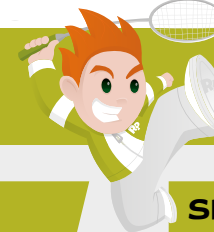


Module 1: Lesson 5 - Overhead

Ages 5-7



Learning Outcomes

1. Players demonstrate a correct sideways body position when throwing.

Techniques to Demonstrate

1. Movement – chasse.
2. Overhead throwing action.
3. Grips used to hit overhead on the forehand side.

Equipment

Rackets	Shuttles
Fluff balls	Net/bench
GetNet	

Shuttle Progression

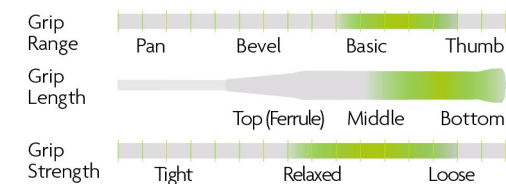
Simplify:	Balloon
Entry Level:	Fluff balls
Progress:	Success ball
Advanced:	Shuttle

Warm-up Game

Ready Steady Throw

1. This exercise replicates the movement required for an overhead shot by performing the footwork and then throwing a shuttle.
2. Players need to run forward, pick up a shuttle with racket hand, turn sideways and chasse back (slightly further than their starting position).
3. They then perform an overarm throw back in the direction of where the shuttle was originally positioned.

Overhead hitting



Skill Activity

Butterflies

Video: Overhead hitting technique

1. Split the group into pairs with 1 racket and 1 fluff ball per pair. 1 player is the catcher, the other the feeder.
2. The catcher has the GetNet in an overhead position ready to catch the fluff ball. The feeder throws the fluff ball overarm for their partner to catch in the GetNet, in an overhead position.
3. Repeat this several times and then swap roles.

Embedding the Skill

Snowball Fight

Video: Throwing action technique

1. Split the group into 2 equal teams and position each team on opposing side of a net or bench, setting out a service line on each side.
2. Scatter as many shuttles as possible onto both sides of the net.
3. On your command, players pick up 1 shuttle at a time and throw them overhead over the net ensuring they are behind the service line, the opposing team do the same.
4. At the end of an allocated time, the team with the least number of shuttles on their side of the net wins.



Module 1: Lesson 5 - Overhead



Ages 5-7

National Curriculum Outcomes

1. Master basic movements in a simple competitive situation.
2. Develop competence in skills in a simple competitive and co-operative situation.
3. Participate in team games in competitive activities.

Teaching Tips

Ready Steady Throw

1. Players to chase back leading with their racket leg.
2. Key points for the throwing action:
 - Body rotates outwards towards a sideways position.
 - Racket arm goes back with outwards forearm rotation (supination), creating a momentary L shape.
 - Non-racket arm elevates and points in general direction of the shuttle flight.
 - Racket leg is placed behind the racket shoulder to generate power.
 - o Weight is loaded onto racket leg creating a wide stable base.
 - Racket knee flexes and extends quickly and starts to drive upwards and forwards.
 - Hips rotate inwards to initiate the drive forwards of the racket leg.

Butterflies

1. Encourage a forehand grip.
2. Ensure catchers hold racket up above head and slightly in front of them so they can see the racket head.
3. Ensure feeders do an overarm throw.
4. Reiterate the forehand grip throughout the session and again at the end of the session.

Snowball Fight

1. Emphasise that players can only throw 1 shuttle at a time.
2. Players to use their racket hand only and use an overarm throw.
3. Challenge players to throw the shuttles deep into the opposing team's court.

Simplify

1. Ask players to stand still and practise throwing without the movement sequence.

1. Decrease the distance between players.

1. Decrease the distance from the net/bench for the service line.

Challenge

1. Introduce new points for players to chase back to changing their direction of movement.

1. Increase the distance between players.

1. Increase the distance from the net/bench for the service line.

