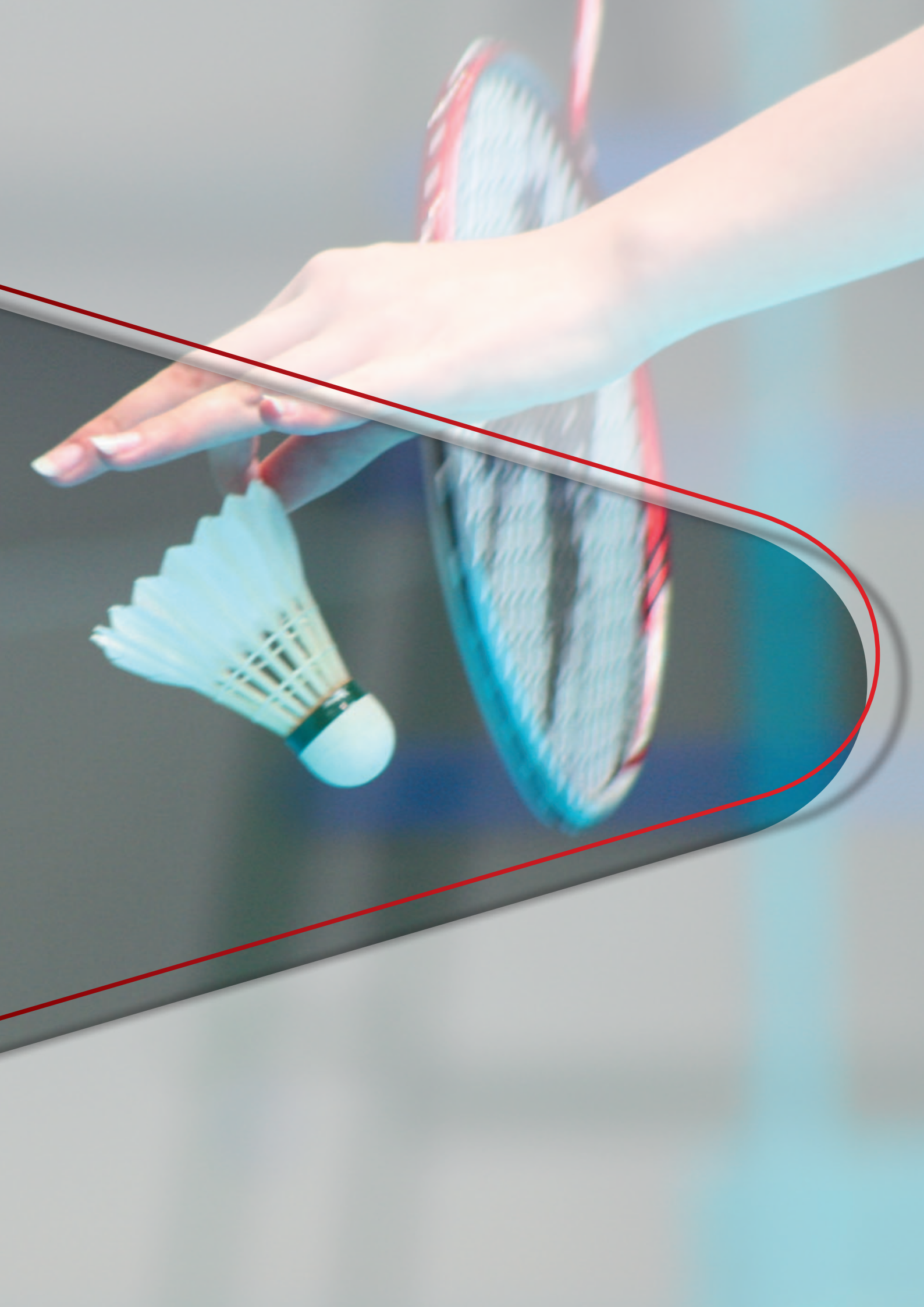




SHUTTLE TIME

BWF SCHOOLS BADMINTON
TEACHERS' MANUAL
MODULE 5: 10 STARTER LESSONS



SHUTTLE TIME

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TEACHERS' MANUAL
10 STARTER LESSONS

