

Module 1: Lesson 5 - Overhead

Ages 7-9



Learning Outcomes

1. Players demonstrate a correct sideways body position and throwing action.
2. Player makes contact with the shuttle using an overhead action.

Techniques to Demonstrate

1. Grips for hitting on the forehand side.
2. Hitting overhead.
3. Overarm and underarm throwing.

Equipment

Rackets	Shuttles
GetNet	Fluff balls
Giant shuttle	Net/bench

Shuttle Progression

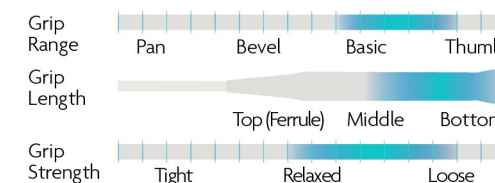
Simplify 3:	Balloon
Simplify 2:	Fluff balls
Simplify 1:	Success ball
Entry Level:	Shuttle

Warm-up Game Throw and Go

Video: Throwing action technique

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

Overhead hitting



Skill Activity Hit the Wall

Video: Grips for badminton
Overhead hitting action

1. In pairs, 1 player has a racket and the other has a shuttle.
2. Pairs can be positioned all around the hall facing the wall, with one being the feeder and the other the hitter.
3. The feeder stands next to their partner and throws the shuttle underarm high (above the hitter's head) for them to hit an overhead high against the wall.
4. An appropriate grip for hitting overhead forehand shots should be used along with the overhead throwing action in order to hit the shuttle.
5. Repeat several times and then rotate the hitter and feeder.

Embedding the Skill Jailbreak (overarm)

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 above their head using an appropriate grip to hit overhead on the forehand side.
3. The jailor has a shuttle and throws with an overarm 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. Play modified competitive game to consolidate skill of throwing accurately.
2. Reinforce basic technique.
3. Play modified competitive game and work collaboratively with a partner to improve and consolidate skills.
4. Begin to evaluate their ability.
5. Modified competitive game which introduces concept of attack and defence.

Teaching Tips

Throw and Go

1. Ensure sufficient space between teams.
2. Demonstrate how to throw, highlighting the key points:
 - Body rotates outwards towards a sideways position
 - Racket arm goes back with outwards forearm rotation (supination), creating a momentary L shape
 - Non-racket arm elevates and points in general direction of the shuttle flight
 - Racket leg is placed behind the racket shoulder to generate power
 - o Weight is loaded onto racket leg creating a wide stable base
 - Racket knee flexes and extends quickly and starts to drive upwards and forwards
 - Hips rotate inwards to initiate the drive forwards of the racket leg
3. Emphasise that the aim is to throw accurately so team mates can catch the shuttle and score points.

Badders Baseball

1. Demonstrate an overhead hit using the appropriate overhead forehand grip and using an overhead throwing action to hit the shuttle.
2. Encourage players to squeeze the grip and rotate shoulders as they hit the shuttle.
3. To add a challenge element, get the players to see how far they can get the shuttle to bounce away from the wall once hit overhead.

Jail Break

1. Ensure the players not hitting are a safe distance back waiting for 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 overarm.
4. This may be easier for the teacher/coach to feed for accuracy and consistency.
5. For large groups have several games being played at the same time by increasing the number of teams.

Simplify

1. Reduce the distance between the players.

1. Use success balls instead of shuttles.

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

Challenge

1. Increase the distance between the players.

1. If the coach feeds, then increased pressure can be placed on the better players.

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