

KICKING UP A RACKET!

BADMINTON ACTIVITY PROGRAMME



KICKING UP A RACKET!

ACKNOWLEDGEMENTS

Mike Woodward: Coaching Consultant
George Bevan: Performance Centre Advisor
Julia Strong: Head of Community Programmes
Emily Weller: National Schools Officer

INTRODUCTION

Badminton is the sixth most popular participant sport in the country and the most popular racket sport. It is generally recognised as the fastest racket sport in the world, with shuttles capable of travelling at 200mph. To be successful at international level in badminton requires participants to display high levels of physical, technical, tactical and psychological skills. The beauty of badminton, however, is that a great deal of enjoyment can be gained at the lower levels of the sport. This is because it is possible to learn how to rally successfully with just a small amount of instruction.

Children and young adults become involved in sport for a variety of reasons, including:

- Enjoyment
- Being with friends
- Competition
- Learning new skills
- Fitness

Achieving the right balance of the above is crucial as it is only by meeting their needs that children and young adults will be successfully introduced to, and subsequently retained in the sport. Sessions that place too much emphasis on repetitive practise, queuing statically or become too rule-bound tend to de-motivate and result in drop-out.

BACKGROUND AND OBJECTIVES

The aim of the resource is to provide coaches, leaders and helpers with a series of lessons designed to meet the needs of children and young adults at introductory levels of our sport. Whilst the resource has been designed to support the programme initiatives Premier League 4Sport and Change 4 Life, it can be used by any coach or leader to provide sessions that are:

- Fun, innovative and vibrant
- Emphasis on players learning to hit the shuttle and rally
- Opportunity to learn through play
- Commits to maximising the involvement of everyone
- Provides a range of activities at different levels
- Maximises opportunity for players to experience success

PREMIER LEAGUE 4SPORT



Premier League 4Sport is an exciting and groundbreaking partnership between the Olympic sport of badminton and the Premier League. Aimed at young people between 11 and 16 years old, the ethos is simple, get out there and play badminton. The project aims to introduce the sport to a new audience and encourage young people to take part in badminton. It provides them with a quality experience that hopefully develops into lifelong participation. Alongside our Premier Badminton Clubs it will play a major role in addressing the long-standing challenge of helping young people make the step from school to community sport.

CHANGE 4 LIFE CLUBS



Change 4 Life Badminton Clubs are a network of modern clubs based on school and college sites, open to students from 13 to 19 years old. The clubs provide young people with the chance to have a go both as a participant and as a volunteer. The clubs are designed to engage those young people who do not, or cannot currently access community provision, to provide them with a sense of belonging within a club setting, and encourage the regular participation that is associated with future community club membership and lifelong participation. The underlying principles of Change 4 Life Clubs is that they are for young people and owned by young people.

THE 12 WEEK PROGRAMME

WEEK	TITLE	KEY THEMES
1	Serving	Backhand Serve
2		Forehand Serve
3	Forehand Overhead	Using Forearm Rotation
4		Hip-hit-away (Using your Body)
5		Clear, Smash, or Drop
6	Hitting Underarm	Pushing and Spinning your Net Shots
7		Tricky Flickies
8		No, no, no, no, no, no, yes! (Flick or Net Shot – you decide)
9	Backhand Time!	Bash a Backhand
10		Backhand off your Body
11		Backhand Overhead
12	Tournament	Singles Championship

The programme should be seen as a framework with the lessons containing a whole variety of practise ideas of varying levels of difficulty that should be refined to meet the needs of each particular group.

12 LESSON PLANS

The twelve lesson plans within this resource contain the following:

- Goals, that briefly describe what you would like the participants to be able to do by the end of the activity
- Basic activities. There are usually no more than six activities in each lesson, including warm-up and cool-down, labelled according to the lesson and the number of the activity. For example, activity 1.3 is the third activity in lesson 1

ALTERNATIVES

Being able to differentiate, by offering different levels of activity for different levels of participant, is vital to a successful lesson. Each lesson plan has suggestions on how to make activities harder or easier, indicated by the signs ↑ (harder) or ↓ (easier).

TEACHING POINTS

Key teaching points for each activity are given and these are generally restricted to a maximum of three on any activity. Often these focus on grip, the shape of the stroke and one other teaching point. This reflects the emphasis on learning how to strike the shuttle successfully. There are other teaching points that relate to rules, tactics and movement, but these are not emphasised in this short programme. Not overloading the group with teaching points is good coaching practice for any group.

SAFETY

Maintaining a safe environment is paramount, and each lesson gives safety points relevant to each particular activity.

EQUIPMENT

The lesson plans are written in such a way that vast quantities of equipment are not required. However, if additional equipment is available, this can make the session more varied and assist less able participants to achieve success. The table below should be useful.

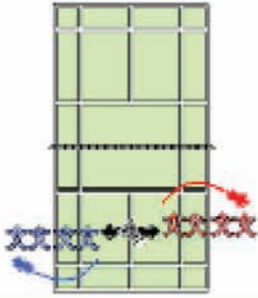


SUMMARY

The lesson plans within these resources provide a set of generic plans that can be used as a basis on which to provide fun sessions for children and young adults who are relatively new to the sport of badminton. Coaches, leaders and helpers can take these plans and refine them to meet the needs of the particular groups they work with. In particular, use of the suggested easier and harder activities will give each child or young adult the appropriate level of challenge and chance to succeed. By getting this right we will not only introduce but retain more people within the sport of badminton.





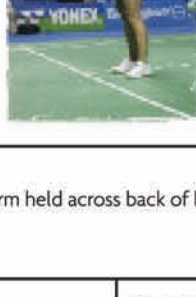
WEEK	TITLE	BASIC EQUIPMENT	ADDITIONAL EQUIPMENT
1	Serving	A racket and shuttle per person, drop-down spots	Giant shuttles, beanbags, shuttle tubes, extended net, shorter rackets, fluff balls
2		A racket and shuttle per person, drop-down spots	Extended net, shorter rackets, fluff balls
3	Forehand Overhead	A racket and shuttle per person, drop-down spots, string, stopwatch	Shorter rackets, balloons
4		A racket and shuttle per person, string	Hoops, shorter rackets, balloons
5		A racket and shuttle per person, drop-down lines or shuttle tubes	Shorter rackets
6	Hitting Underarm	A racket and shuttle per person, drop-down lines or shuttle tubes	Marker that clips to net e.g. clothes peg
7		A racket and shuttle per person	Shuttle tubes
8		A racket and shuttle per person, beanbag	Giant shuttles
9	Backhand Time!	A racket and shuttle per person, hoop	Giant shuttles, music, shorter rackets, coloured shuttles
10		A racket and shuttle per person	Hoops, shorter rackets, drop-down spot
11		Hoops and string	Balloons
12	Tournament	A racket per person, a shuttle per four players, stopwatch	Drop-down lines, giant shuttles

SESSION PLANNER 1: BACKHAND SERVE

WARM-UP

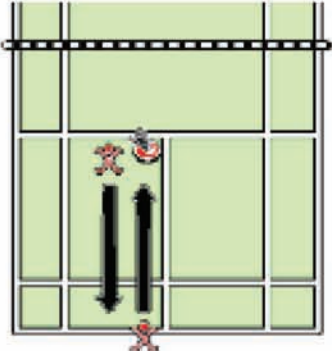

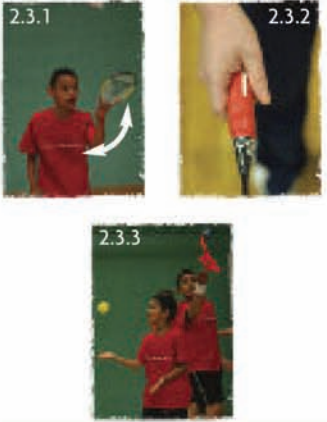
GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
Goal Raise body temperature and bring group together. Activity (1.1) <ul style="list-style-type: none"> Form teams of three to four, who face each other Throw giant shuttle between the two teams Throw underarm with back of hand showing - cork leading After each throw, thrower moves to the back of queue 		↑ <ul style="list-style-type: none"> Lengthen queue so it is more demanding to reach back of queue Go to the back of queue using different means e.g. run backwards, chassé, swimming arms etc Throw with non-dominant hand Increase throwing distance ↓ <ul style="list-style-type: none"> Shorten queue so less demanding to reach back of queue Reduce throwing distance 	<ul style="list-style-type: none"> Watch the shuttle "Backhand throw" 	<ul style="list-style-type: none"> Throw "to" not "at" After throw, move quickly to back Pick up "ankle breaker" shuttles and move to safer area 	5m
Goal Perform controlled dynamic stretch (lunge). Activity (1.2) <ul style="list-style-type: none"> Face wall, adopt a wide stance, straight legged Toes of one foot against the wall Keep hands on hips Sink down – both knees bend, rear knee close to ground, create a lunge shape, then return to starting position Do three on one leg, three on the other 		↑ <ul style="list-style-type: none"> Balance shuttle on head (keep trunk upright) Hand on head, rotate trunk left and then right as you go up and down ↓ <ul style="list-style-type: none"> Widen distance between feet (stand on two railway lines not a tightrope) Put hands on wall to steady One repetition on one leg, then swap 	<ul style="list-style-type: none"> Lunge in warm-up is good as it is used a lot in badminton Upright trunk/good posture Knees/hips/feet in alignment 	<ul style="list-style-type: none"> Front knee bends, where front foot points, to protect the knee joint 	5m
Goal Achieve a minimum of five consecutive "keepy-uppys" using a relaxed thumb grip and forearm rotation. Activity (1.3) <ul style="list-style-type: none"> Refer to "Grips R Us" on DVD Working in a clear space, with one racket and one shuttle – players keep shuttle up in air using a relaxed thumb grip (1.3.1) and a "see-saw" hitting action (1.3.2) 		↑ <ul style="list-style-type: none"> Experiment with hard and soft hits Experiment making the shuttle spin Aim to beat your best score each time Hit high, pass racket around body, thumb grip and hit again Keep shuttle in air whilst progressively going down on one knee, two knees, sitting down, lying down and getting back up Challenge to develop own freestyle routine using thumb grip Share one racket – alternating hit with partner/team member How many keepy-uppys in one minute? ↓ <ul style="list-style-type: none"> Shorten grip on racket, even down the shaft of the racket (1.3.2) With a thumb grip (thumb under racket handle) hold racket at approximately eye level. Hold shuttle by skirt in middle of racket strings. Take short backswing and tap shuttle 	Grip: <ul style="list-style-type: none"> Thumb grip used when back of hand leading Shape: <ul style="list-style-type: none"> Forearm rotation creating a see-saw action (see arrows on picture) 	<ul style="list-style-type: none"> Spread out – use as much of the available space as possible Pick up "ankle breaker" shuttles and move to safer area Do not have mouth open when looking up! 	10m

