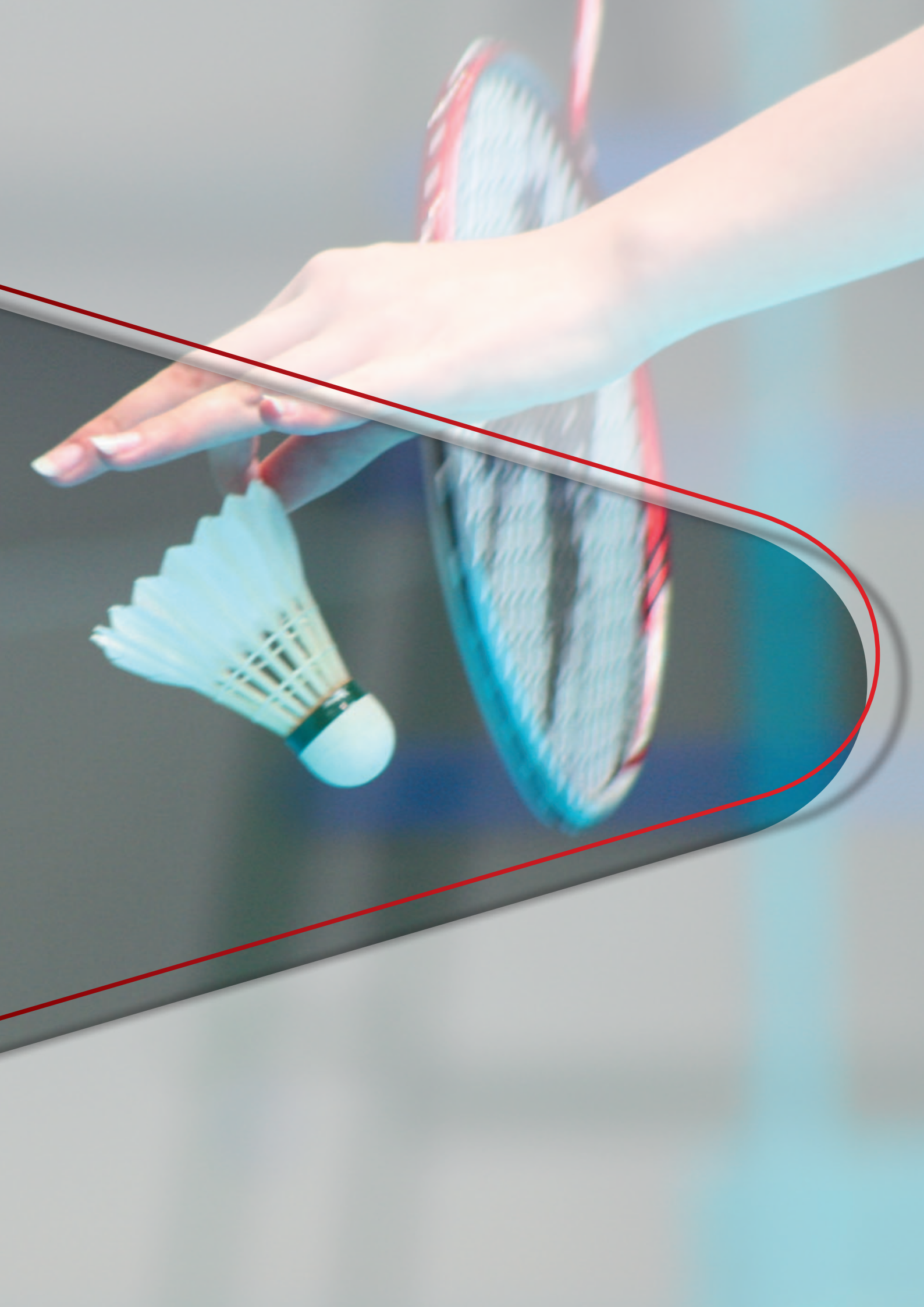




# SHUTTLE TIME

**BWF SCHOOLS BADMINTON**  
TEACHERS' MANUAL  
MODULE 7: THROW AND HIT



# SHUTTLE TIME

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TEACHERS' MANUAL

MODULE 7: THROW AND HIT

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# Acknowledgements

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## Materials Developers

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Heinz Kelzenberg

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## Continental Confederations

