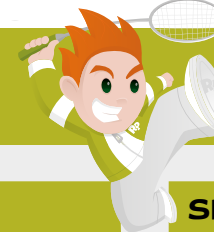


Module 2: Lesson 1 - Grips

Ages 5-7



Learning Outcomes

1. Player can identify appropriate forehand and backhand grips.
2. Players can hit the fluff ball at least twice consecutively using an appropriate grip (depending on where the ball is).

Techniques to Demonstrate

1. Grips for hitting on forehand and backhand sides.

Equipment

Rackets
Shuttles
Throw-down spots
Fluff balls

Shuttle Progression

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

Warm-up Game

Egg Baskets

Video: Grips for badminton
Lunging technique

Skill Activity

Forehand and Backhand Tap-ups

Video: Grips for badminton

Embedding the Skill

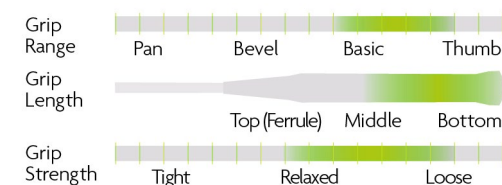
Obstacle Relay Tap-ups

1. Split the group into teams and ask them to line up at one end of the hall.
2. Position target hoops 10 metres away from each team with throw-down spots 1 metre in front of the team.
3. With 1 racket (held using a grip appropriate to hit on the forehand side) and 1 shuttle per team, the first player balances the shuttle (cork up) on their racket and walks across to the throw-down spot.
4. They then stop and lunge with their racket leg to place the shuttle into the hoop. If the shuttle stays in the hoop the team receive 1 point.

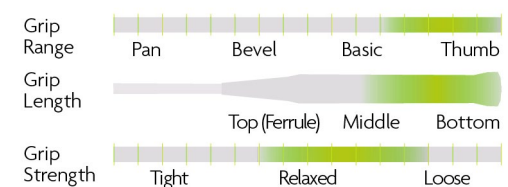
1. Place throw-down spots around the hall. Explain the range of grips that can be used to hit on the forehand side to the group.
2. In pairs, 1 player stands on a spot and practises the tap-ups with a fluff ball using an appropriate grip to play a forehand with a forehand hitting action.
3. Their partner counts how many they achieve in a row. Ensure that the players swap roles.
4. Explain the range of grips that can be used to hit on the backhand side to the group, and then repeat the activity using an appropriate grip to play a backhand and backhand hitting action. Ensure that the players swap roles.
5. Finally, holding the fluff ball on their racket with a forehand grip the player pushes the fluff ball up into the air, turns their racket over to a backhand and tries to catch the ball on their racket. They then repeat this in the opposite direction. Repeat several times before swapping with their partner.

1. Split the group into teams and then line each team up evenly facing each other, with a racket and fluff ball.
2. Players need to perform forehand and backhand tap-ups as they make their way from one side of the hall to the other.
3. Challenge the players by placing obstacles in their path for them to overcome whilst still performing tap-ups.
 - Large hoops - to climb through
 - Throw-down line ladders - quick feet
 - Throw-down spots - hopscotch
4. Players to count how many taps it takes them to cross the hall.

Forehand underarm hitting



Backhand underarm hitting



Module 2: Lesson 1 - Grips



Ages 5-7

National Curriculum Outcomes

1. In a simple competitive game pupils:
 - Use running and throwing in combination
 - Develop balance, control and co-ordination
2. Working collaboratively in pairs to develop and consolidate techniques.
3. Working in teams in a fun competitive game to develop technique, control and accuracy.

Teaching Tips

Egg Baskets

1. Demonstrate the lunge, with racket leg forward and back foot on the throw-down spot.
 - Heel landing first, toe pointing forwards, knee in alignment with foot etc
2. If the shuttle falls off the racket players pick it up and carry on from that position.
3. Emphasise that the aim is to not drop the shuttle and speed is not important.

Forehand and Backhand Tap-ups

1. Using throw-down spots ensures players remain a safe distance from one another.
2. Reiterate the forehand and backhand grip throughout the session and again at the end of the session.
3. Encourage players to experiment with high (hard), low (soft) hits.

Obstacle Relay Tap-ups

1. Ensure players have a racket space between them.
2. If the fluff ball falls off the racket, players to continue from where they were.
3. If players struggle with the obstacles they can balance the ball on their racket rather than tap it.

Simplify

1. Reduce the distance between:
 - Player and throw-down spot
 - Throw-down spot and the hoop
2. Replace the shuttle with a success ball or fluff ball.

1. Get players to push the fluff ball into the air a few inches high and catch the ball back on racket, doing this will slow down the hitting movement and make it more controlled.

1. Remove obstacles so players just need to cross the hall.
2. Reduce the distance that the player has to travel.

Challenge

1. Increase the distance between the player and the throw-down spot.
2. Ask the player to perform a tap up whilst moving across the hall.

1. Introduce a shuttle.

1. Introduce a shuttle.

