

Module 2: Lesson 4 - Underarm

Ages 7-9



Learning Outcomes

1. Players to make contact with the shuttle using an appropriate grip and hitting action.

Techniques to Demonstrate

1. Grips for hitting on both the forehand side and backhand side.
2. Shuttle throwing technique – thumb inside shuttle.
3. Underarm throwing.

Equipment

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

Shuttle Progression

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

Warm-up Game Over and Under

Video: Throwing action technique.

1. In teams, players line up an arm's length away from one another, with players all facing forwards.
2. Player 1 starts with the success ball and passes it over their head to player 2 before running to the back of the line.
3. Player 2 passes the success ball through their legs to player 3 and so on.
4. The team has to get their ball across the hall to a designated point before the other teams to win.

Skill Activity Ladders

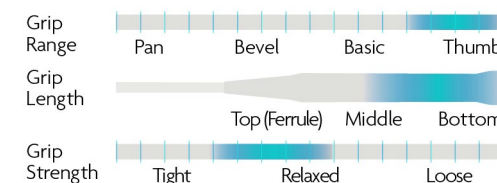
Video: Grips for badminton underarm hitting technique.

1. In pairs, 1 player is the feeder, the other the hitter. The feeder stands on a throw-down spot with a shuttle whilst the hitter stands 1 metre away on a throw-down line with a racket using an appropriate grip for hitting on the backhand side.
2. The feeder throws the shuttle underarm (with the thumb of the throwing hand placed inside the shuttle) for the hitter to perform a backhand underarm hit for the feeder to catch. If successful the hitter moves back to another throw-down line situated 1 metre further back and repeats the exercise.
3. If the feeder successfully catches again then the hitter moves back once more to another throw-down line situated 1 metre further back.
4. The hitter then works their way back up the ladder towards the thrower using forehand underarm hit using an appropriate grip for hitting on the forehand side. Rotate players after a set time.

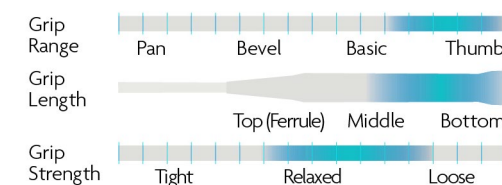
Embedding the Skill Jailbirds (underarm)

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.

Backhand net shot

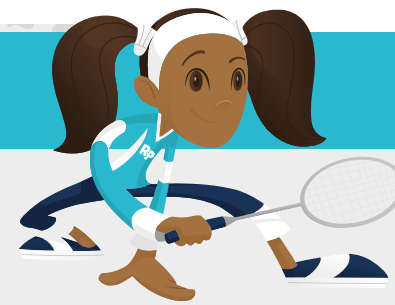


Backhand underarm hitting



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National Curriculum Outcomes

1. Use running, throwing and catching in a competitive team game to develop control.
2. Working co-operatively with a partner to develop technique, control and balance.
3. Play a modified competitive team game to apply the basic principles of attack and defence.
4. Develop technique and control.

Teaching Tips

Over and Under

1. Space the teams by getting the children to put their hands on the shoulders of the person in front, with straight arms.
2. Use one team to demonstrate the activity.
3. Use throw-down spots or lines as markers for starting and finishing positions.

Ladders

1. Demonstrate how to lunge forward to catch low hits.
2. Reiterate forehand and backhand grips throughout the activity and again at the end of the session.
3. Encourage low throws and stepping forward as the player throws to increase distance.

Jail Birds (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 a racket rather than throwing.

Simplify

1. Decrease the distance between the players.

1. A successful hit back to partner can move the player up the ladder; the thrower does not need to catch the ball.

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

Challenge

1. Increase the distance between the players.

1. Increase the distance between throw-down lines.
2. Encourage the catcher to keep their trailing leg on the spot at all times - they can lunge forward or sideways if needed.

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