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Badminton Africa	<a href="http://www.badmintonafrika.org">www.badmintonafrika.org</a>
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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 7 – Throw and Hit

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# Module 7

## Throw and Hit

### Rear Court Development

#### CONTENTS

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1. Introduction
2. Aims and objectives
3. Content explanation
4. Summary

#### Module 7 Focus

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**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 7 focuses on rear court practice and develops overhead hitting techniques.

## Learning Outcomes

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

- The stages of the hitting cycle.
- Rear court techniques which include:
  - Forehand clear.
  - Forehand drop shot.
  - Forehand smash.
  - Scissor jump.

## 1. Introduction

This section builds on the two lessons that focused on rear court techniques.

Section	Technical Content
Throw and Hit	Rear Court Practice – introduces and develops overhead hitting techniques. Techniques introduced here are: <ul style="list-style-type: none"><li>• Forehand Clear.</li><li>• Forehand drop shot.</li><li>• Forehand smash.</li><li>• Scissor jump.</li></ul>

As in the previous section, 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.

Having already focused on the basics in the front court and gained confidence in the mid-court, rear-court techniques are introduced.

## 2. Aims and Objectives

In the six rear-court lessons pupils develop overhead hitting techniques with the main strokes: **clear**, **drop** and **smash**.

These are developed in parallel to the techniques of movement required and in particular the **scissor jump**.

Many aspects taught in the forecourt and midcourt are now also true in the rear-court.

This experience, together with the confidence gained in the earlier lessons, now helps the pupils to learn new techniques faster than in the first lessons.



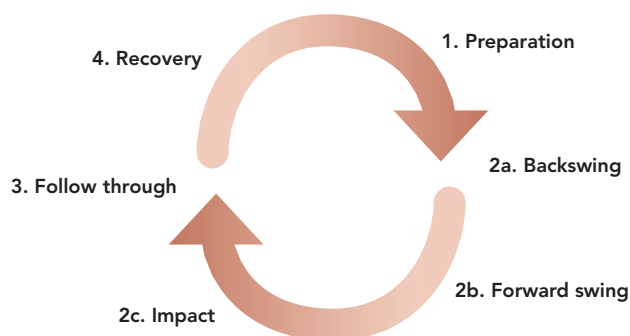
### 3. Content Explanation

In this section the following techniques are described:

1. Scissor jump;
2. Forehand Overhead Clear;
3. Forehand Overhead Drop Shot;
4. Forehand Smash.

Before the above are described, it is important to explain how we can divide the strokes into several parts for the purpose of teaching.

This is known as the **hitting cycle**.



#### Preparation

Every stroke begins with a good ready position including position of the racket in front of the body. Players should adopt a starting racket position which is directed to the area where their opponent will intercept the shuttle.

#### Hit

The hit can be divided into two parts, the backswing and the forward swing.

Many beginners have difficulty with the backswing due to the fact they are afraid to miss the shuttle. The throwing games and shadow exercises will allow them to gain confidence.

#### Follow through

The part after the impact is called *follow through*. The length is dependent upon the type and power of the stroke, the interception point and the technical situation.

#### Recovery

When the *follow through* is finished there is a fast recovery which fluently goes into the preparation of the next stroke. Beginners should be encouraged from the start to incorporate the recovery phase into their practice sessions.

The hitting cycle helps us to describe the different parts of the strokes, to see faults and give the relevant corrections.

See photos over – Forehand Overhead Clear and Forehand Overhead Drop Shot.



## 1. Scissor Jump

The scissor jump is the main movement used to hit in the rear-court. This technique allows the player to intercept the shuttle as high as possible and to recover quickly into an appropriate ready position.