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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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Hit and Move – Grips, Ready Position, Front Court Play (10 lesson plans)

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Module 5

10 Starter Lessons

Hit and Move – Grips and Introduction to Net Play

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1. Introduction
2. Aims
3. Content explanation
4. Summary
5. References to Lesson Plans and Videos

Module 5 Focus

Modules 5, 6, 7 and 8 provide the background and information for you for the teaching the main badminton content of *Shuttle Time*.

The 22 Lesson Plans are in four separate downloads which correspond to Modules 5, 6, 7 and 8. You should refer to the lesson plans when reading these modules in the Teachers' Manual.

- 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)

The content in the **10 Starter Lessons**, described in Module 5, is the main starting point for teachers and beginner children in badminton.

The **10 Starter Lessons**:

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

Learning Outcomes for Module 5

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

- the two grips used – Thumb Grip and “V” Grip;
- lunges in badminton and the situations they are used in;
- hitting at the net including:
 - Back hand net shot.
 - Forehand net shot.
 - Back hand lift.
 - Forehand lift.
- serving – Backhand serve and Forehand high serve.

1. Introduction

The section is divided into 10 lessons. Each lesson includes a **technical subject** and a related area of **physical development**. These are developed in parallel.

For badminton, it is very important to teach ‘badminton situations’ rather than teaching one specific technique after the other. Pupils must always understand in which situation the technique is useful.

In the lessons, the technical content is ‘intrinsic’ to the exercises and activities.

2. Aims

The aim of the 10 Starter Lessons is to teach the basic movements in badminton, while introducing pupils to the sport.

The focus of the 10 Starter Lesson plans is on:

- **Grips** – simple exercises to learn the basic grips. This enables children to hit the shuttle with underarm movements and experience rally situations.
- **Hitting** – children start hitting in the forecourt because underarm techniques are easier to learn. The first badminton techniques taught are net shots and lunges.
- **Serving** – serves and the lifts to prepare the pupils for the introduction of the overhead shots are introduced towards the end of the 10 Starter Lessons.
- **Moving** – movement skills in this section are 1) split steps, 2) chasse steps and 3) lunges. These are the foundation skills required to learn correct badminton footwork.

3. Content Explanation

This part of the Teachers' Manual focuses on the content of the 10 Starter Lessons. It helps to develop teachers knowledge. It is important to know that the lesson plans for this section also contain some information about the content.

The main technical content of this part of the manual are:

- a. Thumb Grip, "V"-Grip and grip change
- b. Lunge and starting
- c. Introduction to hitting
- d. Net play – Backhand and Forehand Net Shot
- e. Backhand serve
- f. Backhand and Forehand lift
- g. Forehand High serve

a. Grips and Grip Changes

Two types of grip that are taught in the lessons are:

1. the **Thumb Grip**
2. the **V-Grip**.

These two grips are explained below.

1. Thumb Grip

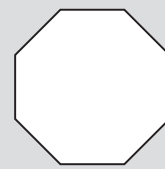
The thumb grip is used to play basic backhand strokes in front of the body. Examples include net shots, net lifts, net kills, backhand serves and backhand drives (when struck in front of the body). The thumb is "committed" to the back of the racket handle, with a slight gap between the hand and the racket handle.



Long shot



Close-up



Thumb position

References to Lessons – Thumb Grip

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Thumb Grip	Keep balloon up with thumb grip.	L1 ▶ V3	<ul style="list-style-type: none">• For this grip the thumb is located to the back of the racket handle and parallel to the shaft, with a slight gap between the hand and the racket handle.• Fingers should be relaxed.• Back of hand is leading.

