

Badminton week 3: Rally &
Returns

Lesson aim:

- To know what a return is.
- Understanding how we can hit the shuttlecock back over the net.

Equipment:

- Shuttles
- Badminton racquets
- Cones
- Poles
- Nets

Warm up: 10 minutes

Chain tag - One tagger who will try and tag other children. Once tagged you hold hands creating a chain. The more you tag the more that joins the chain. If more than three children are linked, then they must separate chains. Last person will win game.

Main activity: 45 minutes

First drill: Making the return

- Like last week out children into pairs and place them on a cone. They will hit the ball and their partner will return the shuttlecock by hitting it back.
- Get them to keep on practicing this.

Second drill: Returning over the net

- Now place them on a court with a net. Apply the same coaching points onto court practice.
- Return the shuttlecock over the net by hitting it back to them.

Third drill: Rallies

- Now perform a rally with your partner.
- Give them a target they need to reach.
- Each miss hit they must restart.

Fourth drill: Run and hit

- Pick two or three children to be the hitters. They will remain on one side of the court.
- Other children will be on the other side of the court lined up.
- The hitters will hit the shuttlecock over. First person at the front returns and runs to the back of line waiting for their next go.

Fifth drill: Match

- Children to have some match time with their partner.

Coaching points:

- Keep your eyes on the shuttlecock and swing from your shoulder to hit the shuttlecock back.
- You want to aim upwards but following through downwards, so it hits the target area you want.

- Vary the type swing you perform from a low swing to a high swing.
- Use your judgement and timing to decide what hit you wish to return.

Cool down: 5 minutes

Cut the cake - Circle game, coach in the middle.

Coach cuts between two people. They run around the circle and come back into their place. Will need to reach coach and give a low five. First one wins. Person who is last sits down.

Questions and debrief:

Ask questions - how do we return? What ways can we return?