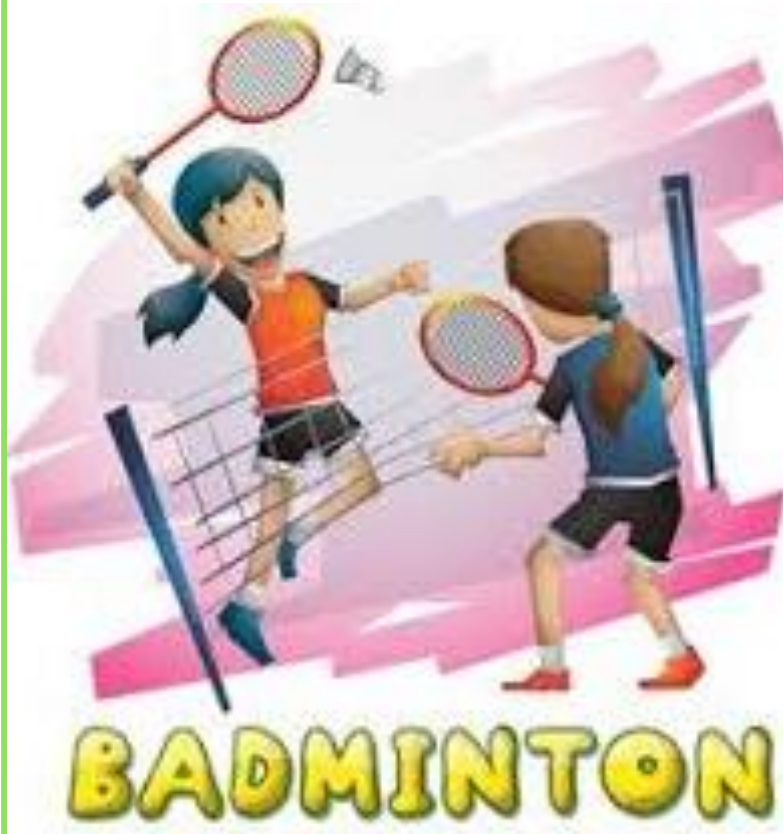


Badminton Pack



Contents:

1. Fitness & Footwork
2. Fitness & Target Practise
3. Footwork Challenge
4. Frisbee Challenge
5. High & Deep Serve
6. Keepie Uppies
7. Low & Short Serve
8. Target Hit
9. Tramline Shuttle Runs
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Badminton Fitness & Footwork

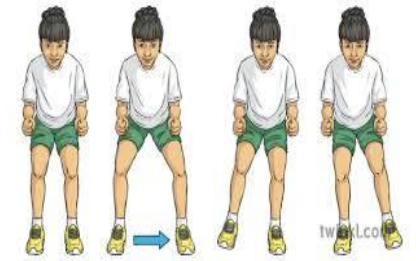
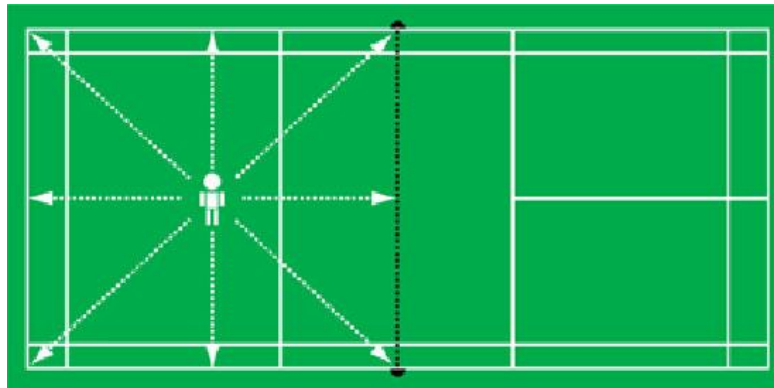


Task

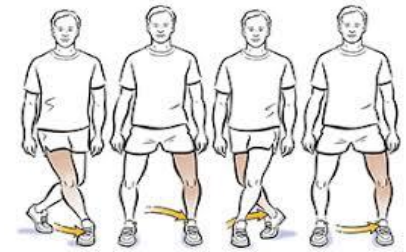
- Work on your fitness and footwork at the same time
- Starting at the centre of the court and always facing the opposite side (your opponent) complete the pattern below using different footwork patterns:

- side steps
- cross-over step

For added challenge, put a cone in each target and touch it with your toe by lunging.



Side Stepping



Cross-Over Step



Lunge Step

Badminton Fitness and Target Practice



Task

Practise some fitness and skills at the same time!