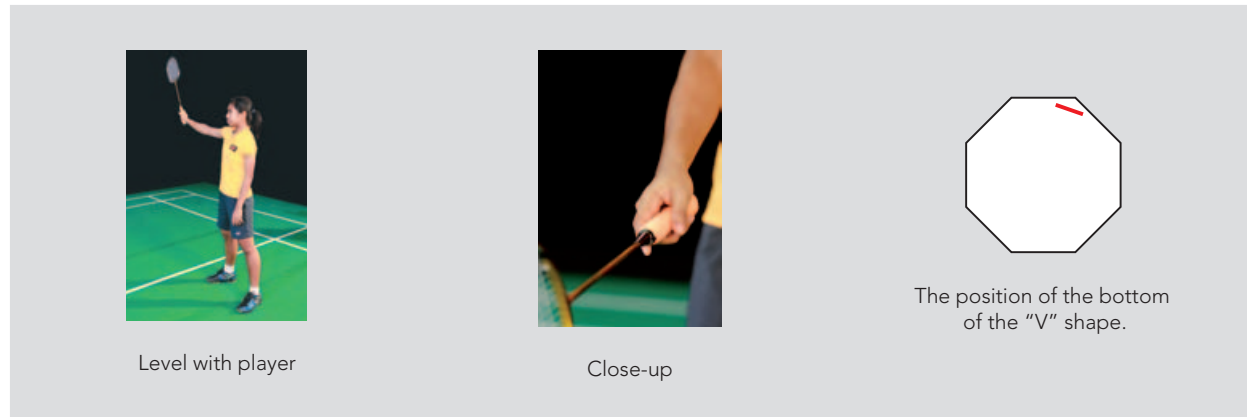
See Number 2 'V-Grip' for more training exercises with grips.



2. V-Grip and Further Grip Exercises

The V-grip is used to play strokes where the shuttle is level with the player, on both the forehand and backhand sides.

The thumb and first finger of the hand creates a "V" shape on the racket handle. The position of the bottom of the "V" is important and is shown in the illustrations below.






References to Lessons – Grips and Grip Practice

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Forehand V-Grip	Keep balloon up with thumb grip.	L1 ▶ V4	<ul style="list-style-type: none"> Thumb and first finger of the hand creates a "V" shape on the racket handle. Palm is leading the movement, fingers are spread! Mark the racket handle as shown in the pictures above.
Control of grips.	Backhand and V-grip exercise in pairs.	L1 ▶ V5	<ul style="list-style-type: none"> Practise the two grips in isolation. Elbow in front of body. Movement of the hand is towards the shuttle.
Hand moves to the shuttle.	Backhand and V-grip exercise in pairs.	L2 ▶ V4	<ul style="list-style-type: none"> Elbow in front of body. Active movement of the hand towards the shuttle.

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Grip change – from backhand to V-grip .	Grip change without and then with shuttle. Game – Hit the Targets	L2 ▶ V3 ▶ V4 L2 ▶ V5	<ul style="list-style-type: none"> • Change between backhand and V grip with relaxed, but 'active' fingers. • Relaxed fingers to change between grips without turning the hand ('finger work').
Body position during exercises.	Important during all exercises.		<ul style="list-style-type: none"> • Strokes are made away from the body not near the body.
Underarm Movement.	Grip change with shuttle.	L2 ▶ V4	<ul style="list-style-type: none"> • Preparation: Elbow in front of body. • Backswing: Relax grip and pull hand back, arm becomes a little flexed. • Forward swing: Move the hand actively and stretch arm to the shuttle (long arm), squeeze fingers when hitting. • Follow through: Regain quick control of the racket after hitting.
Chasse steps (fundamental badminton technique).	Mirror chase.	L2 ▶ V1	<ul style="list-style-type: none"> • One foot chases the other but never quite catches up. • Low centre of gravity.
Practise chasse and hit.	Feeding exercises Chasse and Hit 1+2 and Choices.	L5 ▶ V3 ▶ V4 ▶ V5	<ul style="list-style-type: none"> • Feeding exercises give the chance to get experience of running and hitting in a controlled manner. • This helps to develop correct technique.

