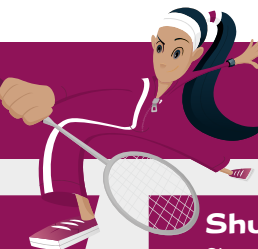


Module 2: Lesson 2 - Backhand & Forehand Serving

Ages 9-11



Learning Outcomes

1. Player completes a backhand and forehand serve using the appropriate grip and hitting technique.
2. Player can consistently start a rally with an appropriate serve.

Techniques to Demonstrate

1. Backhand and forehand grips and hitting actions.

Equipment

Rackets	Shuttles
Throw-down spots	Cones
Hoops	Net/bench

Shuttle Progression

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

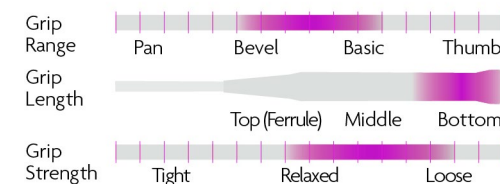
Warm-up Game

Serve and Go

Video: Grips for badminton
Forehand serve technique

1. Split the group into teams. Allocate 1 racket and 5 shuttles per team.
2. Set out 3 targets in a line with the second and third targets moving further away from the team.
3. The first player performs a forehand serve aiming towards the first target, they then move to the back of the queue. If the shuttle reaches the target then the second player aims towards the second target.
4. If the shuttle did not reach the first target then each player continues to aim for this until it has been reached. When shuttles run out, players to run to retrieve them.
5. Add a competitive element with the first team to reach all three targets being the winner.

Forehand serve



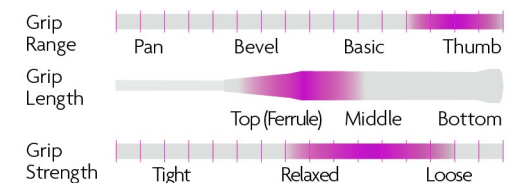
Skill Activity

Escalators

Video: Grips for badminton
Forehand serve technique

1. In pairs, each player stands on a throw-down spot 5 metres apart, with a target hoop between them.
2. Player 1 performs a backhand serve using an appropriate backhand serve grip and hitting action to land the shuttle directly into the hoop for 5 points.
3. The second player then picks up the shuttle, returns to their spot and has their turn to serve the shuttle into the hoop.
4. Repeat the above activity using a bench instead of the hoop with the aim being to get the shuttle over the net and into a target hoop.
5. If you have a net, add another activity encouraging players to hit over a net and into a hoop.
6. After a set time, rotate pairs to ensure everyone has the opportunity to hit over the bench or net.

Backhand serve



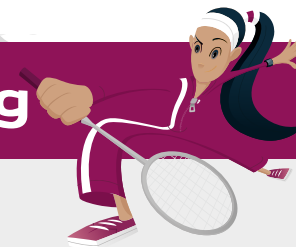
Embedding the Skill

Royal Rumble

1. Split group into 2 groups so they can play on half a court each.
2. 1 player from each group will start as the King/Queen; they will serve to the first opponent and play a half court singles rally.
3. If the King/Queen wins, they stay where they are; if the opponent wins they take the place of the King/Queen and will then serve against the next opponent and play a rally.
4. Rather than half court singles, this game can also be played in a doubles format.

Module 2: Lesson 2 - Backhand & Forehand Serving

Ages 9-11



National Curriculum Outcomes

1. Develop technique, accuracy and control.
2. Consolidate technique.
3. Working in pairs to develop technique, accuracy and control in a simple competitive activity.
4. Play a modified competitive game of badminton applying the basic principles suitable for attacking and defending.
5. Develop understanding of basic rules.

Teaching Tips

Serve and Go

1. Key points for the forehand serve:
 - Racket starts in a high backswing position, then drops to low position to generate momentum
 - The shuttle is dropped vertically from the high position
 - Racket comes through the line of the shuttle and follows through in the direction of the hit
 - Hips rotate as the racket comes through and the weight transfers from the back foot to the front foot (without the feet actually moving)
2. Use throw-down spots to position the team to avoid them moving forward.

Escalators

1. Key points for the backhand serve:
 - Short backswing – push through the shuttle
 - Dropped short distance before being struck
 - Need to hit shuttle out of the hand rather than dropping
 - Keep non-racket arm still
2. Demonstrate how to hold the shuttle so players contact the cork first.

Royal Rumble

1. The King/Queen should start the rally with a serve.
2. Ensure that players understand the court dimensions and the service laws.
3. Use a throw-down spot to position waiting players away from the playing area.
4. Explain the rules of doubles.

Simplify

1. Position targets closer to the hitters.
2. Lower the net.

1. Position the target hoop closer to the players.
2. Players to use a success ball instead of a shuttle.

1. Shorten the length of the court.

Challenge

1. Position targets further away from the hitters.

1. Position the target hoop further away from the players.

1. Introduce that players need to win 3 points before they become King/Queen.