1. Starting at the backcourt, throw the shuttle to the front service line, run forwards and collect it, turn and run back to the start. Repeat
2. Starting at the backcourt, hit a shuttlecock into a hoop or basket, run forwards and touch the hoop with the your racquet, turn and run back to the start. Repeat

Added challenge – for some partner work, ask your partner to throw a shuttlecock towards a target, quickly move to hit/return it to you partner and move back to the start position. Repeat

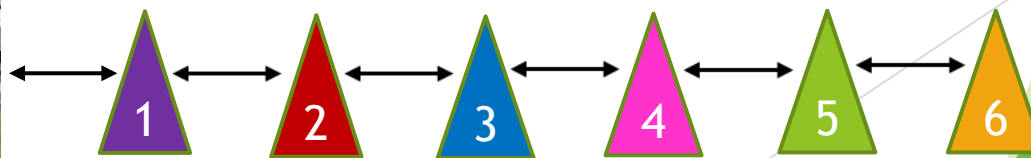
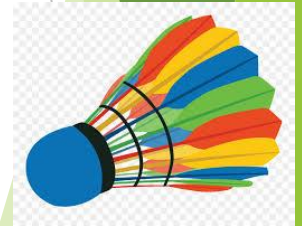


Badminton Footwork Challenge



Task

- Pick up one shuttle cock, side step out to cone number 1, place the shuttle cock next to the cone and side step back to the start.
- Collect another shuttle cock, side step out to cone number 2, place the shuttle cock next to the cone and side step back to the start.
- Repeat this action until you have placed a shuttle at each of the cones.
- Starting at the furthest away cone, side step out and collect the shuttle to return it to the start, repeat with the next cone and the remaining cones until all the shuttles are returned to the start.



Badminton Frisbee Challenge



Task

- Using a back hand motion aim the frisbee to hit and knock down the cones.
- Start close and as you become more successful move further back.
- Additional Challenge – stand at a different angle/position to the cones. Does this make it harder?
- Award yourself points for each successful knock down!

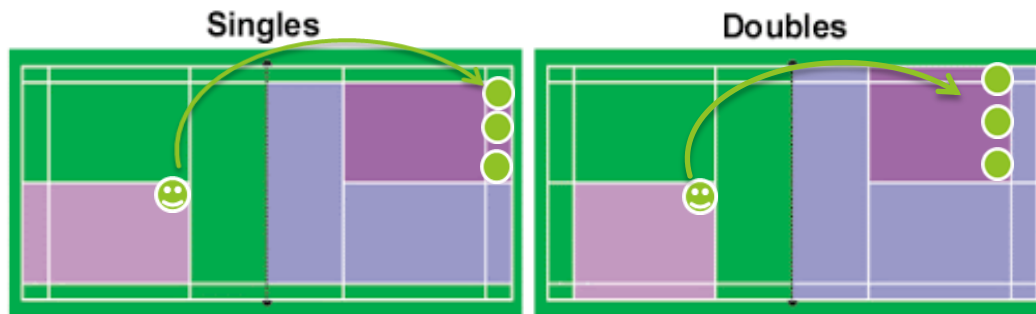


Badminton The High & Deep Serve



Task

- Using an underarm action, try hitting (serving) the shuttlecock to the back of the court.
- The aim is to hit the shuttle high (over your partners head) to land behind them.
- Set out different targets/areas for the shuttle to land in and award yourself points.



Server stands in area



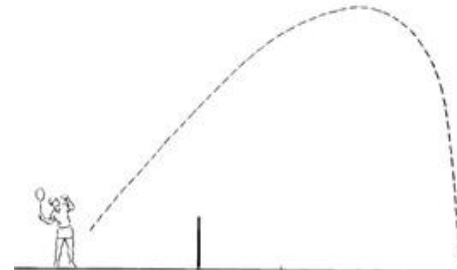
Shuttle must land in area



Area of play after service

High Serve

Aim: To make the opponent move as far back in the court as possible.



Coaching Points

1. Standing sideways on, feet shoulder width-apart, front foot pointing towards your target
2. Start with your racket high and holding the feathers of the shuttle with your fingertips
3. Swing the racket from high to low
4. Drop the shuttle and hit it with force towards the back of the court



Badminton Keepie Uppies



Task

Practise your racquet skills with these challenges:

1. Balance the shuttle on the racquet, then throw your racquet and shuttle in the air(keeping the racquet in your hand!), catch the shuttle (softly) on the strings
2. Add a bounce: throw, bounce, then catch
3. Continue adding bounces until you are comfortable
4. How many bounces can you complete?

Added challenge:

- Can you use both your forehand and backhand?
- Can you alternate from forehand to back hand and repeat?
- Can you use the edges of the racquet or even bounce the shuttle off the end of the handle and then back to the strings?