b. Introduction to Lunging – Lunging and Starting

Description	Where and when the lunge is used.			Technique
<p>Lunging</p> <ul style="list-style-type: none"> Lunging is like a large stride. The pictures to the right show where and when the lunge is used on the court. Most lunging is done on the racket leg, but some non-racket leg lunging does happen. 	 <p>At the net when performing net kills, net shots and lifts.</p>	 <p>In the mid-court, when the shuttle is at the side of the body.</p>	 <p>In rear-court when the shuttle is behind the striking player.</p>	<ul style="list-style-type: none"> The lead foot points towards the shuttle. Take care that the first contact of the foot on the floor is with the heel. Knee and foot of the lead leg point in the same direction to protect knee and ankle joint. Foot rolls across the toes and points to the impact point (ensures stability and balance). Turn out rear-foot to help with balance and range of movement. Bend rear knee slightly to reduce strain on knee joint. Use an extended rear arm as a counter balance. <p>Download the video clip of this technique from the BWF website www.bwfbadminton.org</p>

References to Lessons – Lunge

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Lunge.	Have a lunge.	L3 ▶ V3 ▶ V4	<ul style="list-style-type: none">• First only with shadowing net shots.• Emphasise the importance of reaching to intercept the shuttle.• Avoid twisting of the foot.
Balanced body position at the net.	Have a lunge.	L3 ▶ V3	<ul style="list-style-type: none">• Body is straight with stretched "racket arm".• Upright posture.

c. Introduction to Hitting

Phase 1. Developing Hitting Skills

Catching and throwing involves the hands directly "interacting" and making contact with an object.

Hitting with a racket requires the player to adjust, so the object being struck interacts or makes contact with the racket face, which is some distance from the hand.

Practice therefore should help the player to make this transition – from catching and throwing objects to hitting the shuttle using a racket.

Phase 2. Hitting with the Hand

Hitting with the hand is an extension of throwing and catching. It requires you to watch the flying object carefully and adjust your feet and hands so the hand can strike that object successfully.

Working alone and using the palm of the hand, strike a soft ball or balloon in the air.

Experiment hitting with one hand, then the other, then alternating between them.

Experiment with keeping the object in the air while doing tricks – for example, get down on the floor and back up again.



Working alone, and use the back of the hand to strike a soft ball or balloon in the air.

Experiment hitting with one hand, then the other, then alternating between them.

Experiment with keeping the object in the air whilst doing tricks – for example, get down on the floor and back up again.



Working alone, keep a soft ball or balloon in the air using the palms and backs of both hands.

Try to make up a sequence of tricks.



Holding a soft ball or balloon above your head, reach up with the other hand and rotate the arm so you can see your palm.

Then strike the ball out of your hand using your palm.

Try to complete a follow through that finishes so the player can see the back of their hand (forearm pronated). This is the first preparation for overhead hitting technique.



Using a soft ball or balloon, rally with a partner using the palms and the backs of the hand.

This can be done seated or standing.



Phase 3. Hitting with a Very Short Grip

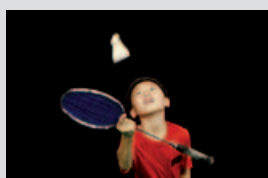
Hitting with a very short grip helps players achieve success because the object they wish to strike is still relatively close to the hand when it is struck.



Holding a racket near the "T" with the back of the hand upwards



Keep a balloon, soft ball or shuttle in the air using forearm rotation.



Holding a racket near the "T" with the first finger below and along the frame.
Keep a balloon, soft ball or shuttle in the air using forearm rotation.



Holding a racket near the "T" with the first finger below and along the frame. Touch a shuttle with the strings of the racket'



Take the racket head back using forearm rotation.



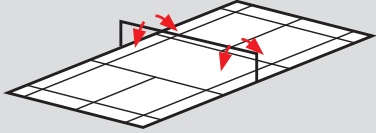




Strike the shuttle using forearm rotation (the player can see the back of their hand).

