

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Badminton	3/4	#4	Backhand striking

Equipment

- Badminton Rackets
- Cones for set up
- Shuttlecocks
- Spots

Learning Objective

- To perform a basic backhand shot.
- To adjust grip for a backhand action.

Success Criteria

- I can use the basic technique for the backhand stroke
- I understand how to control my shots when playing badminton
- I can improve my decision making by selecting the correct shot to play

Key words

- Backhand
- Technique
- Decision making

Preparation Ideas/Warm Up

Lily Pad Tag

Place spots around the playing area. Pick 2-3 taggers who will try to tag as many players as possible. If you are stood on a lily pad you are safe. To gain points, you need to move from 1 lily pad to another without being tagged. If you are tagged, your score returns to 0.

This game is about making good decisions. When should you move and when should you stay?

Progression:

>Remove any spare lily pads to make it more difficult to move from one to another

>Add in more taggers

Skill Development

Backhand practice

Split the class into pairs with each given 1 shuttlecock, 1 racket. Set up a middle line using cones or a bench. Each player in the group has a different job – the setter and the striker. The setter on one side, the striker on the other. The hoops will be set in different positions on the setter & retriever's side.

The setter will hold the shuttlecock by the feathers and use an underarm throw to throw the ball over the middle line to the striker. The striker's job is then to react and use a backhand drive to strike the

ball back over the middle line. Each player has 5 turns before swapping roles.

Progression:

>Create a box area on the setter's side using 4 cones to set out a half badminton court, which the striker must land the ball inside. This will make the player need to be a little more accurate with their strikes.

>Give the setter a racket and ask them to perform an underarm serve over the middle line, which the striker must react to and strike back over.

Game

Partner Rally

Create a box on both sides of the court and ask the partners to rally between them, using the forehand and backhand drive to keep the ball up as long as they can.

Progression:

>Make this a game between them. If the ball lands on your partner's side you get a point. If the ball lands outside the area, the opponent is awarded a point

Teaching points

- The backhand drive – Stand with bent knees, crouched down to react to the ball, with the racket slightly out to the side. We should have a loose grip, to allow us to flick the shuttlecock. When the shuttlecock travels towards us, twist the body and move towards the shuttle, lunging with the same foot that is holding the racket, ensuring the majority of our weight is on that foot. The racket should start behind our body, with the forearm bent towards 90 degrees. As we strike the shuttle, our forearm should straighten and contact with the shuttle should be made in front of our body. Again, as we straighten the arm, flick the wrist so the shuttle will travel back in the direction we want.
- When they have struck their shot, we want them to quickly return to the centre and get back into a defensive stance. This will allow the children to react to the next shot they will face
- We should use a tighter grip with the backhand than we do with a forehand. Again, how much force and speed we extend the arm straight and flick the wrist will determine the power in our strike. We don't want to see the shoulder rotating as we strike as this will send the ball across court in a direction we don't want.
- Can the children control their shot and use good aim and power to send the ball back over the middle line, without it landing outside of the court. Pointing the racket face in the direction we want the shuttle to travel, not flicking the wrist too fast will control the aim and power of the strike.

Key Questions

- Can anyone demonstrate the backhand drive?
- How can we control our shot over the court?
- What decisions did we need to make in today's session?
- What will determine whether we use a forehand or backhand drive?

National curriculum links:

- Use running, throwing and striking in isolation and combination
- Develop control and technique through playing badminton

Social and environmental skills:

- Developing team work and collaboration skills
- Developing confidence in trying new skills
- Improving their decision making skills
- Showing resilience in trying to improve their technique