the front court.

Each of the four sections has its own area of **physical content** integrated into the activities.

Section	Physical Content
Learn to Win	<ul style="list-style-type: none"> • Speed and agility skills.
Throw and Hit	<ul style="list-style-type: none"> • Jumping and landing skills together with core stability.
Swing and Throw	<ul style="list-style-type: none"> • Throwing and coordination skills.
10 Starter Lessons	<ul style="list-style-type: none"> • Basic coordination, movement, stability and balance skills.

2. Aims

All lessons begin with warm up activities. These are fun-orientated physical activities with varying challenges.

It is important that the pupils practise and experience all physical requirements for badminton. This process will allow the teachers to assess the physical strengths and weaknesses of pupils.

Traditional warm up routines have been replaced by exercises to develop general and badminton specific physical ability, whilst still being motivated for the pupils. Intensity and frequency, appropriate to the group and ability of the individual children, should be controlled by the teacher.

Some physical exercises need a little 'pre-warming-up' activity, because the exercises encourage the pupils to work at maximum speed or agility levels.

Therefore pupils may sometimes need 3-4 minutes general warming-up with running and small flexibility exercises before starting the first warm-up exercise. Teachers can identify these situations from the lesson plans and video clips.

It should be noted that many of these exercises and games are organised as team activities for mixed ability teams. This will reinforce positive experiences for less physically orientated pupils.

3. Physical Exercises – Core Physical Education Content

Section 1–10 Starter Lessons

References to Lessons – Development of basic coordination, stability and balance skills.

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Eye-hand coordination. A 'feel' for hitting.	Balloon tap.	L1 ▶ V1	<ul style="list-style-type: none"> Balloons are perfect to start with because speed of flight is very low.
Chase steps. A movement – a technique in badminton.	Mirror chase with throw.	L2 ▶ V1	<ul style="list-style-type: none"> One foot chases the other but never quite catches up. Low centre of gravity.
Underarm throw and catch.	Leader and chaser.	L2 ▶ V2	<ul style="list-style-type: none"> Throw and catch is a good preparation exercise for hitting a shuttle with a racket.
Tag game. Movement, stamina and change of direction.	Tag game with extra-running after being tagged.	L5 ▶ V1	<ul style="list-style-type: none"> Endurance and motivation to avoid being tagged.
Balance.	Balance an upturned shuttle on your head. Balance on one leg and throw and catch shuttle. Jump on one leg and back.	L3 ▶ V2 L3 ▶ V2 L4 ▶ V1	<ul style="list-style-type: none"> Balance is very important to control movements in badminton, for example, lunge movements and landing after jumps.
Reaction times. Reactivity to start quickly in different directions.	Move on the spot - "happy feet" - and start after a signal.	L4 ▶ V2	<ul style="list-style-type: none"> Train this with signals using sound (clap, stamp or whistle).
Stability and balance.	Statue on the move.	L6 ▶ V1	<ul style="list-style-type: none"> Balance and stability are important elements in controlling badminton movements.













Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Speed, agility and stamina skills.	Relays with different challenges. Roll the dice and run.	L7 ▶ V1 L10 ▶ V1	<ul style="list-style-type: none"> • Tasks must be related to the abilities of pupils. • To run 'for the team' is a good motivation.
Sprint, stop and balance.	Relay Games. Balance the racket.	L8 ▶ V1 L9 ▶ V2	<ul style="list-style-type: none"> • The lunge technique helps to 'stop and go'.
Dynamic balance.	Retrieve a shuttle placed far in front of oneself.	L8 ▶ V2	<ul style="list-style-type: none"> • Repeat on opposite leg.
Change of direction and agility.	Calf touching.	L9 ▶ V1	<ul style="list-style-type: none"> • Assists development of qualities required for effective footwork.

Section 2 and 3 – “Swing and Throw” / “Throw and Hit”

Development of:




- throwing and coordination skills;
- jumping and landing skills together with core stability;
- well-coordinated and fast footwork.

References to Lessons – Throwing, Agility and Coordination Activities

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Learning to throw.	Throwing games 1. Keep your court free.	L11  V1 L11  V2	<ul style="list-style-type: none"> • Encourage correct throwing technique.
Throw with leg movement: Jumps and landings.	Throwing games 2. Relay games with running and throwing. Shadow work. Throwing team game.	L12  V1 L12  V2 L13  V1 L14  V1	<ul style="list-style-type: none"> • Start throwing with chasse steps or forward running, progress to running backwards and then using a scissor jump.
General coordination and flexibility.	Clap exercises for mobility.	L15  V1	<ul style="list-style-type: none"> • Cooperative exercises.
Throwing and agility.	Shuttle chase. Footwork	L16  V1 L18  V1	<ul style="list-style-type: none"> • Highlights individuals motivation and competitiveness.
Core stability.	Plank exercises.	L16  V2	<ul style="list-style-type: none"> • Ensure correct posture.
Coordinated at speed.	Fast feet.	L17  V1	<ul style="list-style-type: none"> • Teacher to demonstrate and control initial pace.
Coordination and speed.	Footwork exercises with sprints.	L4  V2	<ul style="list-style-type: none"> • Ensure sufficient space. Mix groups.

Section 4 – Learn to Win

References to Lessons – Development of speed and agility skills.

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Speed and agility.	Agility ladder 1. Agility ladder 2.	L19  V1 L20  V1	<ul style="list-style-type: none"> Start with a slow pace to ensure correct execution of drills with good technique.
Speed.	The “stone game”.	L22  V1	<ul style="list-style-type: none"> A fun exercise which highlights motivation levels of individuals.

4. Summary

Besides the technical skills that are needed for badminton, there are some general motor skills which are very important for physical development and for sport in general.

The quality of these movements always depends on the best possible mixture of **speed** and **control**.

Arm movements (throwing and catching) as well as leg movements (jumps, landings, starts, sprints and stops) need a lot of elasticity but also maximum control.

To improve control, badminton players need a good balance and core stability which are general elements for many sports.

In badminton, there is a mixture of physical elements from many sports, but badminton has its own unique profile.

It should be noted that it is possible to select specific exercises which will be of benefit to an individual's development which can be practised by the pupils alone and without specific equipment.

These can be practised and developed away from the lesson situation, especially for those children who are interested in practising and developing higher level skills.