SESSION PLANNER 1: BACKHAND SERVE





GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
<p>Goal Strike a shuttle cleanly out of the hand using a thumb grip and underarm action.</p> <p>Activity (1.4)</p> <ul style="list-style-type: none"> Working in pairs in a space One hitter and one collector Players use a thumb grip to hit a shuttle from below their lowest rib to a partner who catches the shuttle (no net in between) Collector catches the shuttle and returns it to the server Repeat five times, with the server and collector swapping roles 	  	<p>↑</p> <ul style="list-style-type: none"> Refer to "Hit Hoop" on DVD Hit with eyes closed to encourage feel of shot Strike shuttle in different ways – hard, soft, slice. Warn partner to move back when hitting hard Hit to collector who catches shuttle within another shuttle or in empty shuttle tube Standing behind low service line: <ul style="list-style-type: none"> Hit over net to collector Hit over net towards targets (hoop, racket, etc.) set beyond low service line Hit towards target on net Alternate hits over net against opponent using targets – keep score to find winner <p>↓</p> <ul style="list-style-type: none"> Use shorter thumb grip Hit softly first then build up power 	<p>Grip:</p> <ul style="list-style-type: none"> Thumb <p>Shape:</p> <ul style="list-style-type: none"> Hold racket out in front Place shuttle on racket (shuttle below lowest rib) Short backswing Hit from hand 	<ul style="list-style-type: none"> Hit shuttle to partner under control Warn partner to move back when intending to hit harder 	10m
<p>Goal Use a thumb grip to strike a backhand serve to begin a rally.</p> <p>Activity (1.5)</p> <ul style="list-style-type: none"> Refer to "Serving Game" on DVD Work two against two on half court Player one backhand serves from behind the low service line to beyond the low service line of their opponent. The rally is then played out If they miss the first serve they get another go Players two, three and four then get a chance to serve and start the rally (they also get two attempts to serve) After four minutes teams may move up or down the hall to play new opponents (up the hall winners, down the hall losers) 	 	<p>↑</p> <ul style="list-style-type: none"> Try to trick receiver with low and flick serves Once in the rally, hit alternating shots; you, your partner, you, your partner <p>↓</p> <ul style="list-style-type: none"> Reserve one court for a variety of "lower level" activity, e.g. across width of court Just serve to partner in a space (i.e. without net) then play out rally Use small bench as "net" Softer low serve only 	<ul style="list-style-type: none"> Players score a point when rally is won 	<ul style="list-style-type: none"> Keep alert: if playing alternating hits, anticipate opponent's next shot, then move to make room for partner 	25m
<p>Cooldown Gentle walk, stretch triceps and lats [latissimus dorsi] (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals, calves.</p>			<ul style="list-style-type: none"> Stretches held for 15+ seconds allow muscles to relax Deep breaths to improve relaxation 	<ul style="list-style-type: none"> Stretches in cool-down help muscles return to natural resting length 	5m
<p>Think In</p> <ul style="list-style-type: none"> Left handers may be better placed in one team (1.1) Use giant shuttle for visually impaired (1.1) Use giant shuttle to catch another shuttle (1.4) for those with less developed hand-eye co-ordination If serving from a wheelchair, strike the shuttle from below the armpit (1.4 and 1.5) 	<p>Opportunity to Lead/Help</p> <ul style="list-style-type: none"> All activities can benefit from further demonstration Encourage leaders to supervise small sub-groups (1.3) Scoring of activity (1.5) 		<p>Contingencies</p> <ul style="list-style-type: none"> If the group is not responding well to practices, move to activity 1.5 sooner 		

SESSION PLANNER 2: FOREHAND SERVE

WARM-UP




GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
Goal Give the session a dynamic start and raise body temperature. Activity (2.1) <ul style="list-style-type: none"> In pairs, with one shuttle between two A target is placed on the ground close to the low service line (🔴) The first player runs forwards From a steady upright position and using their non-racket hand, the player drops the shuttle on a target that is to the front and side of the player Keep trying until successful Once successful, run back and pass the shuttle to partner, who repeats the exercise 		↑ <ul style="list-style-type: none"> Use a shuttle tube to drop shuttles into Run around service box rather than straight back Travel backwards, forwards and sideways using different methods, but always remain facing the net ↓ <ul style="list-style-type: none"> Place a racket on the floor and drop the shuttle onto the strings, rather than into the shuttle tube Working in threes, have one member holding a giant shuttle to collect the smaller shuttles when they are dropped. After every successful drop, the person holding the large shuttle is changed 	<ul style="list-style-type: none"> Stay upright Drop the shuttle Drop the shuttle in a 45 degree area – in front and to the side of player 	<ul style="list-style-type: none"> Take care running backwards – if in doubt bend forwards slightly at the hips 	5m
Goal Perform controlled dynamic stretch (lunge). Activity (2.2) <ul style="list-style-type: none"> Facing a wall, adopt a wide stance, straight legged with toes of one foot against the wall (wall prevents front leg going too far over knee) Keep hands on hips Sink down – both knees will bend, with rear knee going very close to ground, to create a lunge shape, return to starting position Do three on one leg, three on the other 		↑ <ul style="list-style-type: none"> Balance shuttle on head Hand on head, rotate trunk left and then right as you go up and down Rather than using a wall to prevent the front knee going to far, stand with the toes of the front leg touching those of your partner and then sink down. Sink down and clap hands with partner ↓ <ul style="list-style-type: none"> Widen distance between feet (stand on two railway lines not a tightrope) Put hands on wall to steady Extend arms out to sides for balance Alternate legs, one at a time 	<ul style="list-style-type: none"> Keep trunk upright Front knee bends, where front foot points, to protect knee joint 	<ul style="list-style-type: none"> Front knee bends, where front foot points, to protect knee joint 	5m
Goal Achieve a minimum of five consecutive "keepy-uppys" using a relaxed basic grip and forearm rotation. Activity (2.3) <ul style="list-style-type: none"> Refer to "Grips R Us" on DVD One racket and one shuttle each Working in a clear space Players keep shuttle up in air by holding the racket shaft and using forearm rotation to create a "see-saw" effect (2.3.1) Maintaining the use of forearm rotation, gradually work the hand down to the racket handle to create a basic grip (2.3.2) 		↑ <ul style="list-style-type: none"> Experiment with hard and soft hits Aim to beat your best score each time Experiment with making the shuttle spin Hit high, pass racket around body, establish basic grip and hit again Hit shuttle, spin racket in air, catch and re-establish basic grip Challenge to develop own freestyle routine using a basic grip ↓ <ul style="list-style-type: none"> Keep shuttle or fluff ball in the air using the palm of your hand (2.3.3) 	Grip: <ul style="list-style-type: none"> Relaxed basic grip when palm of hand is leading Shape: <ul style="list-style-type: none"> Relaxed basic grip forming "V" shape between thumb and fingers Bottom of "V" towards bevel (corner) of racket Forearm rotation creates racket head speed 	<ul style="list-style-type: none"> Spread out – use as much of the available space as possible Pick up "ankle breaker" shuttles and move to safer area Do not have mouth open when looking up! 	10m

SESSION PLANNER 2: FOREHAND SERVE


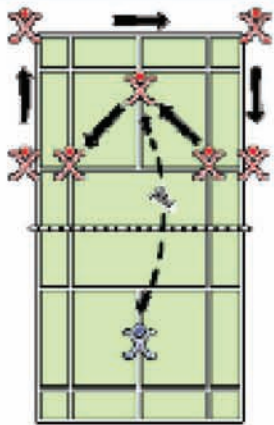
GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
<p>Goal Successfully strike a dropping shuttle from below your lowest rib using a relaxed basic grip and forearm rotation.</p> <p>Activity (2.4)</p> <ul style="list-style-type: none"> Use a point of reference (e.g. drop-down spot or where lines cross) to encourage dropping the shuttle in front and to the side of player Working in pairs, in a space, with one hitter and one collector, players use a basic grip and forearm rotation to hit a dropping shuttle from below their lowest rib to a partner who catches the shuttle (no net in between) They catch the shuttle and return it to the server. This is repeated five times, with the server and collector swapping roles 	  	<p>↑</p> <ul style="list-style-type: none"> Experiment with pushes, flicks and whacks to make collector move more Try "Badminton Golf" as on DVD Hit over net towards targets on court Hit towards target on net Hit through netball/basketball hoop (difficult!) Alternate hits against an opponent using targets – keep score to find winner Refer to "Hit Hoop" on DVD <p>↓</p> <ul style="list-style-type: none"> Decrease distance between dropped shuttle and racket head. Do this by: <ul style="list-style-type: none"> Using a shorter basic grip, with the hand towards the shaft of the racket Bending forwards slightly to decrease shuttle dropping distance Put racket string and shuttle together before you take backswing Progress to upright stance, longer drop and fuller swing 	<p>Grip:</p> <ul style="list-style-type: none"> Basic grip <p>Shape:</p> <ul style="list-style-type: none"> Racket and forearm creating a virtual 90 degree angle. Wrist cocked and forearm rotated outwards so strings presented to side of court <p>Others</p> <ul style="list-style-type: none"> Drop the shuttle 	<ul style="list-style-type: none"> Take care when striking shuttles to partner 	10m
<p>Goal Begin a rally by striking a dropping shuttle from your lowest rib using a relaxed basic grip and forearm rotation.</p> <p>Activity (2.5)</p> <ul style="list-style-type: none"> Work two against two on half court Player one forehand serves from behind the low service line to beyond the low service line of their opponent. The rally is then played out If they miss the first serve they get another go Players two, three and four then get a chance to serve and start the rally (they also get two attempts to serve) After four minutes teams may move up or down the hall to play new opponents (up the hall winners, down the hall losers) 		<p>↑</p> <ul style="list-style-type: none"> Try to trick receiver with low and flick serves Once in the rally, hit alternating shots; you, your partner, you, your partner <p>↓</p> <ul style="list-style-type: none"> Reserve one court for a variety of "lower level" activity, for example, playing across the centre line of the court Serve to partner in a space (i.e. without net) and then rally Use small bench as "net" Softer low serve only 	<ul style="list-style-type: none"> You score a point when you win a rally 		25m
<p>Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals and calves.</p>			<ul style="list-style-type: none"> Stretches held for 15+ seconds allow muscles to relax Deep breaths to improve relaxation 	<ul style="list-style-type: none"> Stretches in cool-down help muscles return to natural resting length 	5m
<p>Think In</p> <ul style="list-style-type: none"> Use giant shuttle to catch another shuttle (2.4) for those with less developed hand-eye co-ordination If serving from a wheelchair, strike the shuttle from below the armpit (2.4 and 2.5) Alternating hits gives more opportunity for everyone to have a go (2.5↑) 	<p>Opportunity to Lead/Help</p> <ul style="list-style-type: none"> All activities can benefit from further demonstration Encourage leaders to supervise small sub-groups (2.3) Scoring of activity, timing, and moving teams up and down hall (2.5) 		<p>Contingencies</p> <ul style="list-style-type: none"> If the group is not responding well to practices, move to activity 2.5 sooner 		