It is also used when the player is under pressure in the backhand corner and he wants to hit with a forehand stroke.

- Racket leg makes a step back into a side-on position with weight on racket leg.
- Jump from racket foot and pivot in the air (180°), land on non-racket foot behind the point where you started, landing foot cross to running direction to facilitate an efficient stop and change of direction.
- Make the first step with racket foot.
- Then make one chasse step or running step with non-racket foot.

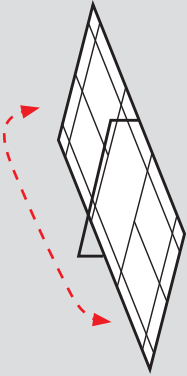
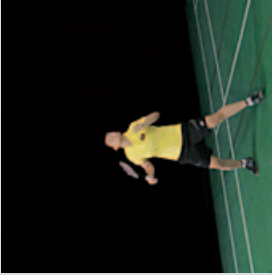
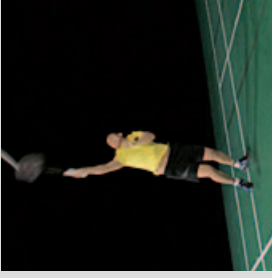
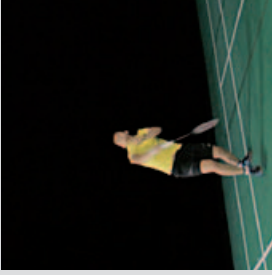
Note: Steps 2 and 3 above are fast and close together as possible. No break between.

### References to Lessons – Scissor Jump

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Scissor jump	Introduction on scissor jump, without and then with steps.	L13	<ul style="list-style-type: none"><li>• Point out the correct rhythm of the steps by clapping or counting: one – two / three – four.</li></ul>

See photos on the next page – Forehand Overhead Clear.

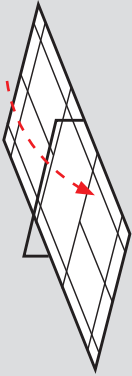
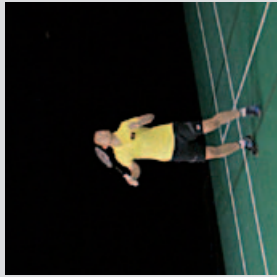
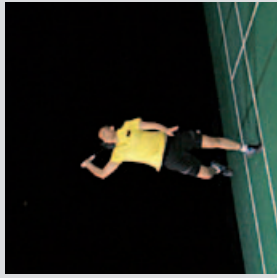
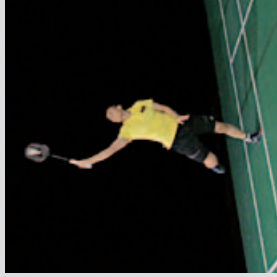
## 2. Forehand Overhead Clear

Where the shuttle goes	When we use it	Why we use it
<p>Clears go from your rear court to the rear court of your opponent.</p> <p>Attacking clears travel at a height just out of reach of your opponent's racket.</p> <p>More defensive clears are slightly higher.</p>	<p>Clears are used when we are in our attacking zone.</p>	<p>Clears push your opponent back, creating space in the forecourt.</p> <p>Attacking clears aim to place the shuttle in behind the opponent, creating pressure and potentially weaker returns.</p> <p>Defensive clears allow the person playing the stroke more time to recover their balance and court position.</p>
		
What it looks like		
		
<b>Prepare</b> <ul style="list-style-type: none"> <li>• V-grip</li> <li>• Racket in overhead ready position.</li> <li>• Front arm up.</li> <li>• Sideways stance.</li> </ul>	<b>Backswing</b> <ul style="list-style-type: none"> <li>• Drive up and forwards off rear leg</li> <li>• Push rear hip forwards</li> <li>• Rear shoulder and upper arm move upwards and forwards.</li> <li>• Upper and lower arm rotate outwards.</li> <li>• Front arm pulls in to control body rotation.</li> </ul>	<b>Forward Swing</b> <ul style="list-style-type: none"> <li>• Rear leg overtakes front leg.</li> <li>• Upper and lower arm rotates inwards.</li> <li>• Reach to strike shuttle powerfully above/slightly in front of racket shoulder.</li> </ul>
	<b>Follow Through</b> <ul style="list-style-type: none"> <li>• Racket momentum causes arm to rotate inwards as it relaxes.</li> <li>• Rear foot lands to become the new front foot.</li> </ul>	

