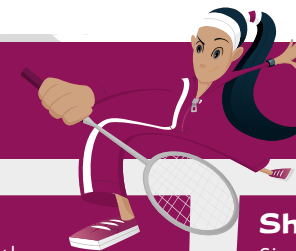


# Module 1: Lesson 6 - Team Work Festival

Ages 9-11



## Learning Outcomes

1. Players cooperate effectively as part of a team.
2. Players can identify different roles and responsibilities within a team.
3. Players can overcome problems involved in completing activities as a team.
4. Players are better equipped to understand how to influence others.
5. Players have a greater insight into decision making processes.

## Techniques to Demonstrate

1. Forehand serve
2. Underarm throwing
3. Overhead clear
4. Overhead dropshot.

## Equipment

Rackets  
Fluff balls  
Shuttles  
Small and large hoops

## Shuttle Progression

Simplify 3: Balloon  
Simplify 2: Fluff balls  
Simplify 1: Success ball

**Entry Level: Shuttle**

## Festival Instructions

1. Split the group into teams.
2. Each team will spend 5 minutes on each of the 5 activities.
3. They will work together to achieve the highest number of points for their team.
4. Activity 1 is taken from week 1 of the resource and so on. Players will therefore already be familiar with the activities.

### Activity 1

#### Merry Go round

Each player of the team stands in a circle facing the centre. The team must keep the shuttle (or fluff ball) off the ground for as long as possible. Once a player has hit the shuttle they cannot hit it again until another member of the team has done so.

A score can only count if all players have touched the shuttle during a rally. Start with passing the shuttle from racket to racket around the circle.

**Points: Record the highest rally by the team.**

### Activity 4

#### Shoot the Moon

In groups of 3; player 1 is the hitter and will have a racket holding it in an overhead position. 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. 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.

Repeat the exercise several times and then players to swap roles

**Points: 1 point is awarded if the feeder (player 2) catches the shuttle and 5 points is awarded if player 3 catches it.**

### Activity 2

#### Hit the Spot

Position a few large and small hoops on the opposite side of a net. Players to take it in turn to forehand serve the shuttle over the net and into the hoops.

Players can be positioned beside the hoops to fetch the shuttles and return them to the servers. Rotate servers and fetchers regularly.

**Points: 2 points for any serve into large hoops and 1 point for serves into small hoops.**

### Activity 5

#### Meteors and Comets

In pairs, 1 player will have the racket holding it in an overhead position whilst their partner will feed the shuttle from the opposing side of the net using a forehand serve. 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. Repeat the exercise several times and then players to swap roles.

**Points: 1 point is awarded for each shuttle that land between the net and the service line.**

### Activity 3

#### Feather Touch

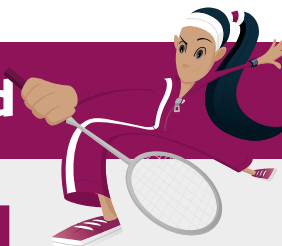
1 player will have a racket holding it in a central ready position. Their partner will stand opposite on the other side of the net (2 steps back from the net) holding a shuttle. Position a throw-down spot in front of the thrower. The aim is for the thrower to throw far enough so their partner can play an underarm backhand or forehand shot to land the shuttle between the net and service line. Rotate throwers and hitters regularly.

**Points: Players score 1 point for hitting the shuttle over the net but before service line. 5 points are scored for a target hit.**



# Module 1: Lesson 6 - Team Work Festival Scorecard

Ages 9-11



Team name

Team Score

Activity 1:  
Merry Go Round

Activity 2:  
Hit the Spot

Activity 3:  
Feather Touch

Activity 4:  
Shoot the Moon

Activity 5:  
Meteors and Comets

TEAM TOTAL

## Scoring Instructions

**Points:** Record the highest rally achieved by any pair in the team.

**Points:** 2 points for any serve into large hoops and 1 point for serves into small hoops.

**Points:** Players score 1 point for hitting the shuttle over the net but before service line. 5 points are scored for a target hit.

**Points:** 1 point is awarded if the feeder (player 2) catches the shuttle and 5 points is awarded if player 3 catches it.

**Points:** 1 point is awarded for each shuttle that land between the net and the service line.