SESSION PLANNER 3: OVERHEAD HIT WITH FOREARM ROTATION




WARM-UP

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
Goal Bring group together and raise body temperature. Activity (3.1) <ul style="list-style-type: none"> Form teams of four to five Teams will compete with each other in a defined area The game is to pass a shuttle (preferably a giant shuttle) amongst your team, using overhead throws. The other team tries to intercept 		↑ <ul style="list-style-type: none"> Throwers must adopt a sideways stance before throwing In mixed teams, passes alternate male/female ↓ <ul style="list-style-type: none"> Allow underarm throws Use a more cooperative model where team members take it in turns to throw to a member of another team, then run to the back of their team's queue to await their next go 	Shape: <ul style="list-style-type: none"> Usain Bolt / bow and arrow Sideways stance more powerful Aim to find space to evade marker Tactics: consider who marks who 	<ul style="list-style-type: none"> Be aware of people around you Do not throw hard at players very close to you 	5m
Goal Dynamic stretch upper body and arms. Activity (3.2) <ul style="list-style-type: none"> Work in pairs with players of a similar height, one shuttle between two Standing back to back (about 40cm apart) With both hands on the shuttle, pass the shuttle to partner, down through your legs, up over your head, by rotating to the left, then right 		↑ <ul style="list-style-type: none"> Very gradually increase the distance between partners ↓ <ul style="list-style-type: none"> Use just one hand, then the other Stand slightly closer together 	<ul style="list-style-type: none"> Both hands on shuttle. This gets the body used to twists and turns, bending and straightening 	<ul style="list-style-type: none"> Do not stand too close together as a danger of clashing heads as you arch backwards 	5m
Goal Shadow forearm rotation. Activity (3.3) <ul style="list-style-type: none"> Working first in a large group, each member of group holds the racket with a short basic grip In a kneeling position hold the racket so it is striking an imaginary shuttle above the striking shoulder (i.e. right hand/right shoulder) Using forearm rotation take the racket head back literally over your head. Once the racket head is out of sight immediately reverse the action, reach up and strike an imaginary shuttle just above your striking shoulder 		↑ <ul style="list-style-type: none"> Get a partner to watch to see if you are doing it the same with eyes shut ↓ <ul style="list-style-type: none"> Do the whole action slowly 	Grip: <ul style="list-style-type: none"> Relaxed basic grip forming "V" shape between thumb and fingers Bottom of "V" towards bevel (corner) of racket Shape: Forearm rotation causes the racket to go back literally above the head of the player and out of sight, then returns immediately, reaching up to strike a shuttle	<ul style="list-style-type: none"> Spread out so you do not hit anyone, especially if swinging racket with eyes closed 	5m


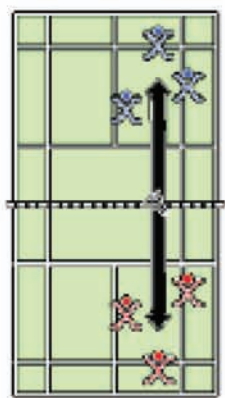
SESSION PLANNER 3: OVERHEAD HIT WITH FOREARM ROTATION

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
Goal Strike a static object using forearm rotation. Activity (3.4) <ul style="list-style-type: none"> Refer to "Forehand Overhead Shape" on DVD Using a piece of string (about 30cm), a shuttle/balloon is tied to top of pole/racket frame Working in threes, two players kneeling side-by-side Third player suspends balloon just above striking shoulder of first kneeling player With a basic grip, and a square-on stance, player reaches up and rests racket against shuttle Racket head taken back, literally over the head using forearm rotation then immediately direction reversed to strike suspended object 		<div>↑</div> <ul style="list-style-type: none"> Can be performed standing holding a suspended object (3.4.1) Shuttle can be hand fed for player to strike, but maintain forearm rotation shape of stroke Encourage experimentation with long, high hits, powerful downward hits, or shots that look powerful but then travel more slowly <div>↓</div> <ul style="list-style-type: none"> Do action slowly and take shorter backswing Gradually increase backswing so racket is taken literally over the head and eventually out of sight 	Grip: <ul style="list-style-type: none"> Relaxed basic grip Shape: <ul style="list-style-type: none"> Forearm rotation 	<ul style="list-style-type: none"> If hand feeding, consider safe feeding position, for example, from side of hitter rather than directly in front 	10m
Goal Rallying overhead with a shuttle. Activity (3.5) <ul style="list-style-type: none"> In pairs on a half court, players have alternate forehand high serves. Whilst rallying hit overhead shots to each other using a basic grip and forearm rotation For bigger groups it may be necessary to: <ul style="list-style-type: none"> Work in pairs/threes on a half court and take alternate hits Have timed games (e.g. three minutes) where the person waiting off court, scores Rally between the courts Rally across the width of the court (see diagram) with either no net or a bench Use Around the World game (3.5.1 and "contingency" notes) 	 <p>3.5.1</p>	<div>↑</div> <ul style="list-style-type: none"> After an agreed number of overhead shots (e.g. four) to each other, then play the rally out (PRO rally) Encourage experimentation with long/high hits, powerful downward hits, or shots that look powerful but then travel more slowly <div>↓</div> <ul style="list-style-type: none"> Continue hitting of suspended object (balloon hitting is popular) Working in threes; hand feeder throws shuttle, player hits using overhead with forearm rotation for collector to catch, either: <ul style="list-style-type: none"> By hand Inside another shuttle Inside a shuttle tube 	Grip: <ul style="list-style-type: none"> Relaxed basic grip Shape: <ul style="list-style-type: none"> Forearm rotation 	<ul style="list-style-type: none"> If playing Around the World game, hit and move on quickly 	30m
Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals, calves.			<ul style="list-style-type: none"> Stretches held for 15+ seconds allow muscles to relax Deep breaths to improve relaxation 	<ul style="list-style-type: none"> Stretches in cool-down help muscles return to natural resting length 	5m
Think Inc <ul style="list-style-type: none"> Cooperative version of activity 3.1 suitable for less mobile participants Large suspended, coloured balloons easier to hit for partially sighted in activity 3.4 Activity 3.4 suitable for players in wheelchairs 	Opportunity to Lead/Help <ul style="list-style-type: none"> In activity 3.1 act as technical umpires to check that side-on throw is being used Join in if odd number of participants in activity 3.2 Assist in demonstrations in activity 3.3 Hold suspended objects in activity 3.4 Hand feed to more proficient players in activity 3.4 (♦) 		Contingency <ul style="list-style-type: none"> The warm-up throwing game (3.1) is usually very popular so can be returned to, or extended Around the World game (3.5.1): one player (♣) hits over to a group of players (♣) on the other side of the net, who take it in turn to strike the shuttle back using an overhead action. Other versions of this game include: <ul style="list-style-type: none"> Two teams on either side Hitting on one side of the net, then running to the other side of the net to hit from there 		




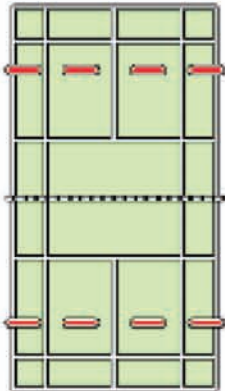
SESSION PLANNER 4: HIP-HIT-AWAY! (USING YOUR BODY)

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
<p>Goal Focus the group, raise body temperature and reinforce side-on throwing position.</p> <p>Activity 4.1</p> <ul style="list-style-type: none"> Form teams of four to five Teams will compete with each other in a defined area Pass a shuttle (preferably a giant shuttle) amongst your team using overhead throws. The other team tries to intercept Each team has a nominated umpire – the umpire role is changed to a different team member at the end of two minutes The umpire calls fault if they see a player throwing with no sideways stance. In this case possession moves to the other team 		<p>↑</p> <ul style="list-style-type: none"> Player takes two steps back before they throw Player must leap in air when they throw Player must leap in the air and rotate when they throw Throw with non-dominant hand In mixed teams consider throwing: male, female, male, female etc. <p>↓</p> <ul style="list-style-type: none"> Use a more cooperative model where team members take it in turn to throw to a member of another team, then run to the back of their team's queue to await their next go 	<ul style="list-style-type: none"> Sideways stance gives a more powerful throw Catch and throw using the ball part of the shuttle 	<ul style="list-style-type: none"> Make sure enough space is allowed for the game to take place safely Do not throw hard at players very close to you 	10m
<p>Goal Squat and hand feed for overhead practise.</p> <p>Activity 4.2</p> <ul style="list-style-type: none"> Squat down (4.2.1) As you come up from the squat, push/place the shuttle in the air with a straight arm Extended finish in "Statue of Liberty" position (4.2.2) Aim to get shuttle as high as possible 		<p>↑</p> <ul style="list-style-type: none"> Aim to get sufficient height on shuttle so player can strike an overhead Aim to get sufficient accuracy so shuttle lands in marked area (e.g. back corner box of court) <p>↓</p> <ul style="list-style-type: none"> Standing upright, hold shuttle in hand as though you were looking at a watch, cork pointing upwards. Extend elbow quickly upwards and release shuttle 	<ul style="list-style-type: none"> Skill helps partners to hit overheads "Place" shuttle in air with straight arm Bending at knees adds more power to throw 	<ul style="list-style-type: none"> Spread out from others practising 	5m
<p>Goal Add body throwing action to forehand overhead hitting.</p> <p>Activity 4.3</p> <ul style="list-style-type: none"> Stand in a relaxed sideways stance (bow and arrow, lightening bolt etc.) Push rear hip forwards and take racket head back over head using forearm rotation Reach up and strike an imaginary shuttle above/slightly in front of striking shoulder 		<p>↑</p> <ul style="list-style-type: none"> Works well with music at 60 beats per minute (hip-hit, hip-hit etc.) 	<p>Grip</p> <ul style="list-style-type: none"> Relaxed basic grip <p>Shape:</p> <ul style="list-style-type: none"> Sideways stance Rear hip thrust forwards and racket head taken back over head Reverse direction and reach up 	<ul style="list-style-type: none"> Do not hit wall hard! Spread out so you do not hit anyone 	5m


SESSION PLANNER 4: HIP-HIT-AWAY! (USING YOUR BODY)

