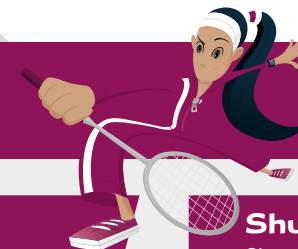


Module 2: Lesson 5 - Overhead Dropshot

Ages 9-11



Learning Outcomes

1. Players can hit the shuttle from a high serve towards the front of the court.
2. Players execute the dropshot employing a correct sideways body position and a slowed down 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

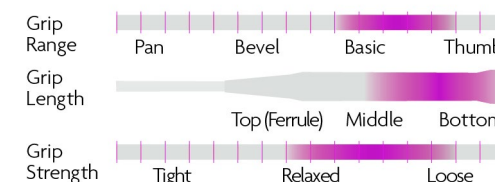
Shuttle Progression

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

Warm-up Game Around the World

1. Split the group into 2, with each group forming a queue on the baseline on opposing ends of the court. 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.
2. 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.
3. 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



Skill Activity Stop the Drop

Video: Grips for badminton
Overhead dropshot techniques

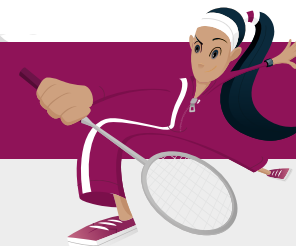
1. Split players into 2 groups and position them on opposing sides of a net or bench. 1 team are the feeders, the other the hitters.
2. The feeders take it in turn to high serve the shuttle to the opposing team who take it in turn to perform an overhead dropshot using an appropriate grip for hitting overhead on the forehand side over the net with the aim of landing the shuttle between the net and the service line.
3. The feeders position another player closer to the net, who hand feeds the shuttle to the hitter who moves forward and plays a net shot as their second shot. Both hitter and feeders then move off and allow the next players to have a go.
4. If a player hits the target area with a dropshot or net shot they gain a point.

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. A team member will serve first; they can serve to any position on the court so long as it goes past the service line.
3. The opposing team then try to return the shuttle and both teams play out the rally.
4. The player who loses the point by either hitting the shuttle out, in 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.



Module 2: Lesson 5 - Overhead Dropshot



Ages 9-11

National Curriculum Outcomes

1. Practise a range of skills in combination.
2. Consolidate technique, control and accuracy in a modified competitive game.
3. Play a modified competitive game of badminton.

Teaching Tips

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.
3. Ensure all players are running anti-clockwise to avoid clashes.

Stop the Drop

1. Key points for the overhead drop 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
2. Demonstrate that a high serve to the back of the court makes it harder for the dropshot to be successful.
3. Demonstrate the overhead dropshot as a push to show how the shuttle runs out of speed and drops quickly over the net.

Bodge Off!

1. Ensure the players who are sitting out form a line so that the player who has been off the longest is the one to return first.
2. Every new game rotate players on each team into different positions on court.
3. Ensure that players take turns to serve. The team that wins a point will always serve next.

Simplify

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

1. Serving team to throw the shuttle overarm high over the net rather than hitting a serve.
2. Teacher/coach to feed if required.

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

Challenge

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

1. Position receiving players closer to the net to encourage them to move backwards to perform the overhead dropshot.

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