Forehand



Backhand



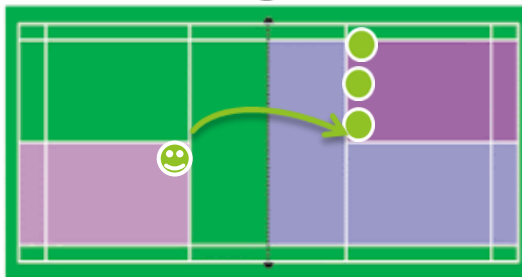
Badminton The Low & Short Serve



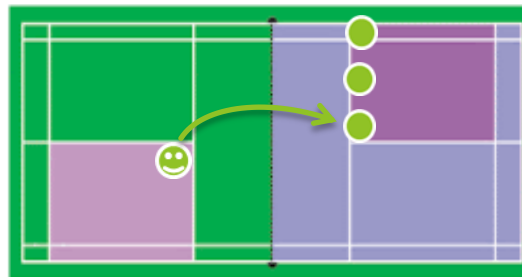
Task

- Using backhand flicking action, try hitting (serving) the shuttlecock to the front of the court.
- The aim is to hit the shuttle just over the net to land at the front of the service box.
- Set out different targets/areas for the shuttle to land in and award yourself points.

Singles



Doubles



Server stands in area



Shuttle must land in area



Area of play after service

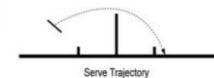
The Short Backhand Serve

Teaching points:

- ✓ Stand with same foot and same racquet hand forward with knees slightly bent
- ✓ High racket elbow in line with shoulder for control and power
- ✓ Hold the shuttlecock by the feather tip, between index finger and thumb
- ✓ Flick wrist and push shuttle below waist



Attempt to land the shuttle just over the net and inside the area of the court aimed for



ALL PUPILS: Will know how to perform a short backhand serve using the teaching points.

MOST PUPILS: Will be able to demonstrate a successful short backhand serve over the net in a conditioned game.

SOME PUPILS: Will be able to demonstrate a successful short backhand serve in a competitive environment as to outwit an opponent.

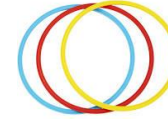


Q: Is you partners short backhand serve successful?

Q: How can they improve?

CHALLENGE: Why would you use a short backhand serve?

Badminton Target Hit



Task

- Stand behind a line with a racquet and shuttles (you could use a bat or your hand, and a ball or crumpled paper, if you don't have these)
- Hit the shuttle from the line aiming for each hoop.
- Accuracy is the key. Do you hit it hard or soft?
- Try using your forehand (palm up) or back hand (palm down when hitting).
- Award yourself points for each successful one.

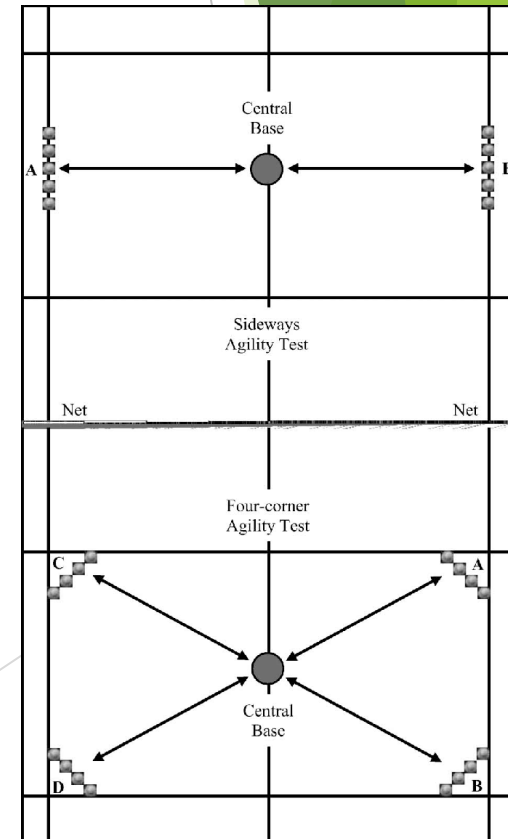


Badminton Tramline Shuttle Runs



Task

- Work on your fitness and familiarise yourself with the court markings at the same time!
- The player starts at the service-line, using side steps, the player quickly moves to the position called by their partner/teacher and quickly returns to the start position.
- For added challenge try these:
 1. try completing a shadow shot with/without a racquet;
 2. take a shuttlecock with you, drop the shuttle on the target and return to collect another and complete the next move.



Badminton Wall Hit



Task

- Try repeatedly hitting the shuttlecock off a wall without it falling.
- Try using your forehand (palm up), then back hand (palm down), then alternate.
- Count how many successful hits you achieve without it falling.
- For added challenge move further away from the wall.

