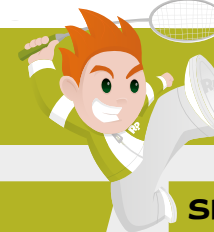


# Module 1: Lesson 3 - Backhand Serve

Ages 5-7



## Learning Outcomes

1. Players attempt to make contact with the shuttle using an appropriate thumb grip.
2. Player holds the shuttle correctly in preparation for the serve.

## Techniques to Demonstrate

1. Backhand serve grip.

## Equipment

Rackets	Shuttles
Cones	Hoops
Fluff balls	GetNets
Throw-down lines and spots	

## Shuttle Progression

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

## Warm-up Game

### Meet the Bear

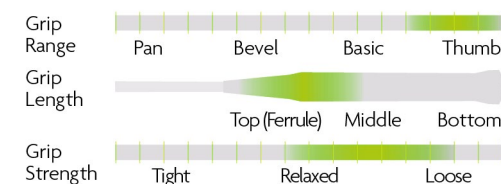
Video: Backhand serve technique

1. Place a racket and shuttle in front of each player and then tell them the story about how you meet the bear demonstrating the backhand serve:

Whilst walking in the woods you see a bear in the distance. You put your thumb up to him to make sure he is friendly. Keeping your thumb up, pick up the racket, placing the thumb down the back of the grip. Pickup the shuttle with your other hand ensuring you are holding the shuttle by the feathers (plastic skirt if using a plastic shuttle). Carry on walking to the bear where you give him a hug, squeeze him and push him away.

2. Ask the players to copy you using their racket and shuttle.

## Backhand serve



## Skill Activity

### Crazy Golf

Video: Backhand serve technique

1. Create several golf-style holes around the hall by using throw-down spots, hoops of different sizes, buckets etc and assign different points to different holes depending on their level of difficulty.
2. Place a throw-down line in front of each hole to indicate where players should stand to perform their shot.
3. Split the group into equal teams and allocate 1 racket and 1 shuttle per team.
4. Teams must move around the hall and perform backhand serves towards the holes. Players should be encouraged to use the correct technique when hitting the shuttles towards the targets.
5. Allow players to have a practice round before introduce scoring. Players should keep count of their own score.

## Embedding the Skill

### Go Long

1. Place markers in a line on the floor. Position a second line of markers 3 metres from the first. Position a third and fourth line of markers further away still.
2. In pairs, 1 player performs a backhand serve, whilst their partner stands on the first marker and tries to catch the shuttle.
3. If the shuttle is successful caught from the first marker, the catcher moves back to the second marker and so on.
4. A time limit can be added, and points scored for each serve caught.



# Module 1: Lesson 3 - Backhand Serve



Ages 5-7

## National Curriculum Outcomes

1. Develop fundamental skills and co-ordination.
2. Apply the skill in a competitive situation against themselves.
3. Using the skills, engage in competitive and co-operative activities.

## Teaching Tips

### Meet the Bear

1. Key points for the backhand serve:
  - Short backswing – push through the shuttle
  - Dropped short distance before being struck
  - Need to hit shuttle out of the hand rather than dropping
  - Keep non-racket arm still
2. Ensure players have sufficient space.
3. Add any other actions to the story to make it interesting.

### Crazy Golf

1. Ensure players have sufficient space whilst serving.
2. Start groups at different holes to avoid queuing.

### Go Long

1. Ensure players have sufficient space.
2. Briefly explain appropriate catching technique.

## Simplify

1. Increase the size of the targets.
2. Position targets closer to the server.

1. Move the markers closer together reducing the distance between the server and catcher.

## Challenge

1. Reduce the size of the targets.
2. Position targets further away from server.

1. Introduce GetNets to the catchers ensuring they are using the appropriate grip.
2. Catchers may only use their racket hand to catch the shuttle

