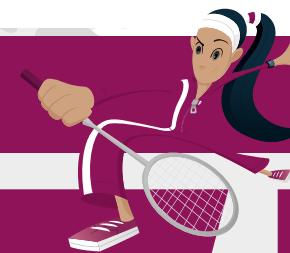


# Module 2: Lesson 4 - Overhead Clear

Ages 9-11



## Learning Outcomes

1. Players can hit the shuttle high towards the rear court and maintain a rally.
2. Players execute the clear employing a correct sideways body position and throwing action.

## Techniques to Demonstrate

1. Overarm throwing action.
2. Grips for hitting on both the forehand and backhand side.

## Equipment

Rackets  
Shuttles  
Giant shuttle  
Net/bench

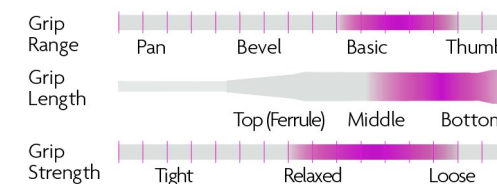
## Shuttle Progression

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

## Warm-up Game Throwminton

1. In 2 teams facing each other across a net. Using a giant shuttle, the aim of the game is to throw the shuttle using an overarm throw, over the net and into court, before the opposing team can catch the shuttle.
2. To score a point the shuttle must hit the floor inside the opposing court. If a team wins a point they will start the next point off with an underarm throw. Encourage badminton rally point scoring i.e. first team to 21 points.

## Overhead hitting



## Skill Activity Tick-tock Rally Challenge

Video: Grips for badminton  
Overhead clear technique

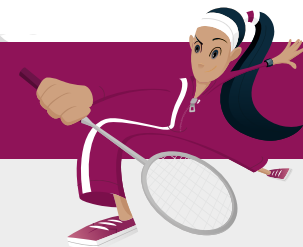
1. In pairs, approximately 5 metres apart, players rally using overhead hits, aiming to keep the shuttle going for as long as possible whilst using an appropriate grip for hitting overhead on the forehand side.
2. If the rally breaks down, start again from zero. The rally can be started with a player performing a backhand or forehand serve.
3. Time the group for 1 minute and then shout stop. The pair with the most consecutive hits is the winner. Repeat again for 1 minute but encourage players to swap partners. Challenge players to beat their own score.

## 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 then joins the back of their own queue.
3. The returner hits the shuttle back over the net and also joins the back of their own queue.
4. The rally continues with players hitting the shuttle once before moving off.
5. Instead of playing with 3 lives, use a scoring format i.e. when a rally ends, award the point to the team who won the rally.
6. Use forehand or backhand serves with correct court positioning (serving cross-court) to start the rally.



# Module 2: Lesson 4 - Overhead Clear



Ages 9-11

## National Curriculum Outcomes

1. Use throwing, catching and running in combination in a fun, competitive activity.
2. Working cooperatively in pairs to develop technique and control in combination.
3. Play a modified game to consolidate technique and to make decisions in terms of how to achieve success.

## Teaching Tips

### Throwminton

1. 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
2. Ensure the players spread out with an even number at the front and back of the court.
3. Encourage players to jump as they throw the shuttle (scissor kick).
4. To encourage inclusion, you can add new rules that the catcher must then throw the shuttle to another team mate for them to throw back over the net.

### Tick-tock Rally Challenge

1. 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
2. Encourage players to tighten the grip on impact
3. Ensure all players have sufficient space between them. If necessary reduce the number of hitters by having one player as a counter for each pair.
4. Encourage players to keep their rackets up in a central ready position between shots.

### Around the World

1. Players may find starting the rally with a backhand serve easier than a forehand serve.
2. If players struggle to serve, then the shuttle can be fed in from the side of the court to start the rally.

## Simplify

1. Allow players to move closer to the net before they throw the shuttle back over.

1. Replace shuttle with a success ball.

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. Introduce catching with 1 hand only.

1. Encourage the split-step movement before each shot.
2. Players to hit over a net to one another.

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