PHYSICAL EDUCATION CURRICULUM YEAR NINE

TOPIC: BADMINTON WEEK ONE

Objective

To introduce the Universal or forehand grip and teach the basic fundamentals of the forehand overhead clear.

Teaching Points

- Universal/forehand grip – Racket in non-playing hand with racket face vertical to the ground and the grip facing your body. Take hold of the handle with your playing hand. Put thumb and forefinger on opposite sides of the handle. Position the end of the handle against the heel of your hand.
- Forehand overhead clear – The overhead clear is the most commonly played shot in badminton. The overhead clear is most important as it forms the basic fundamentals of all overhead shots.
- Starting position – step back on right foot and turn slightly outwards. Your left foot should point in the direction of the shot. Raise your racket arm and bend elbow at right angles. The body should be side on. Your left shoulder and arm should be aligned with the approaching shuttle. Take racket back behind head for backswing. Play the stroke by moving racket forward to shuttle contacting at high point and shift forwards moving weight from rear foot to forward left foot in stroke action.
- HINT – Raise the racket for the shot as you move back into position.

Skill Drills

- Play the overhead clear from a stationary position from a stationary feeding partner
- One side court rally – Players placed opposite ends of court (4–6 per court). Teacher demonstrates correct technique to all players. Players hit to each other down their alley. Count the consecutive hits. Start the alley rally from the service box line and as the students become more confident and able move them back. You may wish to use cones on the corner points to show the smaller court.
- Teacher Feed – On a separate court the class teacher takes six students at a time and feeds to them balls from one court end. Each student to go individually and hits four balls each time through. When feeding the teacher looks for and encourages skill development.
- Play the overhead clear as a return whilst moving backwards from a serve.
TOPIC: BADMINTON WEEK ONE (Continued)

Minor game set up

Minor Game
- Round the World - Divide players into two teams. Line up single file on baselines. One player hits to the student at the other end then once hit runs to the line of players at the other end of court this continues with all players doing the same. Players are not eliminated but receive a letter each time they make a mistake. Make the word Tennis. The player with the least letters when the teacher halts play is the victor.

Resources: Badminton rackets, Cones, Storage buckets, Shuttles

Created by A. Perks Resource acknowledgement to the Victorian Badminton Association
Objective

To revise the Universal or forehand grip, the forehand overhead clear and teach the high serve/underhand technique.

Teaching Points

- Revise the forehand grip and overhead clear. Refer to week 1 outline.
- Teach high underhand service first so that this can be used to feed overhead shots.
- Start with left foot slightly in front of the right pointing in the direction of the shot.
- Hold shuttle in left hand with the base pointing down at about chest height in front of your body.
- Pull the racket up and back with hand bent back.
- Keep elbow of your racket arm slightly bent.
- Accelerate your racket through a sliding motion down and forwards, straightening your arm at the elbow. Transfer weight forward. Release the shuttle make contact slightly in front of the body.
- **HINT** – Both feet must be on the ground whilst serving providing a sound base of support.

Skill Drills

- Play a high service at least 3 to 4 meters up against a wall and stand the same distance away. Repeat 10x
- Try and catch the shuttle on your racket when it falls down. This will improve kinesthetic sense.
- Stand 6 to a court positioning 3 to an end. Serve from service box to rear of the court trying to get height and distance.
- Place buckets at rear of the court and try and serve the shuttle into the bucket. Play this like closest to the pin.
- Serve high to the rear then the player at the other end overhead clears it back to opposite end of the court.
TOPIC: BADMINTON WEEK TWO (Continued)

Minor game set up

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Minor Game

- Serve shuttle from service box diagonal into rear of court and singles service box. Opposing player hits the shuttle back with a clear and you continue likewise until rally stops. You get one point for every successful overhead clear and three points for a successful serve. Play first player to 21 wins the game. Then rotate with other students.

Resources: Badminton rackets, Cones, Storage buckets, Shuttles

Created by A. Perks
PHYSICAL EDUCATION CURRICULUM YEAR NINE

TOPIC: BADMINTON WEEK THREE

Objective

To revise the high serve/underhand technique and to learn the short service and smash forehand stroke.

Teaching Points

- Revise the high underhand service. Refer to week 2 outline.
- Teach short underhand service.
- Start with left foot slightly in front of the right pointing in the direction of the shot.
- Hold shuttle in left hand with the base pointing down at about chest height in front of your body.
- Pull the racket up and back with hand bent back.
- Keep elbow of your racket arm slightly bent.
- Accelerate your racket through a sliding motion down and forwards. HOWEVER, unlike the high underhand service you use only a slight swing action on the racket. Keep elbow bent with little or no wrist action.
- **HINT** - The target zone is the short service line hitting the shuttle as low as possible. This service is the common service in doubles matches.

