Badminton Lesson Plans

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EPHE 116

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| Lesson: 1 of 2Duration: 75 minutes | Grade: 9 | Topic: The forehand serve & serve return  |
| Lesson Goals* To teach students the mechanics of the forehand serve and to teach them the importance of a good serve return
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| Student Learning OutcomesThe students will be able to…* Follow directions and accurately execute a forehand serve
* Perform the forehand serve within the confines of the rules
* Understand the importance of the serve return
* Position themselves to be ready for the serve return
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| Equipment Needed: a large gym with badminton court lines, badminton nets and poles, badminton racquets, birds, hula hoops |
| Description of Activities | Diagrams | Learning/Teaching Cues |
| Introduction (5 minutes)Today we will be going over the forehand serve used in singles and we will briefly go over the serve return.  |  | The serve is the most important badminton shot, so it is a fundamental skill to learn. |
| Warm-up (15 minutes)Students will job two laps around the outside of the gym to start. They will then get into six groups of three and line up on the baseline for a relay race.1. Badminton Relay:* In groups of three, students (with racquets!) will run to the other side of the gym doing one of the relays described below, touch the wall, and then come back, tagging the next person in line to go.
* There will be three different relays: side shuffle, running while carrying the bird on the racquet, and hitting the bird up to yourself while running.
* Each group member will go through each relay once, and once they will all sit down once they have finished.

2. Reaction Time Returns:* Students will get into pairs with racquets and a bird and line up on opposite sides of the net.
* One partner will start standing up with the bird and the other will start lying on their stomach.
* The standing player serves to their partner who must jump up and return the serve. The student serving must immediately lie down after their serve but must jump up to return their partners serve-return.
* The drill will continue like this for five minutes.
 |  | Badminton Relay: Spread out along the baseline and stay in your own line while running. Students must tag their next partner in line before that partner starts running. Reaction Time Returns:Ensure that you and your partner are spread out from other groups. At the beginning, try to send your partner fairly accurate or “nice” shots, and as you get better at returning the shots try to make things a little harder for each other.  |
| Main Drills (30 minutes)1. Serve Technique (10):* Teacher will explain and demonstrate the forehand serve and the rules of serving.

2. Target Practice (10):* Students will get into groups of three on their own court with three racquets, multiple birds and two hula-hoops on the opposite side of the court.
* The two hula-hoops will be set up in the back corner of the court, portraying the ideal spot for the serve to land. One will be closer than the other
* Students will take turns doing forehand serves, aiming for the hula-hoops. Getting the bird in the closest hoop is two points and the farthest is four points.
* Students will keep track of their points within their groups.

3. Serve and Return (10):* Students will get into pairs on their own court; they will need ten birds and a racquet each.
* One partner will start as the server. They will serve to their partner who will then try to return the serve. This will happen ten times and then the partners will switch roles.
 |  | Rules of the Singles Serve:For singles serving, the skinny and long lines of the court are the boundaries. The server must serve behind the service line on their side and on either the left or right side of the court. When you have an even score (i.e. 2 serving 5), you serve on the right side of the court, and when you have an odd score (i.e. 3 serving 5), you serve on the left side of the court. Badminton is played with rally point so if you win a point then you are serving. The serve must go diagonally across the court and land behind the opponent’s service line. Forehand Serve Breakdown: The forehand serve is served underhand, using the VOS grip. Begin with feet pointing parallel with the net and with weight on the back leg. Hold bird by the cork with the non-racquet hand. Drop the bird and swing down with the racquet, transferring the weight to the front foot. Make contact with the bird and continue to swing racquet across the body and over the opposite shoulder. Try to generate power from the weight transfer and hip movement. We should be aiming for this serve to land long and deep in the opponent’s court. Target Practice:Focus on generating power in your serve. Line up in your groups of three, and once you have served go to the back of the line. Serve and Return:Service partners should focus on getting their serves long and deep. Return partners should focus on getting their return over the net and then quickly getting back to their base (the middle of the court) to be ready for the next serve.  |
| Game(20 minutes)Today, students will be playing full court singles games so they can practice serving and returning, and so they can follow the rules of serving. However, students will be playing games only to 11 points, so they can play different partners. |  | Singles Game Rules:The bird is tossed before the match to decide who gets to choose between serving, receiving or picking a side. Whoever it points to gets to choose. Games are usually played to 21, and a match consists of best two out of three games. In full matches, you switch sides after each match, and in the third game you also switch halfway through at 11 points. Whoever wins the match gets to serve first in the next match. You must win by two, but the score maxes out at 30. Use the skinny and long lines as boundaries. Play rally point, so there is a point given on each play.  |
| Conclusion (5 minutes)There will be a brief class discussion about what we did in class today. |  | What is the most important shot in badminton?* The serve

What is the second most important shot?* The serve return

As a class, we will explain the fundamental breakdown of the forehand serve (see breakdown above) |

Lesson Plan One: This lesson plan was created for a grade nine PE class as a beginner’s intro into the basics of singles serving. The warm-up activities are meant to get the class moving and warm, while incorporating the skills we will be going over in the lesson. The badminton relay and the reaction time activities are meant to be fun, and they incorporate things like footwork (side shuffle), making contact with the bird (hitting it up to yourself), serve return (the returner in reaction time), and a version of having to get back to your base (lying down after hitting the bird in reaction time). The drills for this lesson plan are meant to help students improve their serving techniques. Target practice does this but it also allows students to judge how much power they need to get their serves to go long and deep. Serve and return also focuses on helping students improve their serve returns. It allows students to continue practicing their serves, but students must also practice moving to return the serve and then getting back to their base. I chose to play standard singles games (but to 11 points), because I wanted students to have to follow the rules of serving (i.e. switching from side to side while serving). I chose to make it games to 11 so students could have a chance to play more than one opponent.