## References to Lessons – Forehand Overhead Clear

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Forehand Overhead Clear	Straight clear Forehand clear rally with trick. Straight overhead clear. Forehand clear rally. Game.	L13 ▶ V3 L14 ▶ V3 L14 ▶ V3 L14 ▶ V2 L14 ▶ V4	Emphasise: <ul style="list-style-type: none"><li>• throwing action and racket head speed;</li><li>• early point of interception;</li><li>• use of the Scissor Jump to assist recovery.</li></ul>

### 3. Forehand Overhead Drop Shot

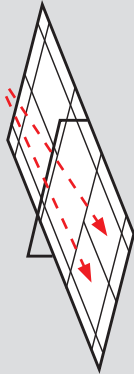
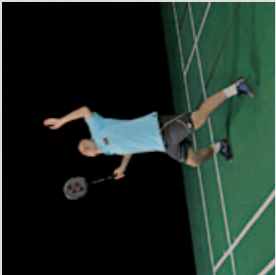


Where the shuttle goes	When we use it	Why we use it
<p>Drop shots go from your rear court to the forecourt of your opponent.</p> <p>Longer drops tend to land just beyond the low service line. Shorter drop shots land between the low service line and the net.</p>	 <p>Drop shots are used when we are in the attacking zone.</p>	<p>We use drop shots to:</p> <ul style="list-style-type: none"> <li>• make space in the rear court</li> <li>• make our opponent off-balance</li> <li>• encourage our opponent to lift</li> </ul>
What it looks like		
		
<p><b>Prepare</b></p> <ul style="list-style-type: none"> <li>• V-grip.</li> <li>• Racket in overhead ready position.</li> <li>• Front arm up.</li> <li>• Sideways stance.</li> </ul>	<p><b>Backswing</b></p> <ul style="list-style-type: none"> <li>• Drive up and forwards off rear leg.</li> <li>• Push rear hip forwards.</li> <li>• Rear shoulder and upper arm move upwards and forwards.</li> <li>• Upper and lower arm rotate outwards.</li> </ul>	<p><b>Forward Swing</b></p> <ul style="list-style-type: none"> <li>• Upper and lower arm rotates inwards.</li> <li>• Reach to strike shuttle above/ slightly in front of striking shoulder.</li> <li>• Just prior to hitting rotation of arm stops – push through the shuttle.</li> </ul>
		<p><b>Follow Through</b></p> <ul style="list-style-type: none"> <li>• Rear foot lands to become the new front foot.</li> </ul>

Download the video clip of this technique from the BWF website [www.bwfbadminton.org](http://www.bwfbadminton.org)

## References to Lessons – Forehand Overhead Drop Shot

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
<b>Forehand overhead drop shot</b>	Shadow Straight Drop Continuous Play Lift-Drop-Net	L15 ▶ V3 L15 ▶ V3 L15 ▶ V4 L16 ▶ V3	Same hitting action for clear and drop shot but finish a drop shot with a push instead of a full hit at point of contact.
<b>Clear and Drop shot parallel</b>	Choices. Half court singles.	L16 ▶ V4 L16 ▶ V5	Reinforce the same preparation for both strokes.

