

<b>Age:</b> 12-13 (Novice) <b>Unit:</b> Badminton	<b>Lesson focus:</b> Shots, Doubles <b>Equipment:</b> Badminton racquets, birdies, nets	
<b>Warm Up (7-10 minutes):</b>  - Around the World	<b>Rules:</b>  - Students break up into 2 teams on either side of the net. Each player hits the birdie once over the net then runs around to the other side and joins the back of the opposite line. If a player makes an error they receive a strike. If you get 3 strikes you are out. Game keeps going until there is a winner.	<b>Explanation for drill:</b>  -This is an excellent warm up game for badminton because it involves playing with a racquet, birdie, and net. It also gets muscles warm for play.
<b>Fundamental Skill/ Drills:</b>  - Teach various types of shots in badminton (drop, smash, clear) (12 minutes)          - Wall Rally Drill (12 minutes)	- When doing a clear shot it is important to use your non-racquet hand to point up at the birdie and then hit the birdie at peak height above your head. This will send it long and high. -For the drop shot, you want to have the same technique as the clear shot, however, instead of hitting the bird hard, you hit it light, which drops it right over the net tricking your opponent. - For the smash shot you want to hit the birdie hard and out in front of you so that it goes straight down, with no arc.  - Have each student find an open spot along the wall. Have them hit the birdie against the wall so that they are rallying with themselves.	-Important to learn the various types of shots in badminton so that rally's can be more intense and you can trick your opponents and learn how to score points          - This is a good drill to practice the various wrist/arm movements involved in badminton. It also strengthens their arms and allows them to work on their footwork
<b>Modified/ Standard Games (25 minutes):</b>  - Get into doubles play	- Players get a partner and challenge another set of partners. In doubles play, the court is wide and long. Service line is the same	- Good to move into doubles play after practicing singles play first. Now students have

	<p>as in singles. Games are played to 21 and you must win by 2 points with a cap of 30. Important to know the proper positions for doubles play: side-by-side is used for defensive play and front and back is used for offensive play. Person at the back determines where front player needs to go because they can see the whole court. Play in a kings court style: winning team moves up a court and losing team moves down a court. Ultimate winner is determined from the winning pair in the kings court.</p>	<p>an understanding of how it feels to be alone on the court so it is good to practice with a partner.</p>
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