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)		TEACHING POINTS	SAFETY	TIME
<p>Goal Strike an object using forearm rotation – recap.</p> <p>Activity 4.4</p> <ul style="list-style-type: none">Working in threes: one hitter, one feeder, one collectorHitter stands in a relaxed sideways stance (bow and arrow, lightening bolt etc.)Standing to side of player (racket side) feeder hand feeds shuttleUsing hip-hit technique, throw racket head at shuttleCollector aims to catch shuttle			<div>↑</div> <ul style="list-style-type: none">Experiment with long/high hits, powerful downward hits, or shots that look powerful but then travel more slowlyCollector holds a hoop out in front of them, out to side or over head as a target for different shotsCollector can be over other side of net or just in a free space <div>↓</div> <ul style="list-style-type: none">Hit suspended object (shuttle or balloon) tied to end of racket. Return to square on stance and practise hitting using forearm rotation only	<p>Grip:</p> <ul style="list-style-type: none">Relaxed basic grip <p>Shape:</p> <ul style="list-style-type: none">Sideways stanceRear hip thrust forwardsRacket head back over head and reverses without pauseHip - hit - (hooray!)	<ul style="list-style-type: none">Feeder must only throw when collector is readyMaintain a safe distance between hitter and collectorFeeder delivers from the racket side of the hitter, not directly in front	10m
<p>Goal Rallying overhead with a shuttle.</p> <p>Activity 4.5</p> <ul style="list-style-type: none">In pairs on a half court, players alternate forehand high serves. Rally to each other, using as many forehand overhead shots as possibleWith bigger groups:<ul style="list-style-type: none">Work in a team (pairs/threes) on a half court taking alternate hits to return the shots of the team on the other side of netHave timed games (e.g. three minutes) where the person waiting off court, scoresHave rallies between the courts (space permitting)Rally across the width of the court with either no net or a bench as a nominal "net"			<div>↑</div> <ul style="list-style-type: none">After an agreed number of overhead shots (e.g. four) play the rally (PRO rally) – meaning any shot is allowedEncourage experimentation with long / high hits, powerful downward hits, or shots that look powerful but then travel more slowly <div>↓</div> <ul style="list-style-type: none">Working in threes: one hitter, one feeder, one collector:<ul style="list-style-type: none">Hitter goes through sequence as in previous practice (sideways stance -bow and arrow - rear hip forwards and racket over head)Feeder places shuttle in airCollector catches shuttleWorking in pairs, clear of but facing a wall, feeder places shuttle in air for hitter who strikes shuttle against the wall	<ul style="list-style-type: none">Use a variety of overhead strokes to move your opponent forwards, backwards, and sidewaysYou can also hit down powerfully at the body of your opponent	<ul style="list-style-type: none">If working in team using alternate hits, work hard to remain away from other people on the court	25m
<p>Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals and calves.</p>				<ul style="list-style-type: none">Stretches held for 15+ seconds allow muscles to relaxDeep breaths to improve relaxation	<ul style="list-style-type: none">Stretches in cool-down help muscles return to natural resting length	5m
<p>Think Inc</p> <ul style="list-style-type: none">Take out competitive element and use cooperative version of activity 4.1 for less mobile participantsLarge suspended, coloured balloons are easier to hit for partially sighted players (4.4)Activity 4.3 and 4.4 are suitable for players using wheelchairs		<p>Opportunity to Lead/Help</p> <ul style="list-style-type: none">In activity 4.1 act as technical umpires to check that side-on throw is being usedDemonstrate 4.2 and help with teaching pointsAssist in demonstrations in activity 4.3. Organise and switch on/off the musicAssist with feeding or holding of suspended objects in activity 4.4Setting up of nets along length of court in activity 4.5Time games in activity 4.5		<p>Contingency</p> <ul style="list-style-type: none">The warm-up throwing game (3.1) is usually very popular so can be returned to, or extendedAround the World game: one player hits shuttle over to a group of players on the other side of the net, who take it in turn to strike the shuttle back, using an overhead action. Other versions of this game include:<ul style="list-style-type: none">Two teams on either sideHitting on one side of the net, then running to the other side of the net to hit from there		

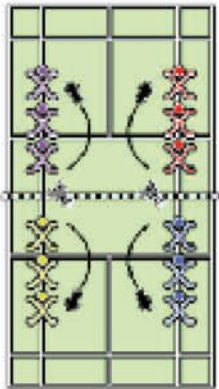

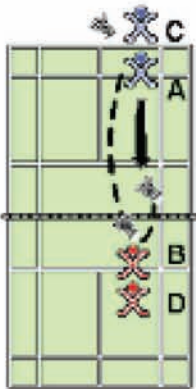
SESSION PLANNER 5: CLEAR, SMASH, OR DROP

WARM-UP	GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
	<p>Goal Focus the group, raise body temperature and reinforce side-on throwing position.</p> <p>Activity 5.1</p> <ul style="list-style-type: none"> Form teams of four to five Teams will compete with each other in a defined area Pass a shuttle/giant shuttle/beanbag amongst your team using overhead throws. The other team tries to intercept Each team has a nominated umpire – the umpire role is changed to a different team member at the end of two minutes It is a fault if a player throws without using a sideways stance – possession would move to the other team 		<p>↑</p> <ul style="list-style-type: none"> Player takes two steps back before they throw Player must leap in air when they throw Player must leap in the air and rotate when they throw Throw with non-dominant hand In mixed teams consider throwing: male, female, male, female etc. 	<ul style="list-style-type: none"> Sideways stance gives a more powerful throw Catch and throw using the ball part of the shuttle 	<ul style="list-style-type: none"> Make sure enough space is allowed for the game to take place safely Do not throw hard at players very close to you 	10m
			<p>↓</p> <ul style="list-style-type: none"> Use a more cooperative model where team members take it in turn to throw to a member of another team, then run to the back of their team's queue to await their next go 			
	<p>Goal Squat and hand feed for overhead practise.</p> <p>Activity 5.2</p> <ul style="list-style-type: none"> Squat down (5.2.1), then stand up As the player stands up, place the shuttles in the air with a straight arm Extended finish in "Statue of Liberty" position (5.2.2) Aim to get shuttle as high as possible 	 <p>5.2.1</p>  <p>5.2.2</p>	<p>↑</p> <ul style="list-style-type: none"> Aim to get sufficient height on shuttle so player can strike an overhead Aim to get sufficient accuracy so shuttle lands in marked area (e.g. back corner box of court) 	<ul style="list-style-type: none"> Feeding shuttle with sufficient height helps partners to hit overheads Bending at knees adds more power to throw "Place" shuttle in air with straight arm 	<ul style="list-style-type: none"> Stable base with feet about shoulder width apart Knees bend where feet are pointing 	5m
			<p>↓</p> <ul style="list-style-type: none"> Experiment by throwing upwards using just your arm Experiment throwing with cork up and back of hand leading 			
	<p>Goal Compare the effects of using different strokes at the start of a rally</p> <p>Activity 5.3</p> <ul style="list-style-type: none"> Working in fours on half a court, two players on each side Divide each half court into three sections: net to low service line is the forecourt, then divide remaining area into two sections, using drop-down lines or shuttle tubes at side of court One player high serves - opponent starts with the agreed stroke: clear to back third of court, smash down to middle third, or dropshot to front third Different player hits return of serve each time Rally then played to a conclusion using alternate strokes 		<p>↑</p> <ul style="list-style-type: none"> If return of high serve does not land in agreed area then it is a fault Reduce size of back third to improve length of clears for better players 	<p>Grip:</p> <ul style="list-style-type: none"> Basic grip <p>Shape:</p> <ul style="list-style-type: none"> Throw long: clear Throw down: smash Throw and slow: dropshot 	<ul style="list-style-type: none"> Be aware of other players practising when swinging racket 	20m
			<p>↓</p> <ul style="list-style-type: none"> Increase size of rear section for clears Use shorter rackets Focus on one shot at a time, i.e. all players focus on returning serve with a clear for a period of time, then a smash, then a dropshot Play half court singles to agreed number of points, with other players scoring and/or giving feedback as to whether stroke would have reached agreed area 			

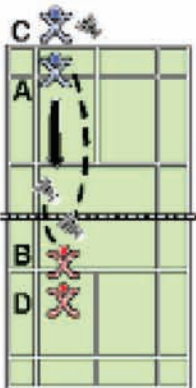
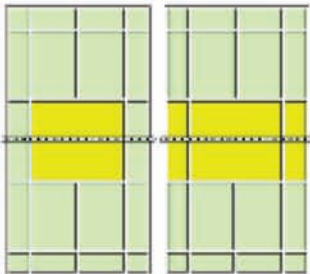
SESSION PLANNER 5: CLEAR, SMASH, OR DROP

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)		TEACHING POINTS	SAFETY	TIME
<p>Goal Use smashes, dropshots and clears to win rallies.</p> <p>Activity 5.4</p> <ul style="list-style-type: none">Refer to “Overhead into Zones” on DVDWorking in fours, two players competing on half a court and two players acting as scorers/umpiresPlay normally to an agreed number of points (e.g. eleven) with an agreed number of bonus points awarded (e.g. three) for winning shots or forcing opponent into an error (e.g. a dropshot landing in the forecourt without opponent touching it, or a dropshot heading towards forecourt but opponent gets to shuttle and makes an error)Umpires need to be very attentive to make judgments about scoring and bonus points		<p>↑</p>	<ul style="list-style-type: none">To make players highly motivated to use a stroke, extend the rule so that if you hit a winner or force an error with the focus overhead shot (e.g. smash) you win the match. This often reduces the waiting time for players to get on court	<ul style="list-style-type: none">Make space in forecourt for potential dropshot winners by pushing opponent back with clears and liftsMake space in rearcourt for potential clear winners by bringing opponent forwards with net shots and dropshotsWhen shuttle is short and high, look to hit winners with smashes to midcourt	<ul style="list-style-type: none">When players and scorers are changing roles, be careful walking across other courts as other matches will still be continuing	20m
	<p>↓</p>	<ul style="list-style-type: none">Make rearcourt area larger so it is easier to score with clearsUse shorter racketsLower the netUse giant shuttles and play throwing rather than striking game with same bonuses for achieving winners in forecourt, midcourt or rearcourt				
<p>Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals.</p>				<ul style="list-style-type: none">Stretches held for 15+ seconds allow muscles to relaxDeep breaths to improve relaxation	<ul style="list-style-type: none">Stretches in cool-down help muscles return to natural resting length	
<p>Think Inc</p> <ul style="list-style-type: none">Activity 5.1 can be adapted for players using wheelchairs or done in a more collaborative way (↓)Activity 5.2 can be performed from a seated positionActivities 5.3 and 5.4 can take place on a smaller court by using drop-down lines, which would be good for less mobile participantsActivities 5.3 and 5.4 can use shorter rackets which helps players with less well developed hand-eye co-ordination skills		<p>Opportunity to Lead/Help</p> <ul style="list-style-type: none">Setting up of activity 5.1 and being a “sideways on” umpireEncourage good alignment and use of legs on activity 5.2Manage activity 5.4 and contribute to umpiring, particularly on decisions regarding bonus points		<p>Contingency</p> <ul style="list-style-type: none">Play half court singles game where middle third of court is out, to encourage effective use of depth. This can be done in teams taking alternating hits. The games can be scored		