Phase 4. Transition

Gradually increase the length of the grip whilst controlling the balloon. Then progress by using the same sequences to control a shuttle.

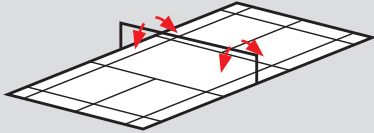




d. Net play

1. Backhand Net Shot

Where the shuttle goes		When we use it	Why we use it
Net shots travel from forecourt to forecourt as close to top of the net as possible.		When we are in the forecourt and the shuttle has dropped below tape height. (defensive/neutral area)	To bring the opponent forwards, creating possible opportunities in the rear court. Trying to force the opponent to lift, in doing so creating an attacking opportunity.
What it looks like			
			
Prepare <ul style="list-style-type: none"> • V grip. • Hold racket out in front of body. 	Backswing <ul style="list-style-type: none"> • Establish relaxed thumb grip. • Relaxed reach. • Rotate arm. • Present racket strings to shuttle. 	Forward Swing <ul style="list-style-type: none"> • Use momentum of whole body. • Push through shuttle. 	Follow Through <ul style="list-style-type: none"> • Bring racket up ready to anticipate opponent's next stroke.










Download the video clip of this technique from the BWF website www.bwfbadminton.org

2. Forehand Net Shot

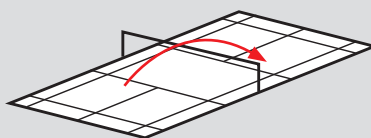




Where the shuttle goes		When we use it	Why we use it
<p>Net shots travel from forecourt to forecourt as close to top of the net as possible.</p>		<p>When we are in the forecourt and the shuttle has dropped below tape height (defensive / neutral area).</p>	<p>To bring opponent forwards, creating possible opportunities in their rear court.</p> <p>Aims to force the opponent to lift, in doing so creating an attacking opportunity.</p>
What it looks like			
 <p>Prepare</p> <ul style="list-style-type: none"> • V-grip. • Hold racket out in front of body. 	 <p>Backswing</p> <ul style="list-style-type: none"> • Relaxed reach. • Rotate arm. • Present racket strings to shuttle. 	 <p>Forward Swing</p> <ul style="list-style-type: none"> • Use momentum of whole body. • Push through shuttle. 	 <p>Follow Through</p> <ul style="list-style-type: none"> • Bring racket up ready to anticipate opponent's next stroke.

Download the video clip of this technique from the BWF website www.bwfbadminton.org

References to Lessons – Backhand and Forehand Net Shot



Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Net shots backhand and forehand.	Net shots. Progressive exercises.	L3  V4 L3  V5	Preparation: hold racket out in front of the body (long arm). Backswing: very small with relaxed grip. Forward swing: a gentle push over the net with relaxed grip and good finger control. Follow through: as small as necessary. Start with backhand, then forehand, then alternately. Practice first without leg movement, then with lunge.
Net shot rally.	Progression exercise.	L3  V5	<ul style="list-style-type: none"> Relax fingers to change between grips without turning the hand (finger-work).
Net shots with movement. (start – step -lunge)	Net shot and start.	L3  V3  V4  V5	<ul style="list-style-type: none"> Keep control of arm movement during movement to the shuttle. Progress from only lunge, to chasse and lunge and finally split step, chasse and lunge.
Fun games for net play.	Games: Net king 1-3	L6  V2  V3  V4	<ul style="list-style-type: none"> Read safety aspects in the description of the games.

e. Back Hand Serve

Where the shuttle goes		When we use it	Why we use it
<p>To follow the laws of the game, the shuttle must travel from one service box to the diagonally opposite service box. Backhand low serves pass close to the top of the net and land at the front of the diagonally opposite service box.</p>		<p>Used in doubles and men's singles to start the rally, from a defensive / neutral situation.</p>	<p>To restrict your opponent's opportunity to attack.</p> <p>To create attacking opportunities for yourself.</p>
What it looks like			
			
