

Module 1: Lesson 5 - Overhead Dropshot

Ages 9-11

Learning Outcomes

1. Players can return a high serve by performing an overhead dropshot to land the shuttle consistently in front of the service line.
2. Player can execute the dropshot employing a correct sideways body position and a slowed down throwing action.

Techniques to Demonstrate

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

Equipment

Rackets
Giant shuttle
Net/bench

Shuttles
Hoops

Shuttle Progression

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

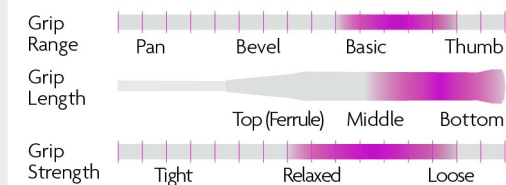
Warm-up Game

Throw and Go

Video: Throwing action technique

1. This exercise replicates the movement required for an overhead drop shot by performing the footwork and then throwing a shuttle.
2. Player to run forward, pick up a shuttle (from a throw-down spot) with racket hand, turn sideways and chase back (slightly further than their starting position) and then perform an overarm throw to land the shuttle just past the throw-down spot.

Overhead hitting



Skill Activity

Meteors and Comets

Video: Grips for badminton
Overhead dropshot technique

1. In pairs, 1 player will have the racket holding it in an overhead position using an appropriate grip for hitting overheads on the forehand side, whilst their partner will feed the shuttle from the opposing side of the net using a forehand serve.
2. The forehand serve needs to be high so their partner can reach up to perform an overhead dropshot which they will aim to land in front of the service line on the opposite side of the net.
3. Repeat exercise several times and then players to swap roles.

Embedding the Skill

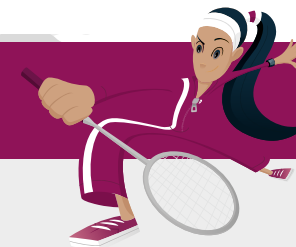
Bodge Off!

1. In 2 equal teams, the aim of the game is to try to remove all players from the opposing team.
2. The game is started with 1 team serving. They can serve to any position on the court providing it goes past the service line.
3. The opposing team then tries to return the shuttle and both teams play out the rally.
4. The player who loses the point by either hitting the shuttle out, into the net, or misses it, leaves the court. That player can come back onto court when their team wins a point.
5. To end the game, introduce the rule that once a player is out, they stay out.



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National Curriculum Outcomes

1. Use throwing, catching and running in combination in a fun competitive activity.
2. Consolidate technique and skills.
3. Play a modified competitive game of badminton.

Teaching Tips

Throw and Go

1. Players to chase back leading with their racket leg. Chasse movement involves 1 foot chasing the other but not catching it and short ground contact, skimming across the ground.
2. 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.

Meteors and Comets

1. Hand feed if the high serve feed is not accurate.
2. Teacher/coach to feed if required.
3. Key points for the 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 decelerating as it approaches the shuttle.

Bodge Off!

1. Ensure the players who are sitting out form a line so the player who has been off the longest is the first to return to court when their team wins a point.
2. For every new game, rotate players on each team into different positions on court.
3. Ensure that players take it in turn to serve. The team that wins a point will always serve next.

Simplify

1. Players to perform the overhead throw from a standing position before introducing the movement.

1. Both players to stand closer to the net.

1. Position players who are struggling closer to the net.
2. Lower the net.

Challenge

1. Encourage players to perform the activity at an increased speed.

1. Introduce a hoop as a (smaller) target.
2. Move partners further away from the net.

1. Suggest that players have to hit it into specific areas of the court to improve accuracy.