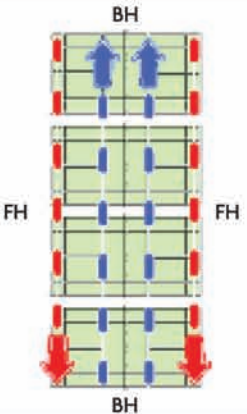



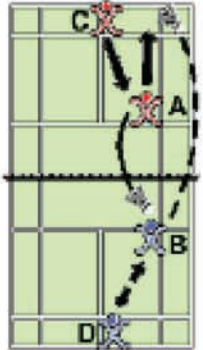
SESSION PLANNER 6: PUSHING AND SPINNING YOUR NET SHOTS

WARM-UP	GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
	<p>Goal Raise body temperature and bring group together.</p> <p>Activity 6.1</p> <ul style="list-style-type: none"> In teams of two to three, facing an opposing team across the net, players catch and push a shuttle back over the net as close to the net as they can. One team catches and pushes back with the palm up, other team catches and pushes with back of hand up After the throw, always move off towards the centre of the court After three minutes swap sides with the team on your side of the net (i.e. blue swaps with yellow, red swaps with purple) Score the rallies, i.e. if shuttle goes in net or beyond low service line you lose a point 		<p>↑</p> <ul style="list-style-type: none"> Smaller numbers in a team make it harder Always face the net, even when returning to back of queue Use drop down lines halfway between net and low service line – if shuttle goes beyond this, push is out Five points if shuttle hits tape and goes over 	<ul style="list-style-type: none"> Push shuttle over net for control 	<ul style="list-style-type: none"> When returning to back of queue, be aware of other team 	10m
			<p>↓</p> <ul style="list-style-type: none"> Larger numbers in team Use giant shuttles 			
	<p>Goal Perform controlled dynamic stretch (lunge).</p> <p>Activity 6.2</p> <ul style="list-style-type: none"> Facing a wall, adopt a wide stance, straight legged with toes of one foot against the wall Keep hands on hips Sink down – both knees will bend, rear knee going very close to ground, to create a lunge shape, then return to starting position Do three on one leg, three on the other 		<p>↑</p> <ul style="list-style-type: none"> Balance shuttle on head (keep trunk upright) Hand on head, rotate trunk left and then right as you go up and down 	<ul style="list-style-type: none"> Lunge is used a lot in badminton, so to lunge in warm-up is good Upright trunk, good posture 	<ul style="list-style-type: none"> Front knee bends, where front foot points, to protect knee joint 	5m
			<p>↓</p> <ul style="list-style-type: none"> Widen distance between feet (stand on two railway lines, not a tightrope) Put hands on wall to steady Alternate legs, one then the other 			
	<p>Goal Push and spin your backhand net shots.</p> <p>Activity 6.3</p> <ul style="list-style-type: none"> In teams of four, with eight on a court in total From the mid/rear court, player A throws a shuttle overarm, over the net Player B moves forwards and plays a backhand net shot Player A catches the shuttle and returns to the rear court Players C and D repeat After five to ten net shots, change roles 		<p>↑</p> <ul style="list-style-type: none"> Push a marker (e.g. clothes peg) halfway down the net. Aim to strike net shots between net tape and clothes peg Aim for shuttle to hit tape and go over Increase throwing distance Count "winners" – net shots that collector could not catch Try to spin shuttle 	<p>Grip:</p> <ul style="list-style-type: none"> Relaxed thumb grip <p>Shape:</p> <ul style="list-style-type: none"> Racket head below hand <p>Others:</p> <ul style="list-style-type: none"> Feel the push 	<ul style="list-style-type: none"> Players on other half court, practise in opposite direction (i.e. A and C will begin in diagonally opposite corner of court) Remove "ankle breakers" (stray shuttles) immediately from court 	10m
			<p>↓</p> <ul style="list-style-type: none"> Work in pairs, one player underarm feeds, the other tries to hit shuttle into target on floor 			

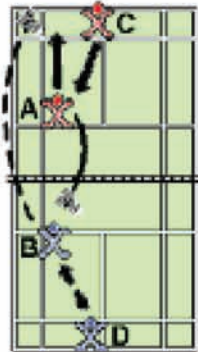

SESSION PLANNER 6: PUSHING AND SPINNING YOUR NET SHOTS

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
Goal Push and spin your forehand net shots. Activity 6.4 <ul style="list-style-type: none"> Refer to "Softly Softly" on DVD In teams of four, with eight on a court in total From the mid/rearcourt, player A throws a shuttle overarm over the net () and begins to run forwards () Player B moves forwards and plays a forehand net shot Player A catches the shuttle and returns to the rearcourt Players C and D repeat After five to 10 minutes, net shots change roles 		↑ <ul style="list-style-type: none"> Push a marker (e.g. clothes peg) halfway down the net. Aim to strike net shots between net tape and clothes peg Aim for shuttle to hit tape and go over Increase throwing distance Count "winners" – net shots that collector could not catch Try to spin shuttle ↓ <ul style="list-style-type: none"> Work in pairs, one player underarm feeds, the other tries to hit shuttle into target on floor. Five attempts, keep your score then swap 	Grip: <ul style="list-style-type: none"> Relaxed basic grip Shape: <ul style="list-style-type: none"> Racket head below hand Others: <ul style="list-style-type: none"> Feel the push 	<ul style="list-style-type: none"> Players on other half court practise in opposite direction (i.e. A and C will begin in diagonally opposite corner of court) Remove "ankle breakers" (stray shuttles) immediately from court 	10m
Goal Fun game with net emphasis. Activity 6.5 <ul style="list-style-type: none"> Refer to "Net Net" on DVD Four players on each side of the net (teams numbered one to four) Court is from net to low service line (tramlines out [6.5.1]) Shuttle is served just over net Rally proceeds with alternating net shots (1-1, 2-2, 3-3, 4-4) until one team wins rally Point is scored at end of every rally One team keeps serving until they lose rally, when serve goes to other team 		↑ <ul style="list-style-type: none"> Reduce the numbers in the team Widen the court (6.5.2) Bonus points for winners that hit the floor Bonus points for net shot that hits tape and goes over ↓ <ul style="list-style-type: none"> Shuttle is thrown in at the start if there are problems serving 	Grip: <ul style="list-style-type: none"> Relaxed basic grip for forehands, thumb grip for backhands Shape: <ul style="list-style-type: none"> Racket head below hand Others: <ul style="list-style-type: none"> Feel the push 	<ul style="list-style-type: none"> Underarm net shots only Move quickly out of the way having played your shot 	20m
Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals, hip flexors and calves.			<ul style="list-style-type: none"> Stretches held for 15+ seconds allow muscles to relax Deep breaths to improve relaxation 	<ul style="list-style-type: none"> Stretches in cool-down help muscles return to natural resting length 	5m
Think Inc <ul style="list-style-type: none"> Shorter rackets for players with lower levels of hand-eye coordination Net games in half-court suitable for players with limited mobility or wheelchairs 	Opportunity to Lead/Assist <ul style="list-style-type: none"> Demo of activities 6.2, 6.3, and 6.4, and then reinforcement of teaching points Scoring of activity 6.5 		Contingency <ul style="list-style-type: none"> Activity 6.5 is a very popular game and you could move to this earlier, turning this into a team tournament 		



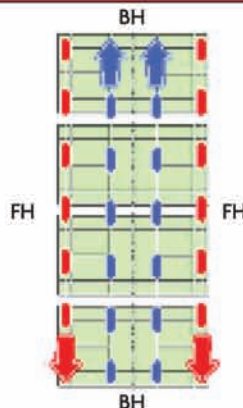


SESSION PLANNER 7: TRICKY FLICKIES

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)		TEACHING POINTS	SAFETY	TIME
WARM-UP	<p>Goal Raise body temperature and bring group together.</p> <p>Activity 7.1</p> <ul style="list-style-type: none"> Using a short thumb grip (thumb on racket shaft) jog slowly up the hall whilst keeping a shuttle up in the air, () back of hand leading Using a short basic grip (on shaft of racket) jog slowly down the hall whilst keeping a shuttle up in the air, () palm of hand leading 		<p>↑</p> <ul style="list-style-type: none"> Alternate grips e.g. three with thumb grip, change to three with basic grip etc. <p>↓</p> <ul style="list-style-type: none"> Balance shuttle on racket string with thumb grip down the hall, then basic grip on the way back 	<ul style="list-style-type: none"> Use forearm rotation to flick shuttle in air Basic grip on forehand Thumb grip on backhand 	<ul style="list-style-type: none"> Run down the hall closer to the net, run back down the hall at the back of the courts Be aware of others around you 	5m
	<p>Goal</p> <ul style="list-style-type: none"> Perform controlled dynamic stretch (lunge) <p>Activity 7.2</p> <ul style="list-style-type: none"> Facing wall, adopt a wide stance, straight legged with toes of one foot against the wall Keep hands on hips Sink down - both knees bend, rear knee going close to ground, to create a lunge shape, then return to starting position Do three on one leg, three on the other 		<p>↑</p> <ul style="list-style-type: none"> Balance shuttle on head (trunk upright) Hand on head, rotate trunk left and then right as you go up and down <p>↓</p> <ul style="list-style-type: none"> Widen distance between feet (stand on two railway lines not a tightrope) Put hands on wall to steady Alternate one leg, then the other leg Stand one foot's length away from a wall. Squat with feet, shoulder width apart, pointing forwards, bend knees and aim for trunk/shins to be parallel as you lower 	<ul style="list-style-type: none"> Lunge is frequently used so is good for warm-up Upright trunk, good posture 	<ul style="list-style-type: none"> Front knee bends, where front foot points, to protect knee joint 	5m
	<p>Goal Use forehand tricky flicky to get shuttle over opponent.</p> <p>Activity 7.3</p> <ul style="list-style-type: none"> Refer to "Tricky Flickies" on DVD In fours, eight players on a court in total Player A stands with foot on low service line and throws a shuttle over the net () towards B's forehand B flicks the shuttle over A, aiming to land shuttle in rearcourt, which would score a point () A moves back to stop this happening, but cannot move until the shuttle is struck C and D replace A and B and they repeat the activity 		<p>↑</p> <ul style="list-style-type: none"> Hitting player B can hit either straight or cross-court Player A cannot move before shuttle is hit, but then can jump slightly in the air to get a better push off from the low service line Player A catches using a shuttle tube Player A starts further forwards <p>↓</p> <ul style="list-style-type: none"> Working in threes across width of court (no net); one player feeds, one player strikes a forehand underarm, aiming to go in hoop held over head of third member of group 	<p>Grip:</p> <ul style="list-style-type: none"> Relaxed basic grip <p>Shape:</p> <ul style="list-style-type: none"> Reach, wrist, rotation <p>Other:</p> <ul style="list-style-type: none"> Flick 	<ul style="list-style-type: none"> "Offset" players so they are more spread out (i.e. C and A would be in the diagonally opposite corner of the court) 	10m


