

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Badminton	5/6	#3	The smash shot

### Equipment

- Rackets
- Shuttlecocks
- Cones
- Hoops
- Spots
- Nets if available or benches

### Learning Objective

- To perform a smash shot to attack and win a point.

### Success Criteria

- I can use an overhead action to hit the shuttle downwards.
- I can aim the smash into space on the opponent's court.
- I can recognise when to use a smash during a rally.

### Key words

- Smash
- Control
- Technique

### Preparation Ideas/Warm Up

#### Serve Distance

Split the class into teams of 3-4 per team. Set out 3 hoops at different distances from one another. We want one close, one long and one in between. Within each group, the players have 3 attempts to strike the shuttlecocks into each hoop. When you have stuck the shuttlecock, retrieve it and either attempt the same hoop if you missed, or move onto the next if you have landed it inside. They have to be completed in order and you get 1 point per hoop you land the shuttlecock in.

#### Progression:

Turn this into a race between groups. Each player has to land the shuttlecock into each hoop. Once they have struck into the 1<sup>st</sup> hoop, they attempt into the 2<sup>nd</sup> and so on. If they miss, they cannot move on. Ensure each team member has had a turn and the 1<sup>st</sup> team to have all players complete are the winners.

### Skill Development

#### Forehand Smash 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. We want to ensure that the throw is high so the striker can perform the skill with good technique. The striker's job is then to react and use a forehand smash 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 smash technique - When the ball arrives high over the net, step into line with the shuttle, with one foot in front of the other (front foot should be the opposite to the hand holding the racket). Extend your spare hand up, pointing towards the shuttle, with the racket hand extended out above the shoulder. We want to make contact at the highest point, extending the arm up and out, using a 'whip' action, to strike the shuttle down and over the net to the other side.
- The smash shot is an attacking shot designed to try to win the point. We want to strike the shuttle down, making sure it clears the middle line/net. If executed well, it should make it difficult for the opponent to return the shot, and if they do return, it will most likely be a high return, allowing for another smash shot.
- 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 rotating the arm too fast, will control the aim and power of the strike.

### Key Questions

- Can anyone demonstrate the smash shot?
- When would we use the smash shot in a game of badminton?
- When striking using the smash shot, where should we be aiming? And why?

### National curriculum links:

- Use running, striking, throwing 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
- Showing resilience in trying to improve their technique