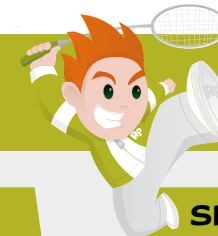


# Module 2: Lesson 4 - Underarm

Ages 5-7



## Learning Outcomes

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

## Techniques to Demonstrate

1. Grips for hitting on the forehand and backhand side.
2. Backhand tap-up.
3. Underarm throw.
4. Forehand underarm hit.

## Equipment

Rackets  
Net/bench  
Shuttles  
Throw-down spots  
Throw-down lines

## Shuttle Progression

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

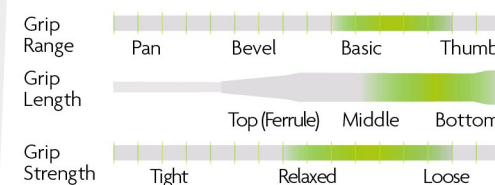
## Warm-up Game

### Simon Says

Video: Grips for badminton

1. Stand at the front of the group and balance a shuttle on your racket.
2. Ask players to find a space in the hall and balance a shuttle on their racket whilst holding the racket with a grip that can be used to hit on the forehand side.
3. Then ask them to copy the movements you are making to include:
  - Kneel down
  - Lie down
  - Pass racket around back
  - Move racket side-to-side
  - Push shuttle up
  - Move to the left and right
  - Rotate clockwise and anticlockwise
  - Racket under leg

## Forehand underarm hitting



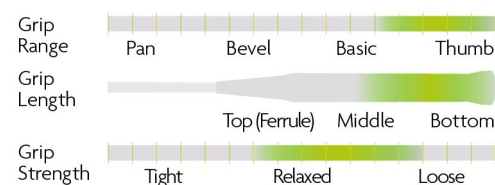
## Skill Activity

### Ladders

Video: Underarm hitting technique

1. In pairs, 1 player is the feeder, the other the hitter. The feeder stands on a throw-down spot with a success ball whilst the hitter stands 1 metre away on a throw-down line with a racket using an appropriate grip to play a backhand.
2. The feeder throws the success ball underarm for the hitter to perform a backhand underarm hit for the feeder to catch. If successful the hitter moves back to another throw-down line situated 1 metre further back and repeats the exercise. If the feeder successfully catches again then the hitter moves back once more to another throw-down line situated 1 metre further back.
3. The hitter then works their way back up the ladder towards the thrower using forehand underarm hits
4. Rotate players after a set time.

## Backhand underarm hitting



## Embedding the Skill

### Snowball Fight (underarm)

1. Split the group into 2 equal teams and position each team on opposing sides of a bench/net.
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 underarm over the bench.
4. 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 bench/net win.

# Module 2: Lesson 4 - Underarm



Ages 5-7

## National Curriculum Outcomes

1. Develop listening skills and master basic movements including balance, agility and co-ordination.
2. Apply basic movements/skills.
3. Participate in team games to develop underarm throwing skill.

## Teaching Tips

### Simon Says

1. Make the first few challenges easy to ensure all players can achieve the exercise.
2. A competitive element can be added, for example, if players do not complete the movement correctly then they sit down.

### Ladders

1. Demonstrate how to lunge forward to catch low hits.
2. Feeder to throw the success ball to the side of the hitter when performing forehands.
3. Reiterate forehand and backhand grips throughout the activity and again at the end of the session.
4. Encourage low throws and stepping forward as the player throws to increase distance.

### Snowball fight (underarm)

1. Emphasise that players can only throw 1 shuttle at a time.
2. Players to use their racket hand only and use an underarm throw.

## Simplify

1. Replace the shuttle with a success ball or fluff ball.
2. Keep to simple movements.

1. A successful hit back to partner can move the player up the ladder; the thrower does not need to catch the ball.
2. Replace success ball with fluff ball.

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

## Challenge

1. Ask players to perform these movements at pace.

1. Increase distance between ladder steps.
2. Replace success ball with shuttle.

1. Increase the distance the players have to throw.