SESSION PLANNER 7: TRICKY FLICKIES

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
<p>Goal Use backhand tricky flicky to get shuttle over opponent.</p> <p>Activity 7.4</p> <ul style="list-style-type: none"> In fours, eight players on a court in total Player A stands with foot on low service line and throws a shuttle over the net (→) towards B's backhand B flicks the shuttle over A, aiming to land shuttle in rearcourt, which would score a point (→) Player A moves back to stop this happening, but cannot move until shuttle is struck C and D replace A and B and repeat the activity 		<p>↑</p> <ul style="list-style-type: none"> Hitting player B can hit either straight or cross-court Player A cannot move before shuttle hit, but then can jump slightly in the air to get a better push off from the low service line Player A catches using a shuttle tube Player A starts further forwards One player with better racket skills dropshots from rearcourt to forecourt <p>↓</p> <ul style="list-style-type: none"> Working in threes across width of court (no net); one player feeds, one player strikes a backhand underarm, aiming to go into a hoop held over head of third member of group 	<p>Grip:</p> <ul style="list-style-type: none"> Relaxed basic grip <p>Shape:</p> <ul style="list-style-type: none"> "What time is it?" pose, rotation <p>Other:</p> <ul style="list-style-type: none"> Flick 	<ul style="list-style-type: none"> "Offset" players so they are more spread out (i.e. C and A would be in the diagonally opposite corner of the court) 	10m
<p>Goal To play a game that improves the tactical use of lifts.</p> <p>Activity 7.5</p> <ul style="list-style-type: none"> In fours, two versus two on half a court One player begins the rally by striking the shuttle just over the net, allowing the next person to lift the shuttle The rally is then played out to a conclusion, with players taking alternate shots 		<p>↑</p> <ul style="list-style-type: none"> Play a half court singles version (two players on half a court) up to an agreed number of points. Waiting players score or, if there is room, they hit against the wall Add in bonus points for a lift from the net that is a winner, either landing in the back third of the court or forcing an error from your opponent <p>↓</p> <ul style="list-style-type: none"> Lower the net Shorter rackets 	<ul style="list-style-type: none"> Hitting right to the back makes your opponent run further Make opponent come forwards first to create space at the back The higher you hit the shuttle, the more time you / your opponent has Lifts just out of reach of the opponent are harder to get back 	<ul style="list-style-type: none"> Stress need for being aware of others on court when playing alternating game 	25m
<p>Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals and calves.</p>			<ul style="list-style-type: none"> Stretches held for 15+ seconds allow muscles to relax Deep breaths to improve relaxation 	<ul style="list-style-type: none"> Stretches in cool-down help muscles return to natural resting length 	5m
<p>Think Inc</p> <ul style="list-style-type: none"> Coloured shuttles for visually impaired For players using wheelchairs in activity 7.5, the forecourt area is out apart from on the first stroke i.e. shuttle put into play in the forecourt, player lifts then the rally is played to a conclusion with the forecourt being out 	<p>Opportunity to Lead/Help</p> <ul style="list-style-type: none"> Demonstrate and control warm up (7.1 and 7.2) Make sure feeder is not moving until serve is struck (7.3 and 7.4) Assist in umpiring and scoring of games (7.5) 		<p>Contingencies</p> <ul style="list-style-type: none"> Free play Hand feed and lift into basketball/netball hoop 		

SESSION PLANNER 8: NO, NO, NO, NO, NO, NO, YES! (FLICK OR NET SHOT—YOU DECIDE)

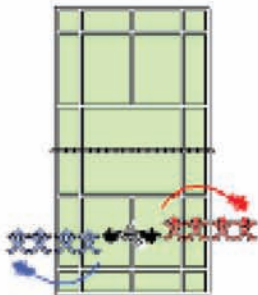


GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)		TEACHING POINTS	SAFETY	TIME
WARM-UP	<p>Goal Raise body temperature and bring group together.</p> <p>Activity 8.1</p> <ul style="list-style-type: none">Using a short thumb grip (thumb on racket shaft) jog slowly up the hall whilst keeping a shuttle up in the air, () back of hand leadingUsing a short basic grip (on shaft of racket) jog slowly down the hall whilst keeping a shuttle up in the air, () palm of hand leadingExperiment throughout with hard and soft lifts		<p>↑</p> <ul style="list-style-type: none">Alternate grips e.g. three with thumb grip, change to three with basic grip etc. <p>↓</p> <ul style="list-style-type: none">Balance shuttle on racket strings with thumb grip down the hall, then basic grip on the way back	<ul style="list-style-type: none">Use forearm rotation to flick shuttle in airBasic grip on forehandThumb grip on backhand	<ul style="list-style-type: none">Run down the hall closer to the net, run back down the hall at the back of the courtsBe aware of others around you	5m
	<p>Goal To integrate lunging technique with the timing of sending a shuttle.</p> <p>Activity 8.2</p> <ul style="list-style-type: none">Working in pairs, one shuttle/beanbag per pairFacing each other, players lunge towards each other with their racket leg leading (i.e. right leg for a right hander)As they do so, they reach with their racket hand and aim to hand the shuttle to their partnerRepeat on the non-racket side		<p>↑</p> <ul style="list-style-type: none">Gradually increase the distance between players so gradually the pass becomes an underarm "flick"Do the exercise across a net <p>↓</p> <ul style="list-style-type: none">Use giant shuttlesKeep distances short between playersWork alone, one shuttle each. Lunge and time small flick of shuttle in the air, then catch whilst maintaining lunge position	<ul style="list-style-type: none">Releasing the shuttle when the front foot lands, helps balance and timing of the stroke	<ul style="list-style-type: none">Space pairs out well across width of courts	5m
	<p>Goal Improve shot selection and deception of players using lifts and net shots.</p> <p>Activity 8.3</p> <ul style="list-style-type: none">Refer to "Backhand Net Lifts" on DVDWorking in fours on half a court, two players on each side of the netOne player strikes the shuttle into the forecourt of their opponentThe receiving player uses a net shot or liftPlay the rally to a conclusion, using alternating shots		<p>↑</p> <ul style="list-style-type: none">Work in pairs on half a court, with spare players scoring or beginning the rally with a hand feed to the net. Change once an agreed number of points have been scoredTry two versus oneMiddle third of the court is out <p>↓</p> <ul style="list-style-type: none">Begin by concentrating on backhand lifts and net shots, then focus on forehand lifts and net shots. Depending on the skill of the players, this can sometimes be more easily achieved by starting the rally with a hand feed across the net	<ul style="list-style-type: none">Taking the shuttle early gives your opponent less time to react to the shuttleMaking your net shots and lifts look the same, keeps your opponent guessing		25m

SESSION PLANNER 8: NO, NO, NO, NO, NO, NO, YES! (FLICK OR NET SHOT – YOU DECIDE)

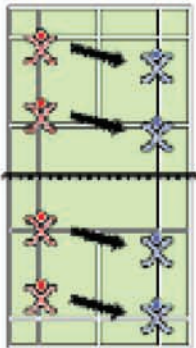

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)		TEACHING POINTS	SAFETY	TIME
<p>Goal Allow free expression and encourage creativity/teamwork.</p> <p>Activity 8.4</p> <ul style="list-style-type: none">Split whole group into similar sizesOne group per court with one giant shuttleGet each group to devise their own badminton activity based around throwingThe activity must be:<ul style="list-style-type: none">SafeGive each group member an equal opportunity to playAvoid too much sitting out		↑	<ul style="list-style-type: none">Look for opportunities for one group to challenge another group at their activity	<ul style="list-style-type: none">Dependent upon activity	<ul style="list-style-type: none">Helpers/coaches ensure activities remain safe	20m
	↓	<ul style="list-style-type: none">Refer to "Throwminton" on DVDExplain the game of Throwminton first (underarm throws from the forecourt, overarms from the rear) then encourage experimentation				
<p>Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals, calves.</p>				<ul style="list-style-type: none">Stretches held for 15+ seconds allow muscles to relaxDeep breaths to improve relaxation	<ul style="list-style-type: none">Stretches in cool-down help muscles return to natural resting length	5m
<p>Think Inc</p> <ul style="list-style-type: none">Coloured shuttles for visually impairedIn activity 8.3, the forecourt area is out for wheelchair users, apart from on the first stroke i.e. the shuttle is put into play in the forecourt, player lifts, the rally is then played to a conclusion with the forecourt being out	<p>Opportunity to Lead/Help</p> <ul style="list-style-type: none">Demonstrate and control warm up (activities 8.1 and 8.2)Assist in umpiring and scoring of games (8.3)Maintain safety and encourage creativity (8.4)			<p>Contingency</p> <ul style="list-style-type: none">Around the World activity incorporating lifts or net shots		

SESSION PLANNER 9: BASH A BACKHAND!

WARM-UP




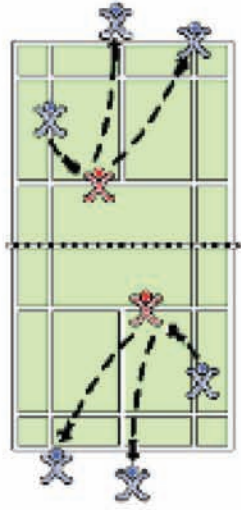
GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
<p>Goal Raise body temperature and bring group together.</p> <p>Activity 9.1</p> <ul style="list-style-type: none"> Working in teams of four, one team working cooperatively with another Each member of one team carries a shuttle to begin with They run forwards, throw their shuttle to a member of the opposite team, then both players return to the back of their respective teams Throwing should be in a backhand style (i.e. like throwing a frisbee) 		<p>↑</p> <ul style="list-style-type: none"> Use smaller groups Both the teams throw a shuttle at the same time, so you have to throw then catch quickly (wait for shout when shuttles collide in mid-air) <p>↓</p> <ul style="list-style-type: none"> Use giant shuttles – easier to catch 	<ul style="list-style-type: none"> Hold shuttle so back of hand is visible, shuttle pointing in direction of throw This creates a hand position that is like you are looking at your watch 	<ul style="list-style-type: none"> Keep groups evenly spread 	5m
<p>Goal Perform sidesteps mirroring partner.</p> <p>Activity 9.2</p> <ul style="list-style-type: none"> Working with a partner, with one person taking the lead role Lead person can sidestep to left and right – partner must mirror their movements Gradually increase the range of movement Leader gradually introduces upper body movements that partner must copy After ten movements, partner takes over lead role 		<p>↑</p> <ul style="list-style-type: none"> Use music so players can move with the rhythm Encourage hand clap combinations between the partners as they move Gradually increase range of movement <p>↓</p> <ul style="list-style-type: none"> Slower, smaller movements 	<ul style="list-style-type: none"> On the sidestep, whichever way your landing foot points, that is where your knee should bend Gradually increase the range of movement 		5m
<p>Goal Strike a stationary shuttle at shoulder level using a backhand hit.</p> <p>Activity 9.3</p> <ul style="list-style-type: none"> Working in threes with one shuttle, one racket and one hoop per group First player stands on low service line, holding a shuttle in non-racket hand, at shoulder height Take racket back using a thumb grip – “what time is it?” position (9.3.1) Second player stands behind net for safety, holding target (hoop) just above net First player strikes the shuttle out of hand, aiming to hit it through the hoop Third member of team catches shuttle and throws it back After five attempts change roles and see who is the winner in the group 		<p>↑</p> <ul style="list-style-type: none"> Gradually increase distance back from net by one pace and try to maintain score Decrease size of target (smaller hoop) Can you do it with eyes closed? Compete against other groups – best score out of 15 wins (five attempts by each of the three players in the group) <p>↓</p> <ul style="list-style-type: none"> Work in pairs, two hitters and one collector, (no net or target) change activity into a penalty shoot-out by getting collector to guard a “goal” Use fluff balls rather than shuttles Use shorter racket or very short grip on racket 	<p>Grip:</p> <ul style="list-style-type: none"> Thumb grip <p>Shape:</p> <ul style="list-style-type: none"> “What time is it?” position <p>Others:</p> <ul style="list-style-type: none"> Flick at shuttle 	<ul style="list-style-type: none"> Make sure person behind net holding the hoop/target stays down and is protected by the net If using penalty shoot-out game, hitter must make sure goalkeeper is ready and must be a reasonable distance away from the goal 	15m

SESSION PLANNER 9: BASH A BACKHAND!



GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
Goal Hit as many flat shots as possible in one minute. Activity 9.4 <ul style="list-style-type: none"> Use normal net set-up, or an elongated net along the length of court Working in pairs, players try to hit as many shots to each other in one minute as possible – remember to count! 		<div>↑</div> <ul style="list-style-type: none"> Make it backhands only or forehands only, with an umpire calling faults Decrease distance between players Beat the score of your neighbouring pair Work in small groups and alternate shots <div>↓</div> <ul style="list-style-type: none"> Lower net or even try with no net Rotate one place each time and repeat with another partner 	<ul style="list-style-type: none"> Hitting flat and fast allows you to get a good one minute score Keeping your racket up helps 	<ul style="list-style-type: none"> Make sure you are well spread out Move stray “ankle breaking” shuttles to a safe place 	10m
Goal Develop scoring knowledge through a mid-court game. Activity 9.5 <ul style="list-style-type: none"> In groups of four, two players initially facing each other on half a court The front of the court (net to low service line) and the rear court tramlines are out Two active players play first to three, with a point being scored at the end of every rally Server keeps serving until they lose a point, the serve then goes to the other side Two players on sidelines score Give all players equal chance to have a go, and play everyone within their group 		<div>↑</div> <ul style="list-style-type: none"> Play two versus two, alternating hits Tallest player on court extends their racket above their head to their fullest extent. Rallying must only contain shots that are below this height. Players on sidelines act as umpires to call fault if shuttle is hit too high (player hitting the shots too high is faulted). This is quite a difficult game but for more advanced players encourages a flat, fast game If numbers permit, play across width of whole court <div>↓</div> <ul style="list-style-type: none"> Lower net Shorter rackets 	<ul style="list-style-type: none"> Keep feet moving Keep racket up 	<ul style="list-style-type: none"> If playing half-court, be aware of players on neighbouring half court. Do not run straight away to retrieve a shuttle until it is safe to do so 	20m
Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals, calves.			<ul style="list-style-type: none"> Stretches held for 15+ seconds allow muscles to relax Deep breaths to improve relaxation 	<ul style="list-style-type: none"> Stretches in cool-down help muscles return to natural resting length 	5m
Think Inc <ul style="list-style-type: none"> Activities 9.1, 9.3, 9.4 and 9.5 all suitable for players using a wheelchair Activity 9.2 could use upper body movements only Coloured shuttles may help visually impaired, particularly in facilities with poor lighting or light background walls 		Opportunity to Lead/Help <ul style="list-style-type: none"> Demonstration of all activities Prompting of different upper body moves/hand clap alternatives in activity 9.2 Making up the numbers in groups that may be short on activity 9.3 (e.g. holding the hoop) For activity 9.4, timing each minute or collecting the scores for comparison 	Contingency <ul style="list-style-type: none"> Alternating hits in teams for activity 9.4 Move more quickly to activity 9.5 		

SESSION PLANNER 10: BACKHAND OFF YOUR BODY

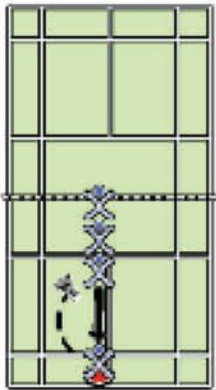


WARM-UP

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
Goal Raise body temperature and focus group. Activity 10.1 <ul style="list-style-type: none"> Working in pairs, one shuttle per pair Sidestep to create a circle with your partner opposite (10.1.1) Pass the shuttle using the a backhand throwing technique (10.1.2) Work in threes if there is an odd number 	10.1.1  10.1.2 	↑ <ul style="list-style-type: none"> Claps means change rotational direction Whistle means change partners Experiment with shorter and longer distances ↓ <ul style="list-style-type: none"> Throw to each other using the backhand throwing technique whilst standing statically 	<ul style="list-style-type: none"> Throw off the body Cork of shuttle leading "What time is it?" position 	<ul style="list-style-type: none"> If working down the hall, be aware of others moving around 	5m
Goal Dynamic stretch upper body and arms. Activity 10.2 <ul style="list-style-type: none"> Work in pairs with players of a similar height, one shuttle between two Standing back to back (about 40cm apart) With both hands on the shuttle, pass the shuttle to partner down through your legs, up over your head, by rotating to the left then right 		↑ <ul style="list-style-type: none"> Very gradually increase the distance between partners ↓ <ul style="list-style-type: none"> Use just one hand, then the other Stand slightly closer together 	<ul style="list-style-type: none"> Both hands on shuttle This get body used to twists and turns, bending and straightening 	<ul style="list-style-type: none"> Do not stand too close together as there is a danger of clashing heads as players arch backwards 	5m
Goal Hit successfully off the body. Activity 10.3 <ul style="list-style-type: none"> Refer to "Backhand off the Body" on DVD Working in fours, all on one side of the net One player stands on the low service line The "bowler" stands ready with a shuttle in front but on the non-racket side of the striker The player with the racket slowly turns the racket into a "what time is it?" position As they do so the bowler throws underarm towards the inside hip of the striking player (right hip of right hander) The striking player aims to strike the shuttle high and far with the back of the hand leading, pressing with thumb on back of racket handle Two fielders get ready to catch/collect shuttle, returning it quickly to the bowler 		↑ <ul style="list-style-type: none"> Throw overarm with more force Player striking shuttle stands with back of hand and back against the net. Aims to strike shuttle out in front of body without touching net with racket on backswing If available, aim to land shuttles: <ul style="list-style-type: none"> Through hoops held above their heads by target players Through netball or basketball hoops Inside shuttle tubes, giant shuttles, or normal shuttles held by the catchers ↓ <ul style="list-style-type: none"> Throw gently underarm Use shorter racket, or normal racket with a shorter grip Allow more time for player to establish "what time is it?" position 	Grip: <ul style="list-style-type: none"> Thumb grip Shape: <ul style="list-style-type: none"> "What time it?" position Others: <ul style="list-style-type: none"> Hitting out in front of body without too big a backswing helps players get hard smashes back 	<ul style="list-style-type: none"> Make sure "bowler" does not stand directly in front of hitter Make sure "bowler" stands to non-racket side of player "Fielders" are placed a safe distance from the hitter 	10m


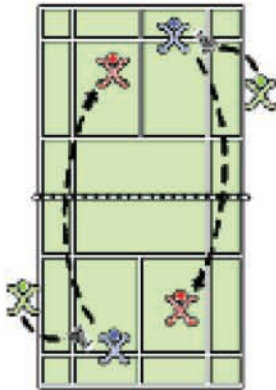
SESSION PLANNER 10: BACKHAND OFF YOUR BODY

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)		TEACHING POINTS	SAFETY	TIME
<p>Goal Devise own hitting off the body game.</p> <p>Activity 10.4</p> <ul style="list-style-type: none">• Building on previous activity, in groups of four to five, ask group to devise a game similar to kwik cricket or rounders• Guidelines are:<ul style="list-style-type: none">• Game must involve striking a shuttle off the body with the back of the hand leading• Each group can only have one racket and one shuttle• Activity must be safe• Activity must allow all members of the group to have a go		↑	<ul style="list-style-type: none">• If playing kwik cricket activity – increase running distance• Increase group sizes so there are more fielders	<p>Grip:</p> <ul style="list-style-type: none">• Thumb grip <p>Shape:</p> <ul style="list-style-type: none">• “What time it?” position <p>Others:</p> <ul style="list-style-type: none">• Hitting out in front of body without too big a backswing helps players get hard smashes back	<ul style="list-style-type: none">• Support groups to devise safe activities	20m
<p>Goal Demonstrate free expression and creativity through free play.</p> <p>Activity 10.5</p> <ul style="list-style-type: none">• With guidance from coach and helpers, players allowed to play free of specific conditions, other than the activity must:<ul style="list-style-type: none">• Be badminton related• Be safe• Allow all members of the group to have a go		↑	<ul style="list-style-type: none">• Encourage more challenging activities for more able players• Support less able player by helping them devise activities at which they can be successful			15m
<p>Cooldown</p> <ul style="list-style-type: none">• Encourage member of group to lead warm-up• Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals and calves				<ul style="list-style-type: none">• Hold stretches for 15+ seconds to allow muscles time to relax• Deep breaths during stretching to improve relaxation	<ul style="list-style-type: none">• Stretches in cool-down help muscles return to natural resting length	5m
<p>Think Inc</p> <ul style="list-style-type: none">• In activity 10.1, players using a wheelchair can move around the circle and throw in a backhand “frisbee” style from the chair• In activity 10.2, players using a wheelchair can pass the shuttle overhead and to the left and right• Activities 10.3, 10.4 and 10.5 are all adaptable for players using a wheelchair		<p>Opportunity to Lead/Help</p> <ul style="list-style-type: none">• Demonstrate activities 10.1 and 10.2• Support with guidance and encourage creativity on activities 10.4 and 10.5		<p>Contingencies</p> <ul style="list-style-type: none">• Can hand feed a shuttle into the body of the player, they hit off the body and then play the rally out against opponent• Expand length of time for free play		