<p>Prepare</p> <ul style="list-style-type: none">• Stance can vary, but most common is with the racket foot forwards, close to the "T".• Use a short, relaxed thumb grip (for doubles).• Place the racket out in front of the body.• Place shuttle on racket.	<p>Backswing</p> <ul style="list-style-type: none">• Take the racket back a short distance.• Open racket face slightly.	<p>Forward Swing</p> <ul style="list-style-type: none">• Push through shuttle.• Strike the shuttle out of the hand.	<p>Follow Through</p> <ul style="list-style-type: none">• Continue pushing action.• Bring racket up to threaten service reply.

Download the video clip of this technique from the BWF website www.bwfbadminton.org

References to Lessons – Backhand Serve

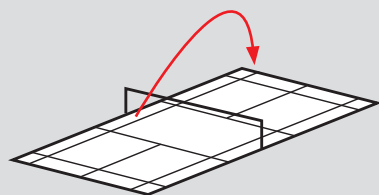
Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Backhand serve	Repetition of thumb grip and then learning the backhand serve.	L7  V3  V4	<ul style="list-style-type: none">• Demonstration and description of the technique required.• Advice: Hit from your hand.

f. Backhand and Forehand Lift

1. Backhand Lift

Where the shuttle goes

Net lifts travel from the forecourt to the rear court. Attacking lifts travel just high enough to beat your opponent's racket. Defensive lifts go higher.



When we use it

When you are in the forecourt and the shuttle has dropped just below tape height when you strike it (into the neutral area) – creates opportunity for attacking lift.

When you are in the forecourt and the shuttle has dropped well below tape height (into your defensive area) – a defensive lift may be necessary.

Why we use it

Attacking lifts aim to get the shuttle in behind your opponent to force a weaker return.

Higher defensive lifts push your opponent back and allow more time for the player playing the stroke to recover their position and balance.

What it looks like



Prepare

- V grip.
- Hold racket out in front of body.



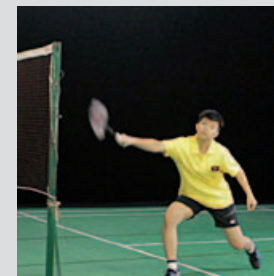
Backswing

- Establish relaxed thumb grip.
- Relaxed reach.
- Rotate arm outwards.



Forward Swing

- Hit through shuttle.

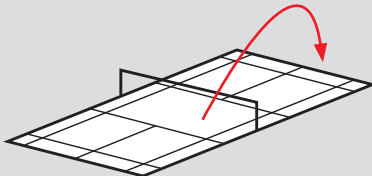






Follow Through

- Racket momentum causes arm to rotate outwards as it relaxes.

Download the video clip of this technique from the BWF website www.bwfbadminton.org

2. Forehand Lift

Where the shuttle goes		When we use it	Why we use it
<p>Net lifts travel from the forecourt to the rear court. Defensive lifts go higher.</p> <p>More attacking lifts travel just high enough to beat your opponent's racket.</p>		<p>When you are in the forecourt and the shuttle has dropped well below tape height as you strike it (in your defensive area).</p> <p>When you are in the forecourt and the shuttle has dropped just below tape height when you strike it (in your neutral area).</p>	<p>Higher defensive lifts push your opponent back and allow more time for the player playing the stroke to recover their position and balance.</p> <p>Attacking lifts aim to get the shuttle in behind your opponent to force a weaker return.</p>
What it looks like			
 <p>Prepare</p> <ul style="list-style-type: none"> • V grip. • Hold racket out in front of body. 	 <p>Backswing</p> <ul style="list-style-type: none"> • Relaxed reach. • Rotate arm outwards. • Bend wrist. 	 <p>Forward Swing</p> <ul style="list-style-type: none"> • Straighten wrist. • Hit through the shuttle. 	 <p>Follow Through</p> <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes.

