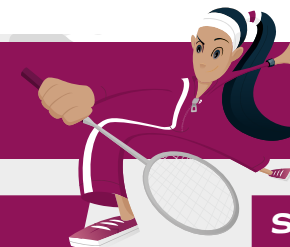


Module 2: Lesson 3 - Net Shots

Ages 9-11



Learning Outcomes

- Players can consistently execute a ~~shot~~ technique and achieve a continuous rally.
- Players can link the lunge movement to the net shot hitting action.

Techniques to Demonstrate

1. Grips for hitting on both the forehand and backhand sides.

Equipment

Rackets
Shuttles
Giant shuttle
Net/bench

Shuttle Progression

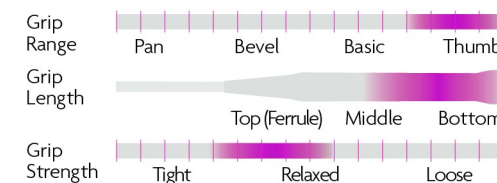
Simplify 3: Balloon
Simplify 2: Fluff balls
Simplify 1: Success ball
Entry level: Shuttle

Warm-up Game Tap-up Relay

Video: Grips for badminton

1. Split the group into teams with 1 racket and 1 shuttle between each team.
2. The first player uses a racket to tap a shuttle upwards with an appropriate grip to hit the shuttle on the backhand side in front of the body, whilst moving across the hall.
3. When they get to the other side, they turn their racket over to come back across the hall with forehand tap-ups using an appropriate grip to hit on the forehand side in front of the body.
4. They then pass the racket and shuttle to the next player in their team who repeats the exercise.
5. If players drop the shuttle they pick it up from where they dropped it and carry on from that position. Allocate points for each time a player crosses the hall.

Backhand net shot

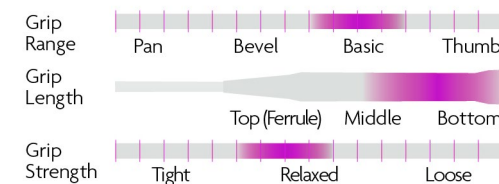


Skill Activity Tick-tock

Video: Grips for badminton
Net shot techniques

1. In pairs, approximately 5 metres apart, players rally using underarm hits, aiming to keep the shuttle going for as long as possible. If the rally breaks down, start again from zero. The rally can be started with a player performing a backhand serve.
2. Players should be encouraged to perform a lunge technique each time the shuttle is hit to promote the idea of the racket and racket leg moving together.
3. The coach to 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.

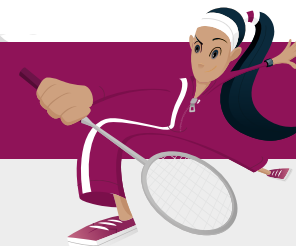
Forehand net shot



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 runs anti-clockwise around the outside edge of the court to join the other queue of players.
3. The returner hits the shuttle back over the net and also runs anti-clockwise to join the back of the other group's queue.
4. The rally continues with players hitting the shuttle once and running around the court.
5. Each player has 3 lives. Players lose a life each time they miss the shuttle or hit it into the net or out.

Module 2: Lesson 3 - Net Shots



Ages 9-11

National Curriculum Outcomes

1. Consolidate techniques. Develop skills, control and technique in combination.
2. Working cooperatively in pairs to develop technique and control in combination.
3. Play modified game of badminton.

Teaching Tips

Tap-up Relay

1. Demonstrate the exercise to show control and tapping the shuttle forwards to move on to.
2. Encourage players to lightly squeeze the grip to maintain control.
3. Emphasise that the aim is control and not speed.
4. Challenge players to hit 20 tap-ups before they reach the end of the hall to avoid them running too much between hits.

Tick-Tock

1. Key points for the net shot technique:
 - Racket is extended from the body and remains still during the shot allowing forwards momentum to impart the required force to the shuttle.
 - Racket leg lunges forwards with the knee flexing to absorb the forwards movement into the shot remaining aligned over the racket foot.
 - Non-racket foot slides towards the racket leg to aid recovery and maintain balance in a controlled upright posture.
 - Demonstrate how to play a soft hit with soft hands and fingers with a slow racket action.
 - Encourage players to keep their rackets in a low central ready position when waiting to receive the shuttle.
2. Ensure all players have sufficient space between them. If necessary reduce the number of hitters by having 1 player as a counter for each pair.

Around the World

1. Players may find starting the rally with a backhand serve easier than a forehand serve.
2. Ensure all players are running anti-clockwise to avoid clashes.

Simplify

1. Players to use a success ball instead of a shuttle.

1. Players to use 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. Encourage players to move around the hall in any direction whilst tapping the shuttle up and avoiding other players.

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.