Skill Drills

- Play a short service to your partner with the goal to be firstly hitting just beyond the short service line. Serve 10x then swap over.
- Play a short service to your partner with the goal being to keep the shuttle as low to the net as possible. Serve 10x then swap over.

Teaching Points

- The overhead smash
- The action is similar to that of the clear (week1) with the important differences being: the point of impact is further forward
- Very high speed of the racket head
- Maximum use of overall body strength
- More vigorous stroke action
TOPIC: BADMINTON   WEEK THREE (Continued)

Short Service Setup

Smash Trajectory

Shuttle hit in front of the body.

Minor Routine

• Serve shuttle from service box diagonal into rear of court and singles service box. Opposing player hits the shuttle back with a clear and the server then smashes the shuttle down into the opposing court. The routine then starts again with the opposite person serving first.

Resources: Badminton rackets, Cones, Storage buckets, Shuttles

Created by A. Perks
PHYSICAL EDUCATION CURRICULUM YEAR NINE

TOPIC: BADMINTON  WEEK FOUR

Objective

To revise the short service, smash technique and learn the correct grip and position for backhand shots. Introduction of scoring also takes place.

Teaching Points

• Revise the short service and then smash technique. Refer to week 3 outline.
• Teach backhand grip and backhand clear shot.
• From the universal grip position rotate the racket slightly (anti clockwise so that racket is at 5 past 7 position) you can place the thumb on the back of the grip as well if you like. This is the general grip position.
• If you are caught out and have to play a backhand stroke your back will be generally to the net.
• Raise the racket, with the upper arm continuing with the shoulder line.
• As you raise your racket bring this across the front of the body with your elbow and wrist following.
• Accelerate your right shoulder and forearm towards the incoming shuttle and strike above the head.
• **HINT** - It is better to avoid the backhand where possible as most overhead shots can be played around the head as a forehand.

Skill Drills

• Play a long service to your partner with the goal to be on your partners backhand side. They will then attempt to play a backhand clear return. You will then overhead clear this back so they can backhand clear it again. Continue rally as long as possible. Serve 10x then swap over.

Explanation of scoring.

• One server serves from diagonal service box to the other side. The shuttle must fall within the singles or doubles service area depending on which is being played. If serving team wins the point, it is their serve again with the same server moving to the opposite box. This continues back and forth until the serve is lost. Then the opposing side serves until they lose the rally.
Backhand clear setup

Clear Trajectory

Shuttle hit above the right shoulder with back facing the net.

Minor Routine

- Serve shuttle from service box diagonal into rear of court and singles service box. Opposing player hits the shuttle back with a clear and the server then returns with a backhand clear, this is followed up by a smash. The routine then starts again with the opposite person serving first.
- Begin to play games after explanation of scoring.

Resources: Badminton rackets, Cones, Storage buckets, Shuttles

Created by A. Perks
Objective

To revise all the skills learnt through the playing of a round robin doubles tournament.

Teaching Points

- Revise the scoring system so that all can participate successfully in the tournament. If courts are limited have students umpiring as well.

**HINT:** When playing doubles if attacking one player should take up the net with the other behind to cover the rear court. When defending the players should take up a side by side position in the middle of the court.

Revised Explanation of scoring.

- One server serves from diagonal service box to the other side. The shuttle must fall within the singles or doubles service area depending on which is being played. If serving team wins the point, it is their serve again with the same server moving to the opposite box. This continues back and forth until the serve is lost. Then the opposing side serves until they lose the rally.

- Matches are the best of three games to 21 points. Games need to be won by 2 clear points. Thus, if games are tied at 20 all, play continues until one team leads by 2 points, up to 29 all. Then next point wins (30).
### TOPIC: BADMINTON WEEK FIVE (Continued)

#### Defensive Court Position

#### Attacking Court Position

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### ROUND ROBIN TOURNAMENT

- Set the tournament up the following way

<table>
<thead>
<tr>
<th></th>
<th>Pair 1</th>
<th>Pair 2</th>
<th>Pair 3</th>
<th>Pair 4</th>
<th>Pair 5</th>
<th>Pair 6</th>
<th>Pair 7</th>
<th>Pair 8</th>
<th>Pair 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pair 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pair 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pair 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pair 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pair 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pair 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pair 7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pair 8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pair 9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Students should be encouraged with skill production throughout the tournament

Resources: Badminton rackets, Cones, Storage buckets, Shuttles

Created by A. Perks