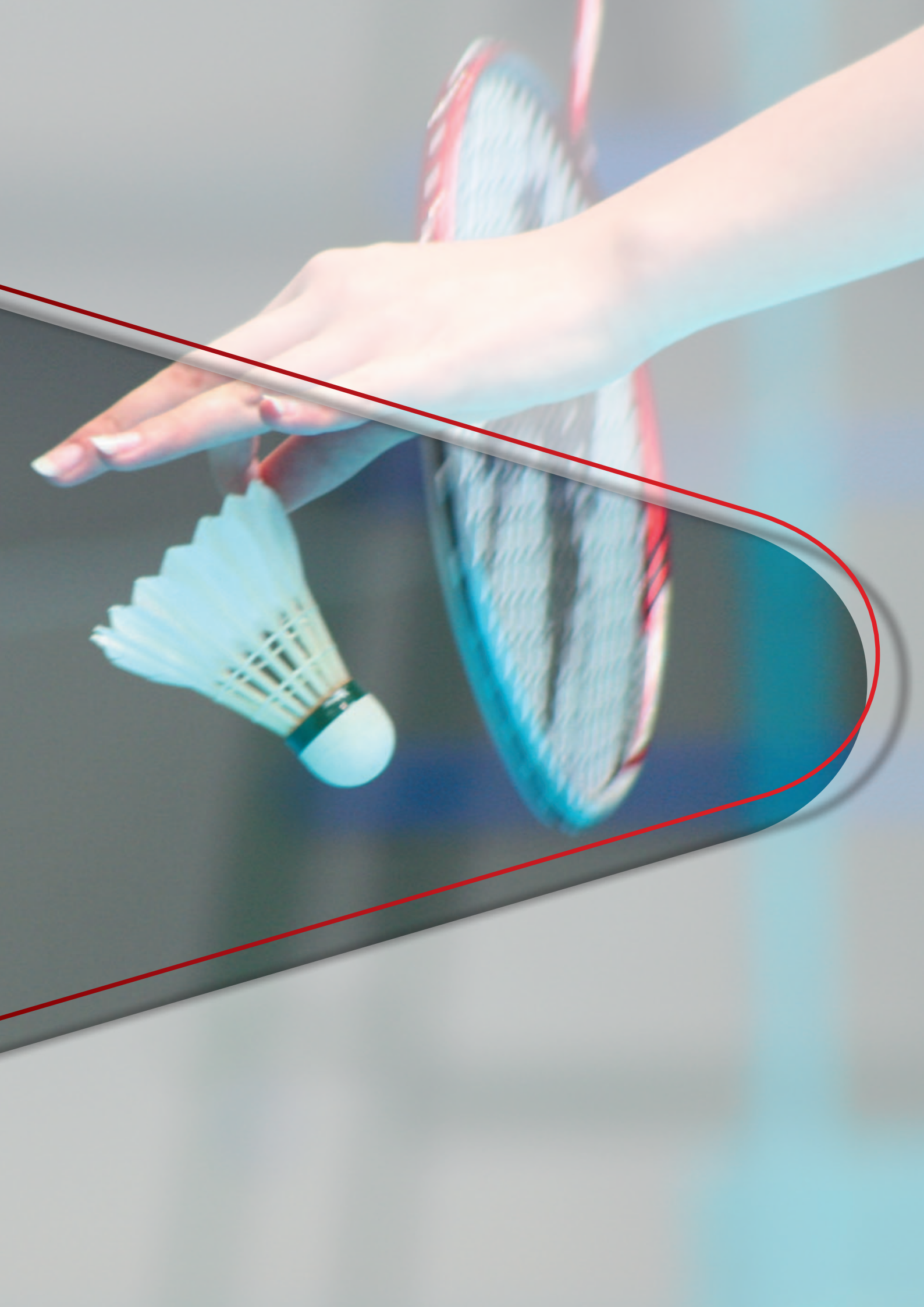




SHUTTLE TIME

BWF SCHOOLS BADMINTON
TEACHERS' MANUAL
MODULE 6: SWING AND THROW



SHUTTLE TIME

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Continental Confederations

Badminton Africa	www.badmintonafrika.org
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Badminton Europe	www.badmintoneurope.com
Badminton Pan Am	www.badmintonpanam.org
Badminton Oceania	www.oceaniabadminton.org



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 6

Swing and Throw

Mid-Court Development

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Module 6 Focus

Modules 5, 6, 7 and 8 provide the background and information for you for 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** (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)

Module 6 focuses on mid-court practice. The activities for children in Swing and Throw are designed to prepare them for overhead hitting.

The speed of the rallies increase in this section and teachers have an important role in controlling this so that the speed is relevant to the skill level of the children.

Learning Outcomes for Module 6

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

- 'ready position';
- importance of racket speed, throwing action and rallying ability;
- Backhand drive – and where it is used in badminton;
- Forehand drive – and where it is used in badminton.

1. Introduction

The areas covered by Section 2 **"Swing and Throw"** focus on the mid court and prepares beginners for overhead hitting.

Section	Technical Content
Swing and Throw	Mid court practice – activities are designed to prepare beginners for overhead hitting. Techniques introduced here are: <ul style="list-style-type: none">• Backhand drive• Forehand drive• Backhand block

The learning points are intrinsic to the exercises.

Traditionally beginners start with rear court techniques, which often leads to frustration and the development of incorrect technique.