SESSION PLANNER 11: BACKHAND OVERHEAD

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)		TEACHING POINTS	SAFETY	TIME
WARM-UP	<p>Goal Raise body temperature and bring group together.</p> <p>Activity 11.1</p> <ul style="list-style-type: none"> Form groups of four, one shuttle per group Team queues on low service line, facing the back of the court (i.e. back to net) First player carrying the shuttle runs to a drop-down spot placed in rear court Still with their back to the net, the first player performs a backhand overhead throw, sending the shuttle towards the next person in queue, then turns and runs forward to rejoin the back of the queue Next person in queue retrieves the shuttle and the activity is repeated 		<p>↑</p> <ul style="list-style-type: none"> Increase distances thrown Use smaller groups Try with non-dominant hand 	<ul style="list-style-type: none"> Hold shuttle with cork pointing upwards Turn shuttle over so cork pointing to navel, forming a "what time is it?" pose Throw shuttle back over shoulder with cork leading 	<ul style="list-style-type: none"> Be aware of others in the hall when throwing backwards 	5m
	<p>Goal Dynamic stretching arms and upper body.</p> <p>Activity 11.2</p> <ul style="list-style-type: none"> In pairs stand either side of the net with backs facing each other Pass a shuttle over shoulder and net (bend elbow) to partner who then transfers shuttle to other hand to pass under the net to other side of body Change direction after five circulations (ten passes) After another five, swap hands and repeat 		<p>↑</p> <ul style="list-style-type: none"> Perform balanced on one foot Stand slightly further apart <p>↓</p> <ul style="list-style-type: none"> Stand closer together No net 			
	<p>Goal To improve distance and accuracy of backhand throw in a team game.</p> <p>Activity 6.3</p> <ul style="list-style-type: none"> Form teams of three to four One team member stands at one end of hall with hoop held flat and high above their head Players take it in turn to throw giant shuttle backwards towards the hoop With back to hoop, throw over shoulder with a bent elbow Next player throws from landing point Get the shuttle through the hoop in as few throws as possible Once shuttle is thrown through hoop, rotate group so next player holds hoop 		<p>↑</p> <ul style="list-style-type: none"> Reducing the amount of bend in the elbow allowing less of a lever for throw On one foot as you throw Kneeling or sitting when you throw Player who gets it through the hoop wins a point <p>↓</p> <ul style="list-style-type: none"> Bigger hoops Allowing more of a bend in the elbow will give more leverage of longer throws 	<ul style="list-style-type: none"> Hold shuttle with cork pointing upwards Turn shuttle over so cork pointing to navel, forming a "what time is it?" pose Throw shuttle back over shoulder, with cork leading 	<ul style="list-style-type: none"> Be aware of others in the hall when throwing backwards 	15m

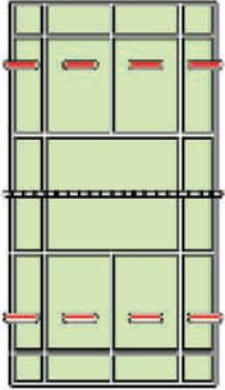

SESSION PLANNER 11: BACKHAND OVERHEAD

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
<p>Goal Demonstrate action to strike a static object using the backhand overhead.</p> <p>Activity 11.4</p> <ul style="list-style-type: none"> In groups of four, one person holds a suspended shuttle/ball/balloon at the rear of the court The other players queue with their backs to the net, holding the shaft of the racket with their thumb along the side of the shaft Players run to the back of the court and create a "what time is it?" shape, with edge of racket in navel and racket grip pointing up Use a relaxed reach to extend up and strike the suspended object before turning and running forwards to rejoin the queue 		<p>↑</p> <ul style="list-style-type: none"> Hold racket by handle Working in threes, one feeder, one hitter, one collector <p>↓</p> <ul style="list-style-type: none"> Players kneel on the ground in a line along doubles service line. Player with a suspended object moves along line to give everyone a turn 	<p>Grip:</p> <ul style="list-style-type: none"> Bevel grip <p>Shape:</p> <ul style="list-style-type: none"> Maintain strong wrist "What time is it?" position at end of backswing Impact with a relaxed reach 	<ul style="list-style-type: none"> Make sure players queue a safe distance away from the strike zone Make sure that the queue adopts a safe position when position changes for left handed players 	10m
<p>Goal To use the backhand overhead shot in a rally.</p> <p>Activity 11.5</p> <ul style="list-style-type: none"> Working in threes on half a court. Two players play half court singles, the other two are hand feeders One player stands in the mid-court with their back to the net. A hand feeder throws a shuttle which will allow that player to start the rally with a backhand overhead The rally is played to a conclusion Start five rallies with same player feeding and playing the backhand overhead, then change roles 		<p>↑</p> <ul style="list-style-type: none"> Increase the distance from the net Experiment with different types of backhand overhead – clears, drops and smashes (very advanced) <p>↓</p> <ul style="list-style-type: none"> Start from closer to the net Shadow the shots, then turn and return a low serve and play the rally out Shadow the shot and strike a suspended shuttle or butt end of up-turned racket held by friend, then turn and return a low serve and play the rally out 	<p>Grip:</p> <ul style="list-style-type: none"> Bevel grip <p>Shape:</p> <ul style="list-style-type: none"> Maintain strong wrist "What time is it?" position at end of backswing Impact with a relaxed reach 	<ul style="list-style-type: none"> Offset teams so backhands occurring in diagonally opposite areas of the court Make sure "ankle breaking" shuttles not left on court during rallies 	20m
<p>Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals and calves.</p>			<ul style="list-style-type: none"> Stretches held for 15+ seconds allow muscles to relax Deep breaths to improve relaxation 	<ul style="list-style-type: none"> Stretches in cool-down help muscles return to natural resting length 	5m
<p>Think Inc</p> <ul style="list-style-type: none"> Activities 11.1 and 11.5 are adaptable for players using wheelchairs Short rackets may help less coordinated players in activities 11.4 and 11.5 	<p>Opportunity to Lead/Help</p> <ul style="list-style-type: none"> Demonstration of all activities Holding suspended shuttle in activity 11.4 Hand feed activity 11.5 		<p>Contingency</p> <ul style="list-style-type: none"> Activity 11.5 (♣) - shadow the shot and tap a suspended shuttle or butt end of up-turned racket held by friend, then turn and return a low serve and play the rally out "Throwminton game" using giant shuttles, starting with a backhand overhead from the midcourt 		

SESSION PLANNER 12: SINGLES CHAMPIONSHIP

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)		TEACHING POINTS	SAFETY	TIME
TEAM WARM - UP CHALLENGE	<p>Goal Devise their own warm-up.</p> <p>Activity 12.1</p> <ul style="list-style-type: none"> Form equally able groups of four players Explain how the group with the best warm-up will be awarded poll position for the team championship Designate each group a space (half court) No equipment allowed for warm-ups One minute to discuss, four minutes to raise body temperature and two minutes to do some dynamic stretching Keep announcing time At the end bring groups in and give some feedback and award Gold, Silver and Bronze to the three best groups 		<p>↑</p> <ul style="list-style-type: none"> Allow certain equipment to be used Smaller space 	<p>Warm-ups can be evaluated on:</p> <ul style="list-style-type: none"> Originality Safety Good progression Fun Badminton specific Quick transitions Are they thoroughly warmed up? 	<ul style="list-style-type: none"> Awareness of equipment offered Make sure that players start lightly and progress gradually Clearly defined warm-up area Awareness of the space that other groups are using 	10m
	<p>Goal Appreciate the importance of knocking up effectively in preparation for a tournament.</p> <p>Activity 12.2</p> <ul style="list-style-type: none"> Maintain a rally with a partner from same group, or two versus two, hitting alternate shots 		<p>↓</p> <ul style="list-style-type: none"> Larger space Prompting with ideas, thinking about things they have done in the previous weeks 			
			<p>↑</p> <ul style="list-style-type: none"> Two shuttles in rally 	<ul style="list-style-type: none"> Opportunity to practise strokes in preparation for tournament 	<ul style="list-style-type: none"> Make sure that all unused shuttles and equipment are clear of court Be aware of partner in alternating hitting practice 	5m

SESSION PLANNER 12: SINGLES CHAMPIONSHIP

GOAL/ACTIVITY		ALTERNATIVE (↑ HARDER, ↓ EASIER)	TEACHING POINTS	SAFETY	TIME
<p>Goal Display skills learnt from previous weeks of training in a competitive environment.</p> <p>Activity 12.3</p> <ul style="list-style-type: none"> Each group of four has half a court (full-court if possible) Allow the gold, silver and bronze teams from warm-up to start at top end (gold on "champion's court" to start with) Play group singles for four minutes After each rally, winner stays on and loser steps off and swaps (two players waiting) Win a point for every rally and keep your own score as you come on and off All shake hands after four minutes The two players with the top scores move up one court towards "champion's court" The two players with lower scores move down the hall in the other direction Settle any draws with a shuttle toss (lands and points to a winner) Continue for five to six rounds in total 	 <p>12.3.1</p>	<p>↑</p> <ul style="list-style-type: none"> Mark out court into thirds. Net to low service line is forecourt, then divide remaining court with drop-down lines (12.3.1). Play game as usual but apart from the serve, the middle third is out <p>↓</p> <ul style="list-style-type: none"> Front and back tramlines are out (less space to cover) Allow two shots to get the shuttle over Use giant shuttles for Throwminton (instead of hitting with rackets), with players throwing the shuttle from where they catch it; underarm at the front of the court, overarm at the back of the court 	<ul style="list-style-type: none"> First three shots are most important Use spaces on the court to keep opponent moving Use width and length of court to try and outmanoeuvre opponent Use deception to force the opponent to lose balance Rules of singles Rally point scoring 	<ul style="list-style-type: none"> Clear shuttles after having knocked up Players to stand beside the net post to ensure they do not get in the way of the match play 	30m
<p>Goal To establish a group singles champion.</p> <p>Activity 12.4</p> <ul style="list-style-type: none"> Add one final round where just "champion's court" continues Play for seven minutes All the other players can watch the final, which will produce a gold, silver, bronze and fourth position 		<p>↑</p> <ul style="list-style-type: none"> Play on full singles court <p>↓</p> <ul style="list-style-type: none"> Involve everyone in last round 	<ul style="list-style-type: none"> Important to applaud good play and effort 	<ul style="list-style-type: none"> Make sure players who are not in final are sitting safely not too close to the final (they could be stretching-down whilst watching) 	10m
<p>Cooldown Gentle walk, stretch triceps and lats (one arm held across back of head by other hand, then slight side bend), quads, hamstrings, gluteals and calves.</p>			<ul style="list-style-type: none"> Stretches held for 15+ seconds allow muscles to relax Deep breaths to improve relaxation 	<ul style="list-style-type: none"> Stretches in cool-down help muscles return to natural resting length 	5m
<p>Think Inc</p> <ul style="list-style-type: none"> For those with less well developed hand-eye co-ordination, consider: <ul style="list-style-type: none"> Throwminton with giant shuttles Shorter rackets Players using a wheelchair can compete against able bodied on a smaller court (e.g. middle third of court) 	<p>Opportunity to Lead</p> <ul style="list-style-type: none"> Evaluate activity 12.1 and make decisions regarding best warm-ups Stress safety in activity 12.2 For activity 12.3: <ul style="list-style-type: none"> Timing of activity Adapting activity (e.g. Throwminton, using drop-down lines etc.) Organising swift change of rounds at the end of each playing interval 		<p>Contingency</p> <ul style="list-style-type: none"> Throwminton tournament using giant shuttles – players to devise rules in small groups Offer one court as a free-play court for players that do not want to enter competition 		

**KICKING UP A
RACKET!**





BADMINTON England
National Badminton Centre
Milton Keynes MK8 9LA
www.badmintonengland.co.uk
Telephone: +44 (0)1908 268400