

Module 1: Lesson 3 - Serving

Ages 7-9



Learning Outcomes

1. Players to make contact with the shuttle using an appropriate thumb grip for a backhand serve.
2. Players to make contact with the shuttle using an appropriate grip for a forehand serve.
3. Player holds the shuttle correctly in preparation for the serve.
4. Player completes a successful backhand and forehand serve.

Techniques to Demonstrate

1. Backhand and forehand grip
2. Backhand and forehand serving.

Equipment

Rackets Net/bench
Shuttles GetNets
Hoops

Shuttle Progression

Simplify 3: Balloon
Simplify 2: Fluff balls
Simplify 1: Success ball
Entry Level: Shuttle

Warm-up Game

Chase the Bird Relay Race

Video: Grips for badminton

1. Demonstrate the backhand serve grip and serve action.
2. In teams, split players in half forming 2 lines opposite each other, a hall width apart. Each team has 1 racket and 1 shuttle.
3. The first player hits a shuttle as far as possible with a backhand serve action. They then run and pick the shuttle up from where it landed and hit it once again towards their team mate until they reach the opposite side where their waiting team mate will try and catch the shuttle.
4. The racket is then passed to this player who repeats the backhand serving action back down the hall, and so on.
5. For every change over, the team receives a point.

Skill Activity

Hit the Spot

Video: Backhand serve technique
Forehand serve technique

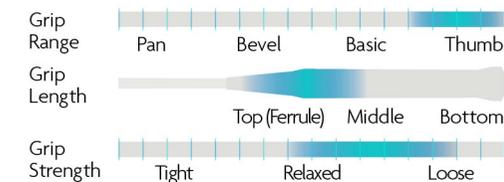
1. In pairs, each player stands on a throw-down spot 5 metres apart, with a large hoop between them.
2. Using a grip to hit on the forehand side, the first player performs a forehand serve to land the shuttle directly inside the large hoop for 5 points.
3. The second player then picks up the shuttle, 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.
5. Repeat the activity using the backhand serve.

Embedding the Skill

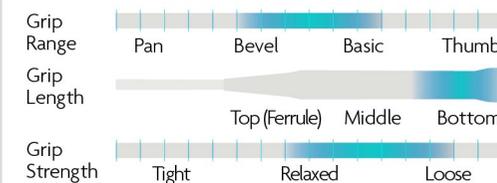
Catch the Bird

1. Split players into 2 teams on opposing side 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.
4. After a set amount of time, teams swap roles.

Backhand serve



Forehand serve





National Curriculum Outcomes

1. Develop and consolidate techniques.
2. Using throwing, catching and running in combination whilst competing against each other to develop control and technique.
3. Working collaboratively in pairs to develop accuracy and technique.
4. Using modified competitive/co-operative game to develop technique, accuracy and basic principles of attack and defence.

Teaching Tips

Chase the Bird Relay Race

1. Ask players to hold the shuttle on the racket and with a backhand serve grip, and produce a pushing motion that propels the shuttle towards the target.
2. Emphasise the aim is to flick the shuttle up and forwards for maximum distance.
3. 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

Hit the Spot

1. Demonstrate a forehand and backhand serve as well as how to hold the shuttle (thumb and fingers on the feathers/skirt) so they contact the cork first.
2. Explain to players that they need to hold the shuttle at waist height and tap it out of their hand i.e. do not throw the shuttle into the air.
3. Emphasise service law i.e. racket to be pointing in a downward position, feet still and serve to travel past the service line if playing on a court.
4. Key points for the forehand serve:
 - Racket starts in a high backswing position, then drops to low position to generate momentum
 - The shuttle is dropped vertically from the high position
 - Racket comes through the line of the shuttle and follows through in the direction of the hit
 - Hips rotate as the racket comes through and the weight transfers from the back foot to the front foot (without the feet actually moving)

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.
still and serve to travel past the service line if playing on a court.

Simplify

1. Replace with a success ball or fluff ball.
2. Reduce the distance that the players need to travel.

1. Reduce distance between players and target.

1. Reduce the height of the net.
2. Reduce the size of the court so the players are serving closer to the net.

Challenge

1. Place a target/s that the player has to aim for whilst moving across the hall.

1. Increase distance between players and target.
2. Introduce a net to hit over.

1. Raise the height of the net.
2. Set a service line that players must serve behind.