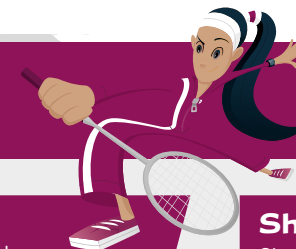


# Module 1: Lesson 1 - Movement

Ages 9-11



## Learning Outcomes

1. Players can perform an explosive split step and link this to moving in different directions.
2. Players can change direction at speed and remain balanced.
3. Players can consistently lunge, chasse in balance.

## Techniques to Demonstrate

1. Grips for hitting on both the forehand and backhand sides.
2. Lunge and pivot movement with a racket, split-step and chasse.
3. Overarm and underarm throw.

## Equipment

Rackets	Shuttles
Throw-down spots	Success balls
Fluff balls	Giant shuttle

## Shuttle Progression

Simplify 3:	Balloon
Simplify 2:	Fluff balls
Simplify 1:	Success ball
<b>Entry Level:</b>	<b>Shuttle</b>

## Warm-up Game

### Merry Go Round

Video: Grips for backhand

1. Split the group into teams of 3 or 4, making sure each player has a racket and one success ball per team.
2. Each team needs to stand in a circle with the players facing the centre.
3. The team must start by passing the success ball from racket to racket around the circle before taking it in turns to hit the success ball into the air with their racket in order for another player to then make the next hit up and so on.
4. The team must keep the success ball off the ground for as long as possible.
5. Once a player has hit the ball they cannot hit it again until another member of the group has done so.
6. A score can only count if all players have touched the ball during a rally.

## Skill Activity

### Launch Pad

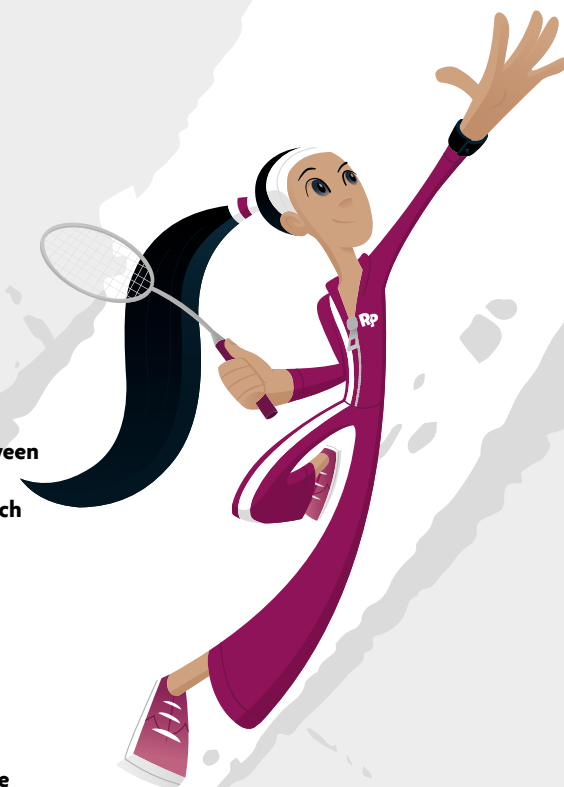
Video: Throwing action techniques  
Movement techniques.

1. This exercise reflects the movement required to perform an overhead shot.
2. Split the group into pairs, with each player facing their partner with a throw down spot positions between them.
3. The first player has a shuttle in their racket hand. They perform a split-step then move forward to touch the spot with their foot, before turning sideways and chassing back several steps to then throw the shuttle overarm over their partner's head.
4. They finally recover to their original position and their partner repeats the exercise.

## Embedding the Skill

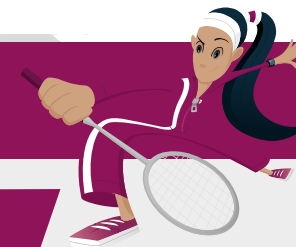
### Throwminton

1. Split the group into two with teams facing each other across a net.
2. Using a giant shuttle, the aim of the game is to throw the shuttle over the net and into court before the opposing team can catch the shuttle.
3. If a player catches the shuttle above shoulder height they can throw back with an overarm throw. Any catch below shoulder height must be thrown back as an underarm.
4. To score a point the shuttle must hit the floor inside the opposing court. If a team wins a point they will start the next point off with an underarm throw.
5. Encourage badminton rally point scoring i.e. first team to 21 points.



# Module 1: Lesson 1 - Movement

Ages 9-11



## National Curriculum Outcomes

1. Develop and consolidate technique...
2. Develop control and technique whilst working co-operatively and collaboratively.
3. Apply the basic principles of attack and defence through running/dodging/balance.
4. Play a modified competitive game to develop technique, control and the basic principles of attack and defence in badminton.

## Teaching Tips

### Merry Go Round

1. Demonstrate the lunge and pivot movement with a racket.
2. Encourage players to keep their racket central in a ready position between shots.
3. Reiterate that the aim is to work as a team and therefore accurate hits to the next person is required.
4. Place throw-down spots as a guide for players to stand on to avoid the circle becoming too small or large.

### Launch Pad

1. Demonstrate the split-step, chasse and overhead throwing action.
2. Key points for the split-step:
  - This is a widening and lowering of the base by flexing the knees/hips. The split-step is timed to just before the opponents hit and land just after the impact.
  - It is used as it provides a more powerful push off by pre-stretching the muscles of the legs, as they produce a more forceful contraction.
  - Encourage split steps with both legs leading.
  - The ground contact should be short, with the force being applied through the balls of the feet.
3. Key points for the chasse movement:
  - One foot chases the other but does not catch it.
  - Involve short ground contact times, skimming across the ground.
4. Key points for the throwing action:
  - 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.

### Throwminton

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. Decrease the size of the circle.

1. Shadow the same exercise i.e do not use a shuttle, players should find it easier without the addition of throwing a shuttle.

1. Decrease the distance between the players and the net.

## Challenge

1. Increase the size of the circle.
2. Introduce additional success balls to the circle.

1. Players to jump whilst throwing the shuttle. The momentum should encourage their body to turn and the aim is for the player to land on their opposite leg. This is called a scissor kick.

1. Introduce additional shuttles.
2. Introduce a service line.