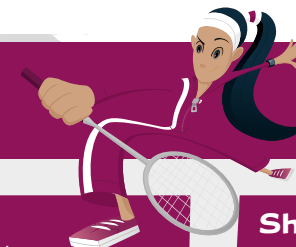


Module 2: Lesson 6 - Team Work Festival

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. Overarm throwing action.
2. Overarm hitting action.
3. Backhand grip and hitting action.
4. High serve action.

Equipment

Rackets
Cones
Shuttles
Targets for Skittles

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

Split-steps

1. 1 player is the feeder with a shuttle; the other team members are hitters, each with a racket.
2. Position the feeder 3 metres away from a horizontal line of hitters.
3. The feeder throws a shuttle to the first hitter who performs a split-step before hitting the shuttle back to the feeder to catch.
4. The feeder sidesteps to the next hitter who does the same and so on until they reach the final hitter. The catcher then takes the place of the final hitter who becomes the feeder.

Points: Each successful hit and catch is worth 1 point.

Activity 4

Tick-tock

1. In pairs, approximately 5 metres apart, players rally using overarm hits, aiming to keep the shuttle going for as long as possible.
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.

Points: Record the highest number of consecutive hits achieved within the 1 minute timescale.

Activity 2

Skittles

1. Lay out several targets of different sizes and heights and award each target different points depending on level of its difficulty.
2. Team members to take it in turn to throw a shuttle overarm to hit the targets.

Points: Add up the number of points achieved by the team.

Activity 5

Stop the Drop

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 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.

Points: 1 point for each time a hitter lands the shuttle between the net and service line with either their dropshot or net shot.

Activity 3

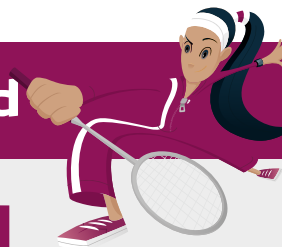
Tap-up Relay

1. The team member uses a racket to tap a shuttle upwards using a backhand grip whilst moving across the hall.
2. When they get to the other side, they turn their racket over to come back across the hall with forehand tap-ups.
3. They then pass the racket and shuttle to next player in their team who repeats the exercise.
4. If players drop the shuttle they pick it up from where they dropped it and carry on from that position.

Points: 1 point for each time a player returns back to their team.

Module 2: Lesson 6 - Team Work Festival scorecard

Ages 9-11



Team name

Team Score

Activity 1:
Split-steps

Activity 2:
Skittles

Activity 3:
Tap-up Relay

Activity 4:
Tick-tock

Activity 5:
Stop the Drop

TEAM TOTAL

Scoring Instructions

Points: Each successful hit and catch is worth 1 point.

Points: Add up the number of points achieved by the team.

Points: 1 point for each time a player returns back to their team.

Points: Record the highest number of consecutive hits achieved within the 1 minute timescale.

Points: 1 point for each time a hitter lands the shuttle between the net and service line with either their dropshot or net shot.

