

Lesson 1 of 6

NET/WALL GAMES

EQUIPMENT

badminton nets » variety of nylon shuttlecocks (red, blue, green) » badminton racquets » pails » pylons

RELATED RESOURCES

- Play Practice: The games approach to teaching and coaching sports, A. Launder, 2001, www.humankinetics.com
- Alberta Badminton Association, www.albertabadminton.ca



Safety First!
2008 Safety Guidelines pages 100.

WARM IT UP!

CLEAR THE FIELD

Double the number of playable badminton courts in the activity area by placing pylons along the centre service line of all badminton courts from the net to the endline to divide each court into two equal halves. Assign four students to each court and have them play Clear the Field. From the end line (or a modified location to meet students' individual abilities), one student clears a shuttlecock as far as possible directly towards their opponents. After clearing this initial shot, the student will step outside the court and move behind her/his partner. Meanwhile, the first player on the opposing team returns the clear shot, attempting to clear the shuttlecock to the opponents' backcourt. The game continues with players attempting to "push back" their opponents by making deeper clearing shots. When a shot is not successfully returned, the opposite team initiates a new Clear the Field rally.



Activity

Activity	
Basic Skills	A8-6
Application of Basic Skills	

Clues that students are achieving the outcome...

"Students will select, combine and perform manipulative skills by using elements of space awareness, effort and relationships, with and without objects, to improve performance"
K-12 Physical Education Program of Studies, Alberta Learning, 2000.

- Students can make offensive shots by varying the placement and pace of the shuttlecock
- Students can select appropriate shots based on the position of their opponents and an airborne shuttlecock



WHOOOP IT UP!**SKINNY BADMINTON**

Instruct students to gather at one end of the activity area in their groups of 4 from the warm up activity. Ask and allow time for student groups to discuss how a “doubles team” can position themselves to cover as much court space as possible. Once students determine the ideal positional set-up (i.e. “front and back”), continue a discussion about the different types of shots that front and back players will more likely execute (and defend against). Describe and demonstrate Skinny Badminton, an exaggerated modified game so students can focus on different aspects of strategy and skill, before student groups return to their court to play.

SKINNY BADMINTON: Using the modified boundaries, students play mini-games in which they must play in a coordinated front and back fashion. Students should serve from behind the service line and they must serve straight ahead. After the serve, they should move slightly forward to cover the front court. Circulate throughout the activity area and encourage students to attempt different types of shots (e.g. clear, smash, drop, net, drive). Stop play every 2-3 minutes and allow students to alternate through various opponents.

SKILL BUILDING: After playing Skinny Badminton for a period of time, you and your students should be able to recognize areas in which further skill development is required. Have students complete a small number of required “drills” before returning to games play. Sample skill building activities might include: **Serve and Drop/Net** » Students serve “short” serves to their partners and then continue with a drop/net rally until the shuttlecock is not returnable. This allows students to further develop service and drop/net shots. **Feed and Smash** » Students “feed” a high shot to their partner, who, in turn, smashes the shuttlecock directly at the feeder. This allows students to further develop smash shots. In these types of skill building activities, you will also need to share with students important movement instructions and cues for the various skills; e.g., “spot, back, attack, whack” movement cues for the smash shot.

**Safety First!**

2008 Safety Guidelines pages 19-20.

WRAP IT UP!**SHUTTLECOCK TALK**

Allow students to play the initial Clear the Field game with partners again. This time, ensure students try using red, blue, and green shuttlecocks. Once they have had ample opportunity to try the three different shuttlecocks, gather students together. Provide time for students to consider individually, the differences between the shuttlecocks (speed) and initiate a discussion to increase awareness about the importance of considering game modifications through questions such as, “What shuttlecock is best for you to play with?” and “Why should we use different shuttlecocks (or balls, hoops, nets) for different people?”.