

Age: 12-13 (Beginners) Unit: Badminton	Lesson focus: Serving, positioning and singles Equipment: Badminton racquets, birdies, nets	
Warm Up (5 minutes): - Birds in a nest	Rules: - Teams of 4. Players make a square and one player stands at each corner of the square with 2 birdies in their “nest.” In the center of the square is 2 extra birdies. When teacher yells “GO” players run and try to collect 3 birdies in their nest. Can only take one birdie at a time. Game goes until one player collects 3 birdies.	Explanations for drill: - Good warm up game because it gets heart rate going and muscles warm, as well as using the equipment necessary for badminton
Fundamental Skill/ Drills (25 minutes): - Serving Practice: Long serves and short serves (12 minutes). - Shadow Badminton (12 minutes)	- Get a partner and practice hitting the birdie long and short. Important that you hit the birdie diagonally over the net and that it lands in the serving grid. Must serve from behind the serving line. It must be one swift motion, can’t ‘fake-out’ your opponent - Get a partner and stand on opposite sides of the net. No birdies involved to start. Teach students the 6 corners of the court and have one player perform the proper technique of getting to each corner while the other partner shadows their movements. After a few minutes, introduce a birdie and have one partner toss the birdie to different corners on the court while the other partner uses the racquet and proper technique to hit the birdie back over the net.	- Serving is how the game gets started so it is important that players know how to serve the birdie correctly - Learning proper footwork technique is essential in badminton because it allows you to move efficiently around the court and get to a birdie quicker.
Modified/ Standard Games (25 minutes): - Get into singles games via ladder structure	- Court is skinny and long, and games are played to 21. Must win by 2 points with a cap of 30. Game is best of 3 sets. If game goes to third set, then players	- Good to let the kids play a game after doing drills so that they are motivated to get through the drills. It is also good to start with

	<p>switch sides after first player reaches 11 points.</p> <p>- In order to determine who plays who, have a post it note with each students name on it arranged in a single line like a ladder. You can only play someone who is directly beside you or 2 people away from your name. If you win you can move up but if you lose you either go down or stay where you are, depending who you challenged. A</p> <p>-A let happens when a birdie or player enters your court causing a distraction. This results in a reserve</p>	<p>singles games so that it gradually introduces the students to badminton and they can get comfortable with the court and different game tactics</p>
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