

Module 2: Lesson 1 - Grips

Ages 7-9



Learning Outcomes

1. Player can identify and use appropriate forehand and backhand grips.
2. Players can make contact with the shuttle.

Techniques to Demonstrate

1. Grips for hitting on both the forehand and backhand sides.
2. Tap-ups - forehand and backhand.
3. Underarm throwing.

Equipment

Rackets
Shuttles
Throw-down spots

Shuttle Progression

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

Warm-up Game

Tricky Tap-ups

Video: Grips for badminton

1. Place throw-down spots around the hall. In pairs, 1 player stands on a spot and using a racket and shuttle practises tap-ups with a grip that can be used to hit on the forehand side and forehand action. Their partner counts how many they achieve in a row.
2. Repeat the exercise using grips that can be used to hit on the backhand side and backhand action and then swap roles.
3. Finally, holding the shuttle on their racket with an appropriate forehand grip the player pushes the shuttle up into the air, turns their racket over to a backhand and tries to catch the shuttle on their racket. They then repeat this in the opposite direction. Encourage players to design their own trick-shot, for example, hitting the shuttle up, spinning around and trying to catch it on their racket. Repeat several times and swap with their partner.

Skill Activity

Goalies

Video: Grips for badminton

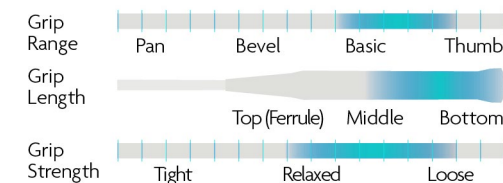
1. Split the group into pairs and position 1 player with a racket between 2 throw-down spots to simulate a goalkeeper inside their goalposts.
2. Their partner stands opposite the goal and throws the shuttle underarm towards the goal.
3. Their partner aims to save the shot with their racket by hitting the shuttle with either a forehand or backhand action back to their partner for them to take another shot.
4. 1 point is scored for each goal. Play for a set time or up to 10 points and then rotate roles.

Embedding the Skill

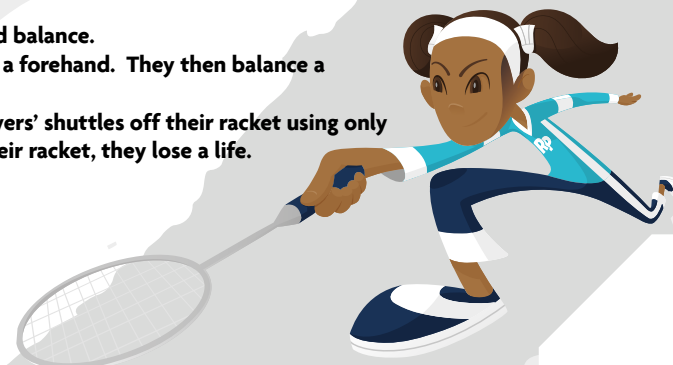
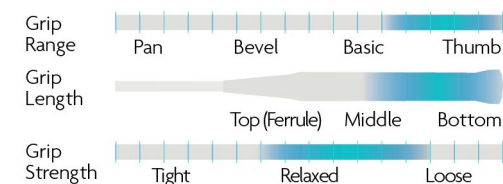
Sharks

1. This is a competitive game that focuses on player's grips and balance.
2. Each player holds a racket using an appropriate grip to play a forehand. They then balance a shuttle on their racket with the cork facing upwards.
3. Players to move around the hall and try to knock other players' shuttles off their racket using only their non-racket hand. Once a player's shuttle falls from their racket, they lose a life. The winner is the last person remaining.

Forehand underarm hitting



Backhand underarm hitting



BADMINTON
ENGLAND



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National Curriculum Outcomes

1. Develop technique, control, balance and co-ordination in combination.
2. Start to use skills in different ways and link them to make actions.
3. Apply the basic principles of attack and defence in a modified competitive game in pairs.
4. Play a modified competitive game to develop running, technique, control and balance.

Teaching Tips

Tricky Tap-ups

1. Using throw-down spots ensures players remain a safe distance from one another.
2. Demonstrate small tap-ups on a racket to maintain control and demonstrate a trick-shot.
3. Reiterate the forehand and backhand grip throughout the session and again at the end of the session.

Goalies

1. Demonstrate the split-step (ready position) of the goalkeeper so they can move their feet quickly.
2. Players to hold their racket out in front in a central position ready to move to either side of their body.
3. Throwers to aim the shuttle below the goalkeeper's waist.
4. Encourage players to switch between forehand and backhand grips to block the shuttle.

Sharks

1. Ensure players are sitting down in the safe zone.
2. As the players left in the game decrease, reduce the size of the space they can travel in.
3. Alternatively players could be given a number of lives before they are out or to reduce the amount of time children are inactive they can perform a number of lunges/split-steps before continuing.

Simplify

1. Replace the shuttle with a success ball or fluff ball.

1. Increase the distance between partners to give players more time to react.
2. Make goals smaller or larger depending on which player is struggling.

1. Swap the shuttle for a success ball or fluff ball.

Challenge

1. Ask the player to introduce movement while performing their tap ups.

1. Introduce overarm throws providing they are still aimed below the goalkeeper's waist.

1. Reduce the amount of space to play in.
2. Players must perform tap ups whilst moving around the space.

