

Module 2: Lesson 3 - Serving

Ages 7-9



Learning Outcomes

1. Players to make contact with the shuttle using an appropriate thumb grip for a backhand serve.
2. Players to make contact with the shuttle using an appropriate grip for a forehand serve.
3. Player holds the shuttle correctly in preparation for the serve.
4. Player can consistently perform a forehand and backhand serve.

Techniques to Demonstrate

1. Backhand serve grip and forehand serve grip.
2. Backhand serve and forehand serve.
3. Shuttle throwing.

Equipment

Rackets Shuttles
Success balls Giant shuttle
Targets
Throw-down lines and spots

Shuttle Progression

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

Warm-up Game Hit and Go

Video: Grips for badminton
Backhand serve technique
Forehand serve technique

1. Player holds the shuttle on the racket with a backhand serve grip, and produces a pushing motion that propels the shuttle towards the target.
2. Each team has 1 racket and 1 shuttle.
3. The first player hits a shuttle as far as possible with a backhand service action. The second player takes the racket, runs and picks the shuttle up from where it landed and hits it once again in the same direction as the original hit.
4. They then run back to their team and hand the racket to player 3 who runs to the shuttle and hits it again. This continues until the shuttle reaches the other side of the hall. For every change over, the team receives a point.
5. Repeat the exercise using a forehand serve grip and forehand service action.

Skill Activity Crazy Golf

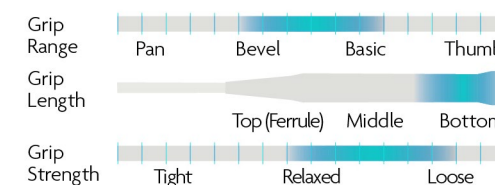
Video: Grips for badminton
Backhand serve technique
Forehand serve technique.

1. Create several golf-style holes around the hall by using throw-down spots, hoops of different sizes, buckets etc and assign different points to different holes depending on their level of difficulty.
2. Place a throw-down line in front of each hole to indicate where players should stand to perform their shot.
3. Split the group into equal teams and allocate 1 racket and 1 shuttle per team. Teams to move around the hall and perform backhand and forehand serves towards the holes. Encourage the use of a forehand serve for targets further away. Close targets should be aimed towards using a backhand serve.
4. Allow them to have a practice round and then introduce scoring. Players to keep count of their own score.

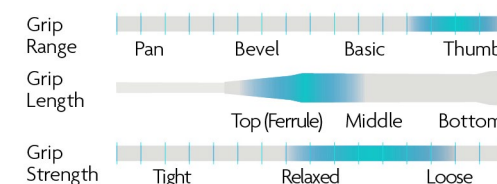
Embedding the Skill Catch the Bird

1. Split players into 2 teams on opposing side of a lowered net or bench.
2. Team 1 form a line and takes it in turn to do a backhand serve over the net.
3. Team 2 spread out on the opposing side of the net and tries to catch the shuttle with a GetNet or with their hands.
 - Cooperative game: 1 point is awarded to both teams as a whole, each time a shuttle is caught.
 - Competitive game: 1 point is scored by the catching team each time they catch the shuttle. 1 point is scored by the serving team for each serve over the net that the catching team cannot catch.
4. After a set amount of time, teams swap roles.
5. Repeat the activity using a forehand serve.

Forehand serve



Backhand serve



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National Curriculum Outcomes

1. Develop technique and control in a simple competitive game.
2. Develop technique, control and accuracy.
3. Using modified competitive/cooperative game to develop technique, accuracy and basic principles of attack and defence.

Teaching Tips

Hit and Go

1. Key points for the backhand serve:
 - Short backswing – push through the shuttle
 - Dropped short distance before being struck
 - Need to hit shuttle out of the hand rather than dropping
 - Keep non-racket arm still
2. Key points for the forehand serve:
 - Racket starts in a high backswing position, then drops to low position to generate momentum
 - The shuttle is dropped vertically from the high position
 - Racket comes through the line of the shuttle and follows through in the direction of the hit
 - Hips rotate as the racket comes through and the weight transfers from the back foot to the front foot (without the feet actually moving)
3. Emphasise the aim is to flick the shuttle up and forwards for maximum distance.

Crazy Golf

1. Demonstrate how to drop then hit to get timing of the serve.
2. Explain each hole so players know what they need to do.
3. Start groups at different holes to avoid queuing.

Catch the Bird

1. Ensure players waiting to serve are lined up a safe distance behind server.
2. If using a net, ensure the height enables a high success rate of serves going over for players to try to catch.
3. Nominate a scorer for each team.

Simplify

1. Replace shuttle with success ball or fluff ball.
2. Reduce the distance that the players have to travel.

1. Replace the shuttle with a success ball and encourage the player to hold the ball on the racket and use a pushing motion to propel the ball towards the target.
2. Increase the size of the targets.
3. Position targets closer to the server.

1. Reduce the height of the net.
2. Reduce the size of the court so the players are serving closer to the net.

Challenge

1. Add target to aim into whilst moving across the hall.

1. Reduce the size of the targets.
2. Position targets further away from server.

1. Raise the height of the net
2. Set a serving line that players must serve behind.