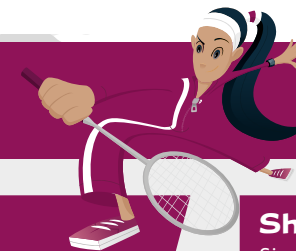


Module 1: Lesson 3 - Net Shots

Ages 9-11



Learning Outcomes

1. Players can consistently hand feed the shuttle to a target.
2. Players can consistently hit the shuttle to land between the net and the service line using the appropriate grip.
3. Players can link the lunge movement to the net shot hitting.

Techniques to Demonstrate

1. Grips for hitting on both the forehand and backhand sides.

Equipment

Rackets
Shuttles
Throw-down spots
Net/bench

Shuttle Progression

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

Warm-up Game Polar Bears

Video: Lunging technique

1. Split the group into 2 teams; the polar bears and the seals.
2. Mark out an area and randomly place a throw-down spot on the floor for each member of the polar bear team.
3. The polar bears stand on their spots whilst the seals move from one side of the area to the other. The polar bears' aim is to tag the seals as they move past. Each seal that makes it to the other side receives 1 point. Polar bears can lunge with 1 leg towards a seal, providing 1 foot remains on the spot. After a set time, swap teams over.
4. Progress the players' movement by encouraging players to chasse or run backwards.

Skill Activity Feather Touch

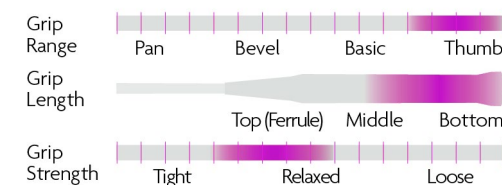
Video: Grips for badminton
Net shots.

1. Split the group into pairs.
2. 1 player will have a racket holding it in a central ready position with an appropriate grip to hit the shuttle on the backhand side in front of the body.
3. Their partner will stand opposite on the other side of the net (2 steps back from the net) holding a shuttle. Position a throw-down spot in front of the thrower. The aim is for the thrower to throw the shuttle underarm (with the thumb of the throwing hand placed inside the shuttle) far enough so their partner can lunge with their racket leg and play an underarm backhand net shot to land the shuttle between the net and service line. Rotate throwers and hitters regularly.
4. Players score 1 point for hitting the shuttle over the net but before service line. 5 points are scored for a target hit.
5. Repeat the exercise with the players using an appropriate grip to hit on the forehand side in front of the body.

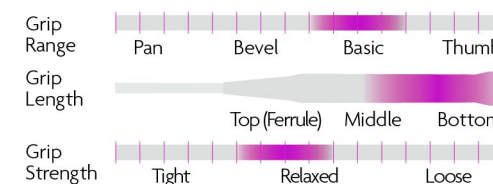
Embedding the Skill Around the World

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 net shot

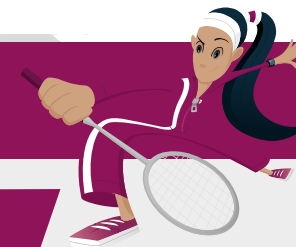


Forehand net shot



Module 1: Lesson 3 - Net Shots

Ages 9-11



National Curriculum Outcomes

1. Develop running, flexibility, control and balance in a fun, competitive game.
2. Consolidate technique.
3. Develop technique, accuracy and control.
4. Play modified game of badminton.

Teaching Tips

Polar Bears

1. Demonstrate the lunge and pivot movement.
2. Position throw-down spots widely to encourage polar bears to lunge on both their racket and non-racket leg.
3. Explain that the aim is to work as a team to get the best results; some seals may sacrifice themselves to distract the polar bears.
4. A chasse movement involves 1 foot chasing the other but not catching it, and short ground contact times, skimming across the ground.

Feather Touch

1. Demonstrate how to lunge forward with racket leg when hitting shorter thrown shuttles.
2. Encourage a soft grip.
3. Demonstrate the correct angle of racket to ensure shuttle is tapped forwards. Encourage racket to be kept at shoulder height.
4. Key points for lunge technique:
 - Heel landing first, toe pointing forwards, knee in alignment with foot etc
5. Key points for the net shot technique:
 - Racket is extended from the body and remains still during the shot allowing forward momentum to impart the required force to the shuttle
 - Racket leg lunges forwards with the knee flexing to absorb the forwards movement into the shot remaining aligned over the racket foot.
 - Non-racket foot slides towards the racket leg to aid recovery and maintain balance in a controlled upright posture.

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. Move spots closer together reducing the size of the lunge that needs to be performed.

1. Do not use a net.

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. Move spots further apart increasing the size of the lunge that needs to be performed.

1. Vary the throw to challenge the player to hit either a backhand or forehand net shot with the appropriate grip.

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