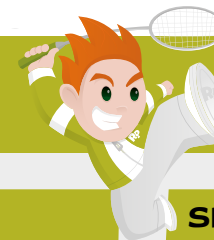


Module 2: Lesson 6 - Team Work Festival

Ages 5-7



Learning Outcomes

1. Players cooperate effectively as part of a team.
2. Players can identify different roles and responsibilities within a team.
3. Players can overcome problems involved in completing activities as a team.
4. Players are better equipped to understand how to influence others.

Techniques to Demonstrate

1. Overarm and underarm throwing
2. Lunge movement
3. Backhand serve
4. Overhead hit
5. Forehand and Back grips
6. Forehand and backhand underarm hit

Equipment

Rackets	Cones
Shuttles	Tape measure
Throw-down spots	
Throw-down lines	

Shuttle Progression

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

Festival Instructions

1. Split the group into teams.
2. Each team will spend 5 minutes on each of the 5 activities.
3. They will work together to achieve the highest number of points for their team.
4. Activity 1 is taken from week 1 of the resource and so on. Players will therefore already be familiar with the activities.

Activity 1

Egg Baskets

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 it.
3. With 1 racket and 1 shuttle per team, the first player balances the shuttle (cork up) on their racket using an appropriate forehand grip and walks across to the throw-down spot. They then stop and lunge with their racket leg to place the shuttle into the hoop.
4. The player then retrieves the shuttle with their hand and runs back to their team and passes the racket and shuttle to the next player who repeats the activity.

Points: 1 point each time a shuttle lands in the target hoop.

Activity 2

Switch

1. Set out cones as follows and place a shuttle on top of each of the blue cones.
2. Players start the activity by moving to the first blue cone, picking up the shuttle and placing it onto the first red cone.
3. They then move to the second blue cone, pick up the shuttle and put it onto the second red cone and so on.
4. Encourage the players to face the same direction throughout the activity.

Points: 1 point is awarded each time a player completes the above sequence. Count the number achieved within the set time.



Activity 3

Catch the Bird

1. Split team into 2 groups on opposing sides of a lowered net or bench.
2. Group 1 forms a line and takes it in turn to do a backhand serve over the net.
3. Group 2 spreads out on the opposing side of the net and tries to catch the shuttle with a GetNet or with their hands.

Points: 1 point is awarded each time a shuttle is caught.

Activity 4

Ladders

1. Split the group into teams, 1 player is the feeder; the other team members are the hitters.
2. The feeder stands on a throw-down spot with a fluff ball, whilst the hitter stands 1 metre away on the 1 point throw-down line with a racket using an appropriate grip.
3. The feeder throws the fluff ball underarm for the hitter to perform a forehand or backhand underarm hit for the feeder to catch. If successful the hitter moves back to the 2 point 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 the 3 point throw-down line situated 1 metre further back. The next team member then takes their turn.

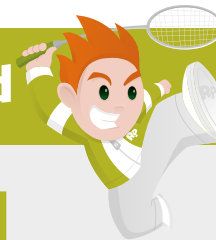
Points: 1, 2, or 3 points are scored depending on which line the hitter is standing on. The feeder needs to catch the fluff ball for the points to count.

Activity 5

Shooting Stars

1. In pairs with 1 racket and 1 fluff ball; 1 player is the hitter, the other the feeder.
2. The hitter has their racket above their head ready to hit an overhead. The partner throws a fluff ball overarm for their partner to hit. Players to place a cone where the fluff ball lands. Repeat this several times and then swap roles.

Points: 1 point is scored for each centimetre of the longest hit achieved by the team.



Team name

Team Score

Activity 1:
Egg Baskets

Activity 2:
Switch

Activity 3:
Catch the Bird

Activity 4:
Ladders

Activity 5:
Shooting Stars

TEAM TOTAL

Scoring Instructions

1 point each time a shuttle lands in the target hoop.

1 point is awarded each time a player completes the above sequence. Count the number achieved within the set time.

1 point is awarded each time a shuttle is caught.

1, 2, or 3 points are scored depending on which line the hitter is standing on. The feeder needs to catch the fluff ball for the points to count.

1 point is scored for each centimetre of the longest hit achieved by the team.

