

Module 2: Lesson 5 - Overhead

Ages 7-9



Learning Outcomes

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

Techniques to Demonstrate

1. Overarm throwing action.
2. Grips for hitting overhead on the forehand side.
3. Overhead hitting.

Equipment

Rackets
Shuttles
Throw-down lines and spots
Fluff balls

Shuttle Progression

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

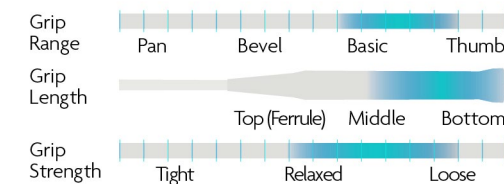
Warm-up Game

Chase the Bird Relay (Overarm Throw)

Video: Throwing action technique

1. In teams, split players so that they form 2 lines opposite each other, a hall width apart.
2. The first player throws a shuttle as far as possible using an overarm throwing action. They then run and pick the shuttle up from where it landed and throw it again towards their teammate on the opposite side of the hall who catches the shuttle.
3. The shuttle is then passed to this player who repeats the overarm throwing action back down the hall, and so on.
4. For every change over, the team receives a point.

Overhead hitting



Skill Activity

Ladders

Video: Grips for badminton
Overhead hitting action

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 2 metres away on a throw-down line with a racket using an appropriate grip to hit overhead on the forehand side.
2. The feeder throws the shuttle overarm for the hitter to perform an overhead 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. If the feeder successfully catches again then the hitter moves back once more to another throw-down line situated 1 metre further back.
3. The hitter then works their way back up the ladder towards the thrower using overarm hits.
4. Rotate players after a set time.

Embedding the Skill

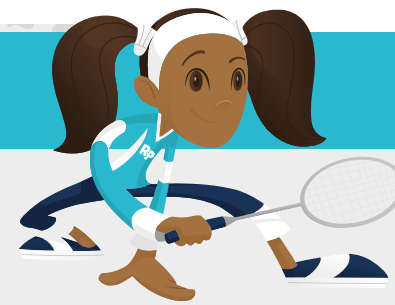
Throwminton (overarm)

1. Split the group in to 2 teams facing each other across a net/bench.
2. Using a giant shuttle, the aim of the game is to throw the shuttle using an overarm throw, over the net and into the court before the opposing team can catch the shuttle.
3. To score a point the shuttle must hit the floor inside the opposing court.
4. If a team wins a point they will start the next point off with an overarm throw.
5. Encourage badminton rally point scoring i.e. first team to 21 points.



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National Curriculum Outcomes

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

Teaching Tips

Chase the Bird Relay (Overarm Throw)

1. Demonstrate yourself so they understand extending the arm forwards and upwards and release.
2. Key points for the throwing action:
 - Body rotates outwards towards a sideways position
 - Throwing 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 on to 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 the aim is to throw the shuttle as far as possible.
4. Challenge players to use the least number of throws to get the shuttle to the opposite end of the hall.

Ladders

1. Encourage high hand position when throwing and hitting.
2. Players to start with their racket in a central ready position prior to hitting.

Throwminton (Overarm)

1. Ensure the players spread out with an even number at the front and back of the court.
2. Encourage players to jump as they throw the shuttle (scissor kick).
3. To encourage inclusion, you can add new rules that the catcher must then throw the shuttle to another team mate for them to throw back over the net.

Simplify

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

Challenge

1. Introduce a racket and ask players to hit the shuttle overhead across the hall.

1. Players to start with their racket already in an overhead position.
2. Use success balls instead of shuttles and position the catcher closer to the thrower.

1. Increase the distance between throw-down lines and 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 size of the court.

1. Decrease the size of the court.

