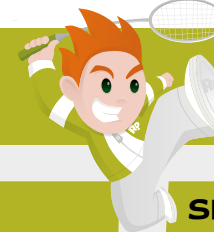


Module 2: Lesson 3 - Backhand Serve

Ages 5-7



Learning Outcomes

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

Techniques to Demonstrate

1. Backhand serve grip (low/flick serve).
2. Underarm catching.

Equipment

Rackets
Shuttles
Throw-down spots

Shuttle Progression

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

Warm-up Game

Go Long

Video: Grips for badminton
Backhand serve technique.

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

Skill Activity

Hit the Spot

Video: Backhand serve technique

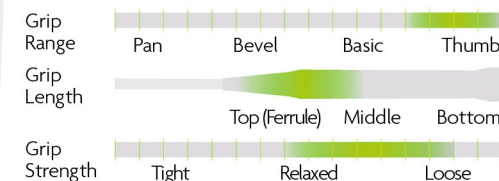
1. Reiterate 'Meet the Bear'.
In pairs, each player stands on a throw-down spot 5 metres apart, with a large hoop between them.
2. The first player performs a backhand serve to land the shuttle directly inside the large hoop for 5 points.
3. The second player then picks up the shuttle, returns to their spot and has their turn to serve the shuttle into the large hoop.
4. If appropriate, after a set time, ask players to replace the large hoop with a small hoop or throw-down spot and continue the activity.

Embedding the Skill

Catch the Bird

1. Split the players into 2 teams on opposing sides of a lowered net or bench.
2. Team 1 forms a line and takes it in turn to do a backhand serve over the net.
3. Team 2 spreads out on the opposing side of the net and tries to catch the shuttle with a GetNet or with their hands.
 - Cooperative game: 1 point is awarded to both teams as a whole, each time a shuttle is caught.
 - Competitive game: 1 point is scored by the catching team each time they catch the shuttle. 1 point is scored by the serving team for each serve over the net that the catching team cannot catch. After a set amount of time, teams swap roles.

Backhand serve



Module 2: Lesson 3 - Backhand Serve



Ages 5-7

National Curriculum Outcomes

1. Working co-operatively in pairs to practise basic skills.
2. Master basic technique and accuracy.
3. In cooperative or competitive situation apply skills and techniques whilst developing simple tactics of attacking and defending.

Teaching Tips

Go Long

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

Hit the Spot

1. Players are encouraged to use the correct technique when hitting the shuttles towards the targets.
2. 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
3. Encourage players to keep hold of the shuttle on the racket as long as possible to avoid it falling to the floor before pushing forwards.
4. Encourage players to experiment by hitting low and high serves and observe whether the shuttle travels near or far.

Catch the Bird

1. Ensure players waiting to serve are lined up a safe distance behind server.
2. If using a net, ensure the height enables a high success rate of serves going over for players to try to catch.
3. Nominate a scorer for each team.
4. Briefly go over how to catch the shuttle in net with an underarm.

Simplify

1. Reduce the distance between the players.

1. Decrease the distance between players.

1. Reduce the distance between the players and the net.

Challenge

1. Players can only catch using their racket hand.

1. Increase the distance between players.
2. Change the large hoop for a small hoop or throw-down spot.

1. Increase the distance between the players and the net.

