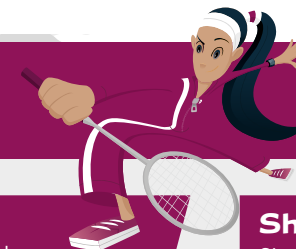


Module 1: Lesson 2 - Serving

Ages 9-11



Learning Outcomes

1. Player completes a backhand and forehand serve using the appropriate grip and hitting technique.
2. Player can consistently start a rally with an appropriate serve.

Techniques to Demonstrate

1. Grips for the forehand and backhand serve
2. Technique for the forehand and backhand serve.

Equipment

Rackets	Shuttles
Throw-down spot	Giant shuttle
Hoops	Net/bench

Shuttle Progression

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

Warm-up Game

Throw and Go

Video: Forehand serve technique
Throwing action technique

Skill Activity

Hit the Spot

Video: Grips for badminton
Backhand serve technique
Forehand serve technique

1. In teams, split players in half forming 2 lines opposite each other about 3 metres apart.
2. The first player throws a giant shuttle to the player opposite with a high underarm throw that follows the action of a forehand high serve.
3. They then follow the shuttle to join the back of the line they have thrown to. The catching player then does the same by throwing the shuttle to the opposite player and running to join the back of the opposite queue.
4. For every catch the team gains a point. Encourage players to call their score out loud.

Backhand serve

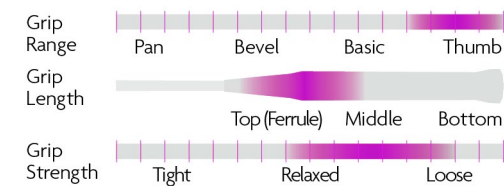
1. In pairs, each player stands on a throw-down spot 5 metres apart, with a large hoop between them.
2. The first player performs a backhand serve (using a backhand serve grip) to land the shuttle directly inside the large hoop for 5 points.
3. The second player then picks up the shuttle, returns to their spot and has their turn to serve the shuttle into the large hoop.
4. If appropriate, after a set time replace large hoop with small hoop or throw-down spot and ask players to repeat the activity.

Forehand serve

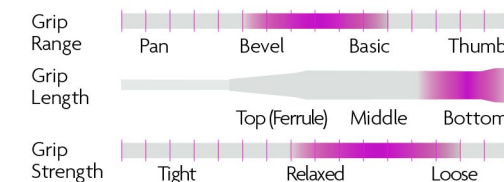
5. In pairs, one player stands on a throw-down spot 5 metres away from the partner who stands on another throw down spot.
6. The first player performs a forehand high serve (using a forehand serve grip) towards their partner.
7. The second player then tries to catch the shuttle with one foot remaining in contact with the throw-down spot. They then throw the shuttle back overarm to the server who repeats 5 times then they swap roles.

1. Split the group into 2, with each group forming a queue on the baseline on opposing ends of the court.
2. 1 player starts the rally with a backhand or forehand serve, and runs anti-clockwise around the outside edge of the court to join the other queue of players.
3. The returner hits the shuttle back over the net and also runs anti-clockwise to join the back of the other group's queue. The rally continues with players hitting the shuttle once and running around the court.
4. Each player has 3 lives. Players lose a life each time they miss the shuttle or hit it into the net or out.

Backhand serve



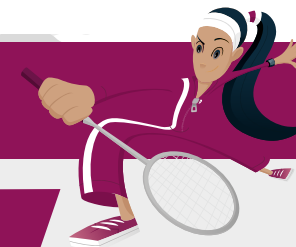
Forehand serve



Embedding the Skill Around the World

Module 1: Lesson 2 - Serving

Ages 9-11



National Curriculum Outcomes

1. Use running, throwing and catching in combination in a modified competitive activity.
2. Develop and consolidate technique.
3. Develop accuracy working cooperatively in pairs whilst competing against the task.
4. Play a modified competitive game of badminton applying the basic principles suitable for attacking and defending.

Teaching Tips

Throw and Go

1. Ensure sufficient space between teams.
2. Demonstrate how to throw, using a forehand high serve action.
3. Emphasise that the aim is to throw accurately so team mates can catch the shuttle to score points.
4. Key points for the forehand serve throwing action:
 - Racket arm starts in a high backswing position, then drops to low position to generate momentum
 - Racket arm comes through under the shoulder and follows through in the direction of the throw
 - Hips rotate as the racket arm comes through and the weight transfers from the back foot to the front foot (without the feet actually moving)

Hit the Spot

1. Emphasise service law i.e. racket to be pointing in a downward position, feet still and serve to travel past the service line if playing on a court.
2. Key points for the backhand serve:
 - Demonstrate how to hold the shuttle (thumb and fingers on the feathers) so they contact the cork first
 - 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
3. 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)

Around the World

1. Players may find starting the rally with a backhand serve easier than a forehand serve.
2. Ensure all players are running anti-clockwise to avoid clashes.

Simplify

1. Encourage high slow throws making it easier for player opposite to catch.

1. Decrease the distance between player and target.
2. Increase the size of the target.

1. If players struggle to serve, then the shuttle can be fed in from the side of the court to start the rally.

Challenge

1. Increase the speed of the activity, encouraging players to throw the shuttle as soon as they have caught it.

1. Increase the distance between player and target.
2. Reduce the size of the target.

1. Encourage players to aim into a space away from player on opposing side of the net.