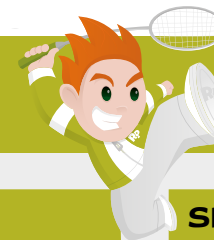


Module 1: Lesson 1 - Grips

Ages 5-7



Learning Outcomes

1. Player can identify appropriate forehand and backhand grips.
2. Players can hit the balloon consecutively using an appropriate grip depending on where the balloon is.

Techniques to Demonstrate

Grips for hitting on forehand and backhand sides.

Equipment

Rackets
Shuttles
Cones
Throw down lines
Fluff balls / Success balls / Balloons (as required)

Shuttle Progression

Simplify: Balloon
Entry Level: Fluff balls
Progress: Success ball
Advanced: Shuttle

Warm-up Game

Egg and Spoon

1. Place 2 throw-down lines approximately 3 to 5 metres away from each other.
2. Split the group into teams of 3 or 4, giving each team 1 racket and 1 shuttle.
3. Players must try to balance a shuttle on their racket, with the cork facing upwards, whilst completing the following movements:
 - Walk to a cone and back again without dropping the shuttle.
 - Walk to a cone, sit down, get back up and walk back.
 - Walk to a cone, sit down, lie down, then get back up and walk back.
 - Walk to a cone, sit down, lie down, roll onto their front and then get back up and walk back.

Skill Activity

Forehand and Backhand Tap-ups

Video: Grips for badminton

1. Explain the range of grips that can be used to hit on the backhand side to the group.
2. Ask players to find a space away from others in the hall. The aim is for players to use an appropriate grip to play a backhand with a backhand action to tap the fluff ball or balloon repeatedly into the air.
3. Explain the range of grips that can be used to hit on the forehand side to the group
4. Repeat activity using an appropriate grip to play a forehand and forehand hitting action.
5. When players become more confident ask them to count the number of tap-ups they can perform in a row.

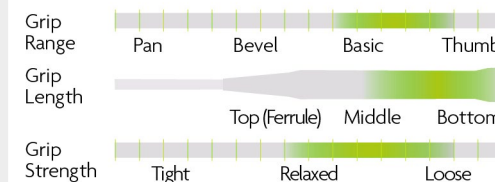
Embedding the Skill

Sharks

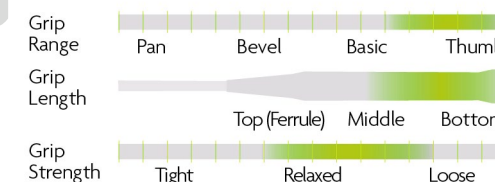
This is a competitive game that focuses on player grips and balance.

1. Ask the players to hold the racket using an appropriate grip to play a forehand, and then balance a shuttle on their racket with the cork facing upwards.
2. Ask the players to then move around the hall and try to knock other player's shuttles off their racket using only their non-racket hand.
3. Once a player's shuttle falls from their racket, they lose a life. The winner is the last person remaining.
 - Allocate players a set number of lives or play as a timed game.

Forehand underarm hitting



Backhand underarm hitting



Module 1: Lesson 1 - Grips



Ages 5-7

National Curriculum Outcomes

1. Participate in team games and develop co-ordination.
2. Master basic movements and compete against themselves.
3. Engage in competitive activities to apply the skills.

Teaching Tips

Egg and Spoon

1. Ensure each team has just 1 racket and shuttle and passes them to the next person in their team.
2. Demonstrate yourself so they understand.
3. Explain that the aim is to not drop the shuttle and speed is not important.

Forehand and Backhand Tap-ups

1. Ensure players have sufficient space.
2. Stress the danger of rackets to avoid injury.
3. Reiterate the range of grips that can be used to hit on the backhand and forehand sides during and at the end of the activity.
4. Encourage players not to grip the racket too tightly so they can feel when they are hitting the fluff ball and squeezing the racket on impact.

Sharks

1. Create a safe zone for those players who are out to sit in.
2. As the number of players reduces, make the size of the space smaller.
3. Encourage players to keep their head up, rather than looking down at their shuttle.

Simplify

1. Replace the shuttle with a fluff ball / success ball.

1. Players to use a balloon and hit with their hand rather than a racket.

1. Replace the shuttle with a fluff ball / success ball.
2. Increase the size of the space.

Challenge

1. Players to increase their speed whilst performing the same movement sequences.

1. Players to use a success ball instead of a fluff ball.

1. Reduce the size of the space.