In this programme however, beginners first learn the basics in the front court and gain confidence, before mid-court and rear-court techniques are introduced.

2. Aims

Mid Court Practice

By the end of the 10 Starter Lessons pupils should be able to:

- feel confident at the net;
- rally at the net;
- hit from the net to the rear-court;

The aim of the two midcourt lessons (11 and 12) is:

- to increase the speed of rallies;
- to prepare the pupils for overhead hitting.

When pupils move from the net to the midcourt, they have more time than before to focus on the shuttle. This is the reason why we are now able to increase the speed of the rallies by speeding up the racket movements.

In this part of the programme we emphasize that it is important to:

- prepare for all shots;
- and after the shot recover to a good position ready for the next shot.

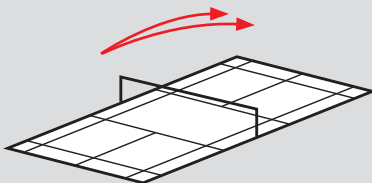




This is easier to learn when the speed of the rally situation encourages the players to do this.

3. Content explanation

References to Lessons – Swing and Throw

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Ready Position	Explain, demonstrate and reinforce in all exercises.	L11 ▶ V3 ▶ V4	<ul style="list-style-type: none">• Leaning forward, slightly with flexed knees, heels lifted from floor, racket in front of body, racket head above the hand.
Play with fast racket (racket speed)	Throwing exercise for racket speed. Racket Exercises.	L11 ▶ V3 L 11 ▶ V4 L12 ▶ V3 ▶ V4	<ul style="list-style-type: none">• Hold racket in front of body, start with relaxed grip, then tighten grip to generate power, short racket movements, very small follow through.

1. Backhand Drive

Where the shuttle goes		When we use it	Why we use it
<p>Backhand drives are flat shots that tend to travel from mid-court to mid-court or the rear court of your opponent.</p>		<p>Backhand drives tend to be used in neutral situations when the shuttle is neither high enough to attack downwards, nor low enough to use upwards defensive strokes. As well as on the backhand side, backhand drives are also used when the shuttle is directly in front of the body.</p>	<p>Backhand drives can be used to:</p> <ul style="list-style-type: none"> • restrict the opponent's opportunity to attack. • create an attacking opportunity for the player striking the drive by hitting into clear space in the opposite court or into the body of the opponent.
What it looks like			
			
<p>Prepare</p> <ul style="list-style-type: none"> • Stand square to the net, racket ready. 	<p>Backswing</p> <ul style="list-style-type: none"> • Establish a thumb grip, pronate the forearm (create an angle between the arm and racket), Bend the elbow, Begin to step out to shuttle with non-racket foot. 	<p>Forward Swing</p> <ul style="list-style-type: none"> • Supinate the forearm. • Extend the elbow and reach to strike the shuttle in front/ to side. • Strike the shuttle with a tapping action, landing the non-racket foot on or after contact. 	<p>Follow Through</p> <ul style="list-style-type: none"> • Minimal follow through. • Return to face the net, with racket in ready position.

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

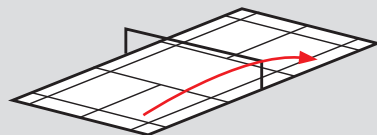
References to Lessons – Backhand Drive

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Backhand drive	Feeding exercise for racket speed and flat play.	L11	Reinforce “ready positions” and recovery.

2. Forehand Drive

Where the shuttle goes

Forehand drives are flat shots that tend to travel from mid-court to mid-court or rear court of your opponent.



When we use it

Forehand drives tend to be used in neutral situations when the shuttle is neither high enough to attack downwards, nor low enough to use upwards defensive strokes.

Why we use it

Backhand drives can be used to:

- restrict the opponent's opportunity to attack.
- create an attacking opportunity for the player striking the drive by hitting to space or into the body of the opponent.

What it looks like



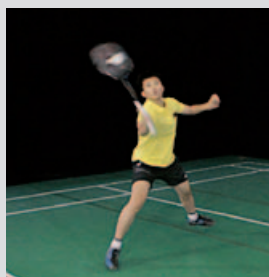
Prepare

- Racket ready.
- V-grip.



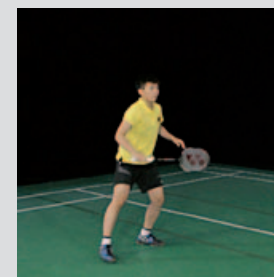
Backswing

- Step out to shuttle.
- Relaxed reach with slightly bent elbows.
- Supinate the forearm and create an angle between the arm and racket.



Forward Swing

- Straighten elbows.
- Rotate upper and lower arm inwards.
- Strike in front of the body.
- Strike the shuttle with a tapping action, landing the non-racket foot on or after contact.







Follow Through

- Minimal follow through.
- Return to face the net, with racket in ready position.

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

References to Lessons – Forehand Drive

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Forehand drive.	Feeding exercise for racket speed and flat play.	L11  V3	
Improving flat play.	Flat play. Games for midcourt development.	L11  V4 L12  V3  V4	<ul style="list-style-type: none">Games are very motivating and bring lots of fun but teacher must take care that strokes are made with the correct technique.

4. Summary

In lessons 11 and 12 the speed and variety of rallying situations are increased, while the physical elements of the lessons prepare pupils for overhead hitting.

Areas developed are:

- racket speed;
- rallying ability;
- throwing action.



