

Module 1: Lesson 1 - Grips

Ages 7-9



Learning Outcomes

1. Player can identify and use appropriate forehand and backhand grips.
2. Players can successfully rally.

Techniques to Demonstrate

1. Grips for hitting on both the forehand and backhand sides.
2. Underarm throw.
3. How to hold the shuttle.

Equipment

Rackets
Shuttles
Throw down lines
Fluff balls / success balls / balloons (as required)
Net / bench

Shuttle Progression

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

Warm-up Game

Tap-up Relay

Video: Grips for badminton

1. Demonstrate both the forehand and backhand grip to the group.
2. Split the group into teams with 1 racket and 1 success ball between each team.
3. The first player uses a racket to tap a success ball upwards using grips that can be used to hit on the backhand side whilst moving across the hall.
4. When they get to the other side, they turn their racket over to come back across hall with forehand tap-ups changing to use a grip that can be used to hit on the forehand side.
5. They then pass the racket and success ball to next player in their team who repeats the exercise.
6. If players drop the success ball they pick it up from where they dropped it and carry on from that position.
7. Allocate points for each time a player crosses the hall.

Skill Activity

Rally Tally

Video: Grips for badminton

1. In pairs, 1 player starts with a success ball on their racket with a grip that can be used to hit on the backhand side and performs backhands, whilst the other player has a grip that can be used to hit on the forehand and performs forehands.
2. Standing opposite one another, a couple of steps apart, the backhand player starts the rally by placing the success ball on their racket and then pushing the ball from racket to their partner, who hits it back with a forehand shot.
3. Players to count the number of shots achieved in a row.
4. After a set time, players to swap grips and perform the opposite shot.

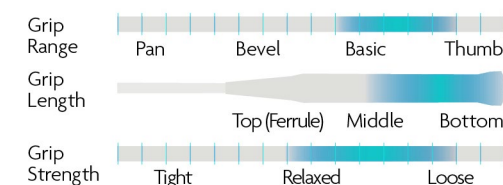
Embedding the Skill

Racketeers

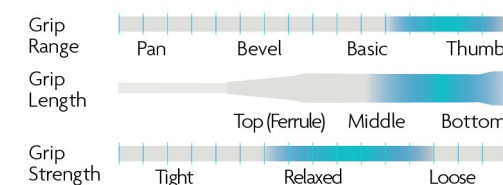
Video: Throwing action technique

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.
3. The first hitter gets ready with their racket pointing towards the thrower.
4. 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. 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.
5. They then pass the racket to the next team member to have a go.
6. 1 point is scored if the shuttle is returned over the bench and an extra point is scored if the thrower catches it.
7. Rotate the throwers and hitters regularly to allow all players to have a go at each element.

Forehand underarm hitting



Backhand underarm hitting



BADMINTON
ENGLAND



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National Curriculum Outcomes

1. Consolidate skills and link actions whilst competing with each other.
2. Continue to apply and develop skills.
3. Play a competitive game to practise racket skills and to develop accurate throwing and catching.

Teaching Tips

Tap-up Relay

1. Demonstrate the exercise yourself to show control and tapping the ball forwards to move on to ensuring you emphasise the correct grip.
2. Encourage players to lightly squeeze the grip to maintain control.
3. Emphasise that the aim is control and not speed.

Rally Tally

1. Encourage underarm hitting.
2. Emphasise small tapping movements using their wrist rather than swinging the whole arm.

Racketeers

1. Use throw-down spots to position the thrower, hitter and players waiting.
2. Encourage thrower and hitters to step forward with lunging (racket) leg when either performing the underarm throw or underarm hit.
3. Demonstrate the central position for racket prior to hitting the shuttle and emphasise contact point for hitting is below waist to enable shuttle to go forwards as well as up.
4. Emphasise that a controlled hit (rather than a big swing) will help the thrower to catch shuttle.

Simplify

1. Swap the success ball for a fluff ball.
2. Player can balance the success ball on their racket whilst moving across the hall.

1. Players to pass the success ball from their racket onto their partner's racket by lunging forward, partner then passes it back and so on.

1. Decrease the distance between the thrower and hitters.

Challenge

1. Swap the success ball for a shuttle.
2. Introduce a number of taps that have to be completed before reaching the other side.

1. Use a bench to separate the partners from each other so they are hitting across an obstacle.
2. Increase the distance between partners.
3. Position players on throw-down spots and encourage them to lunge off the spot with 1 leg as they strike the success ball.

1. Increase the distance between the thrower and hitters.
2. Challenge the catcher by encouraging them to catch on 1 leg.