**4. Forehand Smash**

Where the shuttle goes	When we use it	Why we use it
<p>Smashes go from your rear court to the midcourt of your opponent.</p> <p>Smashes can be struck into space, or into the body of the opponent.</p>	 <p>We use smashes when hitting down from our attacking zone.</p>	<p>A forehand smash is a shot used in an attempt to win the rally, or to force a very weak return.</p>
What it looks like		
		
<p><b>Prepare</b></p> <ul style="list-style-type: none"><li>• V-Grip.</li><li>• Relaxed ready position.</li><li>• Step back to load rear leg, sideways stance.</li></ul>	<p><b>Backswing</b></p> <ul style="list-style-type: none"><li>• Jump and begin rotating in the air, elbow up-forwards, supinate forearm.</li><li>• Create angle between arm and racket.</li></ul>	<p><b>Forward Swing</b></p> <ul style="list-style-type: none"><li>• Continue rotation in the air, throw racket head powerfully (pronate forearm).</li><li>• Reach up to strike shuttle. impact in front of the shoulder.</li></ul> <p><b>Follow Through</b></p> <ul style="list-style-type: none"><li>• Finish rotation and land.</li><li>• Relaxation allows continued forearm rotation.</li><li>• Racket stays in front of body.</li><li>• Rear foot lands to become new front foot.</li></ul>

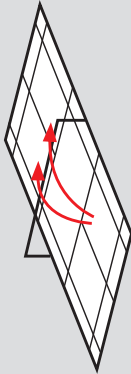



Download the video clip of this technique from the BWF website [www.bwfbadminton.org](http://www.bwfbadminton.org)

## References to Lessons – Forehand Smash

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
Forehand smash.	Smash and smash-block. Lift-Smash-Block.	L17 ▶ V2 ▶ V3 ▶ V4 L18 ▶ V2	Smash – ensure pupil is behind the shuttle to enable them to hit the shuttle from in front of the body.



**5. Backhand block off the Body**

Where the shuttle goes	When we use it	Why we use it
<p>Backhand blocks off the body travel from the mid-court to the forecourt / mid-court of your opponent.</p>	<div></div> <p>Backhand blocks are used when you are in defensive situations, returning a smash to the body.</p> <p>They are used mainly in doubles and less frequently in singles.</p>	<p>Backhand blocks can be used to:</p> <ul style="list-style-type: none"><li>• restrict the opponent's opportunity to attack.</li><li>• create an attacking opportunity by striking the block into space and forcing the opponent to hit their next shot upwards.</li></ul>
What it looks like		
<div></div>	<div></div>	<div></div>
<p><b>Prepare</b></p> <ul style="list-style-type: none"><li>• V-grip.</li><li>• Racket held out in front of body.</li></ul>	<p><b>Backswing</b></p> <ul style="list-style-type: none"><li>• Establish relaxed thumb grip.</li><li>• Elbow forwards.</li><li>• Bend elbow.</li><li>• Open racket face (upper and lower arm rotation, bent wrist).</li></ul>	<p><b>Forward Swing</b></p> <ul style="list-style-type: none"><li>• Extend elbow.</li><li>• Keep racket face open to hit slightly underneath shuttle.</li><li>• Push through shuttle.</li></ul> <p><b>Follow Through</b></p> <ul style="list-style-type: none"><li>• Racket momentum causes arm to rotate outwards as it relaxes.</li><li>• Re-establish basic grip and racket position in front of body.</li></ul>

Download the video clip of this technique from the BWF website [www.bwfbadminton.org](http://www.bwfbadminton.org)

**References to Lessons – Defense: Backhand block off the body**

Element	Exercise	Lesson (L) Video (V)	Teaching Hints
<b>Block defense</b>	Block and Smash-block Lift-Smash-Block	L17 ▶ V2 ▶ V3 ▶ V4 L18 ▶ V2	Block – be in ready position with knees flexed, weight forward and racket in front of body.

#### 4. Summary

Developing these techniques - the movement skills (scissor jump) and defensive blocks allows the variety and difficulty of exercises to be increased.

The forehand overhead technique is basically an overhead throwing action; therefore the associated throwing games, included in the lessons, greatly assists in the development of the technique.

The following elements are very important for all overhead strokes:

- basic grip;
- supination on the backswing;
- pronation on the forward swing;
- intercepting the shuttle as early as possible.





