

Module 2: Lesson 5 - Overhead

Ages 5-7



Learning Outcomes

1. Players can complete consecutive balloon hits.
2. Players demonstrate a correct sideways body position when throwing.

Techniques to Demonstrate

1. Overarm throwing action.
2. Movement sequence.
3. Grips used to hit overhead on the forehand side.

Equipment

Rackets	Shuttles
Success balls	GetNets
Balloons	Cones
Net/bench	

Shuttle Progression

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

Warm-up Game

Ready Steady Throw

Video: Throwing action technique

1. This exercise replicates the movement required for an overhead shot by performing the footwork and then throwing a success ball.
2. In pairs, one player runs forward, picks up a success ball with their racket hand, turns sideways and chases back (slightly further than their starting position) and then performs an overarm throw for their partner to catch.
3. Allow each player to have several turns before swapping roles.

Skill Activity

Shooting Stars

Video: Overhead hitting technique

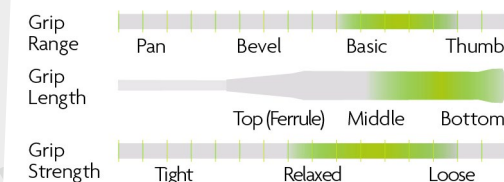
1. In pairs, with 1 player being the hitter and the other the counter.
2. The player with the racket hits the balloon up into the air above their head and then tries to hit that same balloon using an overhead action.
3. Their partner counts how many times they successfully complete this action.
4. Allow each player to have several turns before swapping roles.

Embedding the Skill

Snowball Fight (overarm)

1. Split the group into 2 equal teams and position each team on opposing sides of a net or bench. Scatter as many shuttles as possible onto both sides of the net.
2. On your command, players pick up 1 shuttle at a time and throw them overarm over the net.
3. The opposing team do the same and at the end of an allocated time, the team with the least amount of shuttles on their side of the net win.

Overhead hitting



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National Curriculum Outcomes

1. Master basic movements of running, jumping and agility.
2. Consolidate technique.
3. Master basic skills of throwing and catching accurately. Increasing the challenge where appropriate.
4. Participate in team game to develop overarm throwing skill.

Teaching Tips

Ready Steady Throw

1. Players to chasse 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

Shooting Stars

1. If players are struggling to feed then take on the role of feeder for a couple of goes to give the player a chance to make contact.
2. Reiterate the forehand grip throughout the session and again at the end of the session.

Snowball fight (overarm)

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. Reduce the distance the player needs to travel.
2. Remove the movement sequence and ask the player to focus on the throwing action.

1. Partner to push balloon up into the air.

1. Reduce the distance that the players have to throw.
2. Reduce the height of the net if you are using one.

Challenge

1. Change the success ball for a shuttle.
2. Introduce a racket to the thrower who will serve instead to their partner.

1. Replace balloon with fluff ball or success ball.

1. Increase the distance the players have to throw.