

Module 1: Lesson 6 - Team Work Festival

Ages 7-9



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.
5. Players have a greater insight into decision making processes.

Techniques to Demonstrate

1. Backhand serve.
2. Underarm and overarm throwing.
3. Backhand and forehand hitting.

Equipment

Rackets	Giant shuttle
Shuttles	Fluff balls
Hoop	Throw-down spots
GetNet	

Shuttle Progression

Simplify 3:	Balloon
Simplify 2:	Fluff balls
Simplify 1:	Success ball
Entry Level:	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 Back and Forth

1. In pairs, each player has a racket and they rally using a fluff ball or shuttle.
2. Players need to count the number of shots achieved in a row.
3. If teams have odd numbers, the remaining player can be the counter.

Points: Record the highest rally achieved by any pair in the team.

Activity 4 Racketeers

1. Split the group into teams with 1 racket and 1 shuttle between the team. 1 team member is the thrower and the remaining team members are the hitters.
2. The thrower stands on one side of a bench whilst the hitters line up on the other side. The first hitter gets ready with their racket pointing towards the thrower. The thrower throws the shuttle underarm (with the thumb of the throwing hand placed inside the shuttle) to land just in front of the hitter.
3. The hitter performs either a backhand or forehand hit (using an appropriate grip, depending on which side of the body the shuttle is thrown) for the thrower to catch. They then pass the racket to the next team member to have a go.

Points: 1 point is scored if the shuttle is returned over the bench and an extra point is scored if the thrower catches it. Rotate the throwers and hitters regularly to allow all players to have a go at each element.

Activity 2 Hit the Spot

1. In pairs, each player stands on a throw-down spot 5 metres apart, with a target hoop between them.
2. The first player performs a backhand serve to land the shuttle directly inside the hoop for 1 point.
3. The second player then picks up the shuttle, returns to their spot and has their turn to serve the shuttle into the hoop.

Points: 1 point per serve directly into the hoop.

Activity 5 Throw and Go

1. In teams, split players in half forming two lines opposite each other about 3 metres apart.
2. The first player throws a giant shuttle to the player opposite with an overarm throw.
3. They then follow the shuttle to join the back of the line they have thrown to.
4. The catching player then does the same by throwing the shuttle to the opposite player and running to join the back of the opposite queue.

Points: For every catch the team gains a point. Encourage players to call the score out loud.

Activity 3 Go Fish

1. In pairs, one player will hold the GetNet in an underarm position and their partner will stand 2 metres away on a throw-down spot holding a shuttle.
2. The aim is for the thrower to throw underarm far enough so their partner can catch the shuttle in the net below their waist.
3. Position a second throw-down spot 1 metres further back than the original spot for the catcher to move back onto if successfully catching from the first spot.

Points: A catch from the nearest spot scores 1 point, and the furthest spot scores 2 points.





Team name

Team Score

Activity 1:
Back and Forth

Activity 2:
Hit the Spot

Activity 3:
Go Fish

Activity 4:
Racketeers

Activity 5:
Throw and Go

TEAM TOTAL

Scoring Instructions

Points: Record the highest rally achieved by any pair in the team.

Points: 1 point per serve directly into the hoop.

Points: A catch from the nearest spot scores 1 point, and the furthest spot scores 2 points.

Points: 1 point is scored if the shuttle is returned over the bench and an extra point is scored if the thrower catches it. Rotate the throwers and hitters regularly to allow all players to have a go at each element.

Points: For every catch the team gains a point. Encourage players to call the score out loud.