Download the video clip of this technique from the BWF website www.bwfbadminton.org

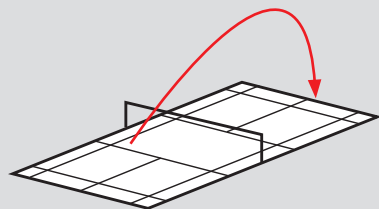
References to Lessons – Backhand and Forehand Lifts

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Backhand Lift	Practise progressing to “Merry-go-round”.	L8 ▶ V3 ▶ V4	<p>Preparation: Racket is held out in front of the body, racket head above hand with relaxed reach.</p> <p>Backswing: Quick, short elbow bend and short pronation of forearm</p> <p>Forward swing: Press thumb on racket handle, strike shuttle with flicking action, supinating the forearm and straightening the elbow.</p> <p>Follow through: Recover racket in front of body.</p> <p>Aim: Make a lift look like a net shot.</p>
Forehand Lift	Practise progressing to “Merry-go-round”.	L9 ▶ V3 ▶ V4	<p>Preparation: Racket is held out in front of the body, racket head above hand with relaxed reach. Supinate forearm and bend wrist.</p> <p>Backswing: Go on bending wrist and supinating forearm.</p> <p>Forward swing: Pronate forearm and straighten wrist, strike shuttle with flicking action.</p> <p>Follow through: Recover racket in front of body.</p> <p>Aim: Make a lift look like a net shot.</p>
Games.	Forehand and Backhand Lift “Merry-go-round”.	L10 ▶ V3 ▶ V4	

g. Forehand High Serve

Where the shuttle goes

To follow the laws of the game, the shuttle must travel from one service box to the diagonally opposite service box. High serves travel to the rear of your opponent's service box, dropping vertically. High serves also tend to be towards the centre of the court, which restricts the angles of return that can be struck by the receiver.



When we use it

The forehand high serve is used in singles to begin the rally, from a neutral / defensive position.

Forehand high serves are used more in women's singles and sometimes in men's singles

Why we use it

As a variation (creating a different challenge to low serves).

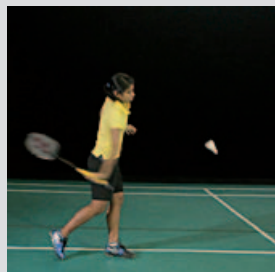
Forces player to look up more, so they can be less aware of the server's position.

What it looks like



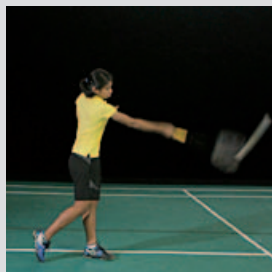
Prepare

- Adopt a sideways stance within the service box.
- V-Grip.
- Racket and shuttle in elevated position.
- Weight on rear leg.



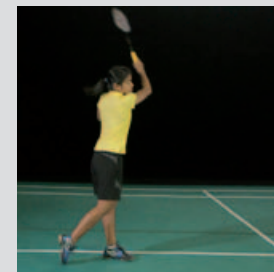
Backswing

- Begin transfer of weight forwards.
- Drop the shuttle to the side/ in front.
- Lower the racket
- Bend the wrist and supinate the forearm.



Forward Swing

- Continue weight transfer to front foot.
- Swing racket forwards.
- Accelerate racket head by pronating forearm and straightening wrist.
- Strike under shuttle – hard, in front and to side of body.



Follow Through

- Momentum carries racket through high and long.

4. Summary

Starting in the forecourt allows for initial improvement and all pupils will experience success.

When teaching the strokes we subdivide the movement into four parts:

- Preparation.
- Backswing.
- Forward swing.
- Follow through.

The division into the four parts helps us to give clear feedback and corrections to the pupils.

Teaching techniques / sequencing used:

- demonstrating – imitation;
- images;
- trial and error with feedback;
- shadows and chaining.

The sequence of development in the first ten lessons is:

- Grips and grip change.
- Lunge and start.
- Net play.

Then followed by:

- Backhand serve.
- Backhand and Forehand lift.
- High forehand serve.



