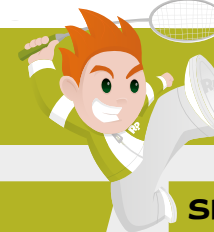


Module 1: Lesson 4 - Underarm

Ages 5-7



Learning Outcomes

1. Players attempt to make contact with the shuttle using an appropriate grip and hitting action.
2. Players can successfully rally.

Techniques to Demonstrate

1. Grips for hitting on the backhand side.
2. Backhand tap-up action.

Equipment

Rackets
Fluff balls
Success balls
Balloons

Shuttle Progression

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

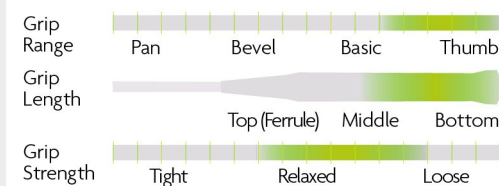
Warm-up Game

Backhand Tap-ups

Video: Grips for badminton

1. Ensure each player has a racket.
2. Demonstrate the appropriate grip and hitting action for backhand.
3. Split the group into three assigning each group either balloons, fluff balls or success balls.
4. Ask players to perform tap-ups with their assigned item using the appropriate grip and hitting action.
5. After a set time, rotate the groups to ensure all groups have a go with balloons, fluff balls and success balls.

Backhand underarm hitting



Skill Activity

Badders Baseball

Video: Grips for badminton

All hitting previously performed has involved objects being hit up into the air. The next progression is to hit the objects forwards.

1. Split the group into 4s. 1 feeder, 1 hitter, 2 catchers.
2. The feeder throws the fluff ball or success ball underarm to the hitter who performs a backhand hit to either of the catchers.
3. Repeat this several times and then rotate positions.

Embedding the Skill

Rally Tally

1. Split the group into 3s.
2. The aim is for 2 players to have a rally whilst the other player counts how many shots are achieved in a row.
3. 1 player to start the rally with a backhand serve using a fluff ball.



Module 1: Lesson 4 - Underarm



Ages 5-7

National Curriculum Outcomes

1. Access a broader range of activities in order to develop competence and confidence in fundamental skills.
2. Extend their fundamental skills whilst working cooperatively in pairs.

Teaching Tips

Backhand Tap-ups

1. Key points for the backhand underarm hit:
 - Racket moves through the line of the shuttle in front of the body
 - Racket forearm straightens and forearm rotates outwards (supinates)
2. This is a great opportunity to assess their progress since week 1.

Badders Baseball

1. Ensure players are using an appropriate grip for hitting on the backhand side and repeat key teaching points.
2. Explain to the group that the angle of the racket strings must change to face their partner but the grip and hitting technique remain the same.
3. Ensure the hitting player is ready with the racket face pointing forward before the fluff ball is thrown.
4. Encourage the hitter to decide which catcher they are aiming towards before they strike the fluff ball.

Rally Tally

1. Ensure players are using an appropriate grip for hitting on the backhand side and repeat key teaching points.



Simplify

1. Replace fluff balls with balloons.

1. Reduce the distance between players.
2. Catchers to use a GetNet.

1. Replace the fluff ball with a balloon, which will slow down the movement.
2. Reduce the distance between players.

Challenge

1. Introduce shuttles in place of success balls.

1. Increase the distance between players.

1. Replace the fluff ball with the success ball increasing the speed of the rally.
2. Increase the distance between players.