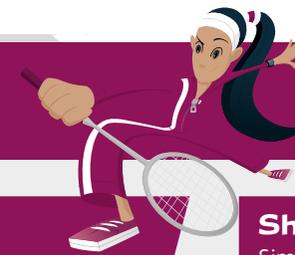


# Module 1: Lesson 4 - Overhead Clear

Ages 9-11



## Learning Outcomes

1. Players can perform an overhead clear consistently hitting the shuttle high to the rear court.
2. Players execute the clear employing a correct sideways body position and throwing action.

## Techniques to Demonstrate

1. Grips for hitting on both the forehand and backhand side.
2. Overhead hitting (throwing action) technique.

## Equipment

Rackets  
Shuttles  
Giant shuttle  
Net/bench

## Shuttle Progression

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

## Warm-up Game Spellminton

Video: Throwing action technique

1. Players to spread out across the hall and using a giant shuttle the aim is to throw the shuttle overarm to one another – for each successful catch a letter is awarded, for example, the letter B. When another catch is achieved the group receive a second letter; A. The aim of the game is to spell the word badminton.
2. Play as a cooperative game first (with everyone on the same team) and then split the group into 2 teams and encourage the players to intercept the shuttle. The winning team spells 'badminton' first.

## Skill Activity Shoot the Moon

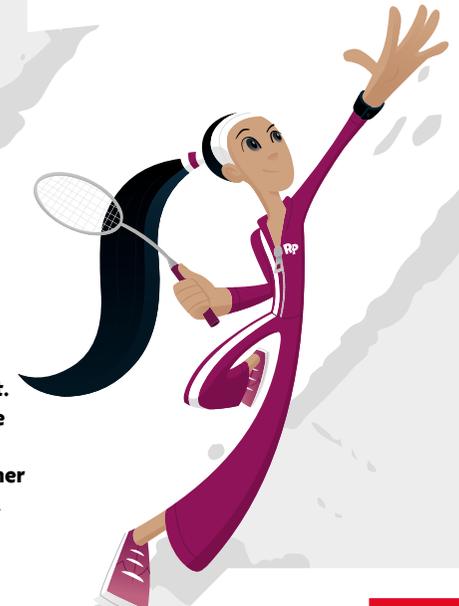
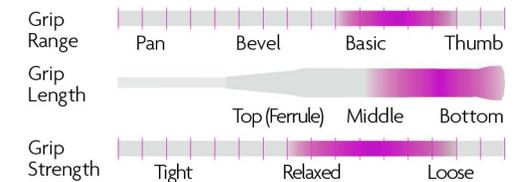
Video: Grips for badminton  
Overhead clear technique

1. In groups of 3; player 1 is the hitter and will have a racket holding it in an overhead position using an appropriate grip for hitting overhead on the forehand side.
2. Player 2 is the feeder and stands opposite on the other side of the net holding a shuttle. Player 3 stands behind the feeder at the back of the court.
3. The aim is for the feeder to throw the shuttle high enough so that the hitter can perform an overhead clear for either the feeder (player 2) or player 3 to catch.
4. 1 point is awarded if the feeder (player 2) catches the shuttle and 5 points is awarded if player 3 catches it.
5. Repeat the exercise several times and then players to swap roles.

## 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.

## Overhead hitting





## National Curriculum Outcomes

1. Develop throwing accuracy in a fun competitive/cooperative way whilst developing skills in literacy.
2. Including attacking/defending skills in a modified competitive game.
3. Consolidate technique.
4. Working cooperatively, apply basic principles for attack and defence whilst improving accuracy and catching skills.
5. Consolidate technique in a modified competitive game develop and consolidate strategies for attack and defence.

## Teaching Tips

### Spellminton

1. Emphasise that this is a team game where communication is key in terms of players signalling a free space for their teammates to pass to.
2. If a team loses the shuttle they keep their letters and carry on from where they left off when they regain the shuttle.
3. 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

### Shoot the Moon

1. Demonstrate how to step forward, swinging racket forwards with a slightly upright angle to hit the shuttle to back of court for a 5 point catch.
2. Encourage players to tighten the grip on impact.
3. Encourage high throws from thrower to encourage a high contact point for the overhead clear.
4. If groups contain more than 3 players there could be a line of hitters taking it in turn.
5. Key points for the overhead hitting 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
  - Racket pushes through the shuttle

### 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 players to stand closer to one another.

1. Use success balls instead of shuttles and position the feeder the same side of the net as the hitter.

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

## Challenge

2. Encourage players to try longer distance throws.

1. Players to feed the shuttle by forehand serving instead of throwing.
2. Players to jump whilst hitting the overhead clear (scissor kick).

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