

Module 1: Lesson 4 - Underarm

Ages 7-9



Learning Outcomes

1. Players hit the shuttle using an appropriate grip.

Techniques to Demonstrate

1. Underarm throw.
2. Grips for hitting on the forehand and backhand side.

Equipment

Rackets
Shuttles
GetNet
Net/bench

Shuttle Progression

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

Warm-up Game

Go Fish

Video: Throwing action techniques
Grips for badminton

1. In pairs, 1 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 (with the thumb of the throwing hand placed inside the shuttle) far enough so their partner can catch the shuttle in the net below their waist.
3. Position a second throw-down spot 1 metre further back than the original spot for the catcher to move back onto if successfully catching from the first spot.
4. A catch from the nearest spot scores 1 point, and the furthest spot scores 2 points.

Skill Activity

Badders Baseball

Video: Forehand and backhand grips
Underarm hitting technique

1. Split the group into 4s. 1 feeder, 1 hitter, 2 catchers.
2. The feeder throws the shuttle underarm (with the thumb of the throwing hand placed inside the shuttle) to the hitter who performs a forehand hit using an appropriate grip for hitting on the forehand side to either of the catchers.
3. Repeat this several times and then rotate positions.
4. Repeat exercise with players using a backhand hit and an appropriate grip for hitting on the backhand side.

Embedding the Skill

Jailbreak (underarm)

1. Split the group into teams, one player acts as the Jailor, the remaining players line up on the other side of the net or bench.
2. The first player holds a racket below their waist using an appropriate grip to hit on the forehand side.
3. The jailor has a shuttle and throws with an underarm throw to the first player.
4. If the jailor catches them out or the player does not hit the shuttle over the net they go to jail which is at the side of the court.
5. If the player hits the shuttle over the net without the jailor catching it, they can run and free the players in jail who will rejoin the line. The game then continues. To end the game, change the rule so players have to stay in jail until the last player is out.



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National Curriculum Outcomes

1. Using catching and running in combination whilst competing against each other.
2. Reinforce basic technique.
3. Develop throwing and catching accurately by working collaboratively with a partner.
4. Pupils to evaluate their own ability.
5. Modified competitive game which introduces concept of attack and defence.

Teaching Tips

Go Fish

1. Allow sufficient space between pairs.
2. Demonstrate how to throw, using a swinging underarm action.
 - Stand sideways with non-racket leg forwards and then step forwards onto racket leg as the shuttle is thrown.
3. Emphasise the need for accurate throws so team mates can catch the shuttle and score points.

Badders Baseball

1. Encourage low throws and stepping forward as the player throws to increase distance.
2. Ensure the hitting player is ready with the racket face pointing forward before the shuttle is thrown.
3. Encourage the hitter to decide which catcher they are aiming towards before they strike the shuttle.
4. Repeat the key teacher points of a forehand and backhand grip regularly and reiterate them again at the end of the session.

Jail Break (underarm)

1. Ensure the players not hitting are a safe distance back waiting their turn.
2. Ensure that all the players in jail are stood to the side out of the way.
3. Ensure the jailor throws the shuttle underarm.
4. If using a net, rather than a bench, the jailor may find it easier to feed the shuttle using an overarm throw.

Simplify

1. Decrease the distance between the 2 players.
2. Swap the shuttle for a success ball or fluff ball.

1. Use fluff balls instead of shuttles.
2. Position the catcher nearer to the thrower.
3. Catchers to use a GetNet.

1. Reduce the distance the player is from the net.
2. Lower the net.

Challenge

1. The catcher must catch with their hands.
2. Increase the distance even further.

1. Increase the distance between players and encourage the catchers to keep their trailing leg on the spot at all times - they can lunge forward or sideways if needed.
2. Introduce a net to add a height element.

1. Increase the distance from the net.
2. Jailor can feed using their racket rather than throwing.