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| Lesson: 2 of 2Duration: 75 minutes | Grade: 9 | Topic: Forehand smash & block |
| Lesson Goals* To teach students to execute effective forehand smashes and also to teach students to block an opponent’s smash
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| Student Learning OutcomesThe students will be able to…* Accurately execute a forehand smash and a block
* Position themselves properly for a smash and a block
* Understand the effectiveness of both a smash and a block
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| Equipment Needed: a large gym with badminton court lines, badminton nets and poles, badminton racquets, birds |
| Description of Activities | Diagrams | Learning Cues |
| Introduction (5 minutes)Today we will be going over the forehand smash as well as the subsequent block of an opponent’s smash.  |  | The forehand smash is very effective during offensive play and the block is important during defensive play. The smash is the most powerful badminton shot and is often very difficult to return.  |
| Warm-up (15 minutes)Students will begin with two laps around the outside of the gym and then they will get into six groups of three, lining up along the baseline of the gym.1. Badminton Relay:* In groups of three, students (with racquets!) will run to the other side of the gym doing one of the relays described below, touch the wall, and then come back, tagging the next person in line to go.
* There will be six different relays: side shuffle, grapevine, skipping with arm circles, hitting the bird up to yourself while running, running while carrying the bird on your racquet, and sprinting.
* Each group member will go through each relay once, and once they will all sit down once they have finished.

2. Around the World:* Students will be split into two even groups and will line up on opposite sides at the back of one court.
* One player will start by serving to the opposite side and then running around to join the opposite side’s line. The player he/she served to will return the serve back over the net and run to join the opposite side’s line. The play will continue like this.
* The object is to keep the bird in the air.
* If a bird is dropped, the next player will just serve it back into play. Since it is a warm-up, everybody will stay in and the drill will continue for 5-10 minutes.
 |  | Badminton Relay: Spread out along the baseline and stay in your own line while running. Students must tag their next partner in line before that partner starts running. Around the World:Students must try to make this drill as continuous as possible. Jogging counter clockwise around the outside of the court after hitting to join the opposite line.  |
| Main Drills (30 minutes)1. Smash Technique (10):* Teacher will explain and demonstrate the smash technique

2. Block Technique (10):* Teacher will explain and demonstrate the block technique

3. Serve, Smash, Block (10):* Students will get into pairs on their own court with racquets and multiple birds.
* One partner will start the drill off with a high serve to their partner, who will then execute a smash shot back, and the serving partner will then attempt to block the serve.
* The drill continues on like this with the partners switching back and forth between serving/blocking and smashing.
* If students are feeling confident, they can continue the rally after the block, focusing on smashing and blocking.
 |  | Smash Technique:Using the VOS forehand grip, student should be turned sideways so they are facing parallel with the net. Weight should start on back foot as student reaches up with their racquet to “scratch their back” during their backswing. The non-racquet hand should be pointing to the bird. Weight transfer to front foot should begin as student starts to swing racquet forward and overhand. Contact should be made in front of the students’ body to create a downward angle on the shot. Student should swing at full speed and should follow through down across the opposite side of the body.Block Technique:Students should begin in ready position (athletic stance with racquet ready), using VOS grip. Racquet should be in front of the body and ready to receive a smash. You want to track the bird off the opponent’s racquet and move quickly to be in line with their shot. Students are focusing on deflecting the power of the smash, so the angle of their racquet will vary. You want your racquet to absorb the smash so there will be no backswing and very little follow through. The aim of the block is to just get it over the net. Serve, Smash, Block:Students should focus on being in the proper position to execute or receive a smash.  |
| Game (20 minutes)Smash Point:For this game, students will be playing a modified version of a singles game. * In singles format, students will play a game focusing on smashing and blocking.
* All regular rules apply except for rally point. The points will be awarded as follows.
* If a student gets a kill of a smash they get one point, and if a student gets a kill off a block they get two points. Players will not be awarded points for other successful shots or out of bounds shots.
* Games will be played to 11, and it is still win by two.
 |  | Smash Point:Students need to focus on getting into good positions to execute a forehand smash or to block a smash. They also need to focus on implementing good technique so they are able to win points off smashes and blocks. |
| Conclusion (5 minutes)There will be a brief class discussion about what we did in class today. |  | Why is the forehand smash useful?* It is the most powerful badminton shot and is difficult to return

As a class we will explain the forehand smash technique as well as the block technique. |

Lesson Plan Two: This lesson plan was created for grade nine as well but for later in the badminton unit when students are more confident in their skills. This lesson focuses on technique and offensive and defensive shots. The warm-up is meant to get students moving and to warm-up their upper body as well as their lower body with swinging motions (arm circles; hitting shots in around the world); there is also a focus on footwork (side shuffle; grapevine) and making contact with the bird (hitting the bird to yourself; around the world). I chose the serve, smash, block drill because it involves both skills gone over in this lesson plan. I chose to do a modified singles game so students would have to execute the smash and the block to win points. By doing this, the focus of the game is not solely on winning but on practicing the shots this lesson centered on. As with the first lesson plan, I made the games to 11 so students could play more than one opponent.

References

Thompson, S. (2013). Badminton drills & lead-up games. Retrieved from <http://www.livestrong.com/article/361956-badminton-drills-lead-up-games/>