

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Badminton	5/6	#4	Drop shot & net play

Equipment

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

Learning Objective

- To use drop shots and net play to move opponents and create scoring opportunities

Success Criteria

- I can perform a soft drop shot that lands close to the net.
- I can control the shuttle during short net exchanges.
- I can use drop shots to move my opponent around the court.

Key words

- Consistency
- 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

The drop shot

Class to be split into groups of 4. Within the group, have a badminton racket, a shuttlecock, a bench or net and some cones.

Have the players line up on one side of the court, one behind the other. Place the bench/net in the middle and have a line of cones 1m from the bench/net on the opposite side.

Standing in the middle of their side of the court, the children will take it in turns to play a drop shot, which lands over the net, but within the coned area. If it lands in the area, they receive a point.

Allow each player 5 turns and see which player has the highest number of points

Progression:

>The children will position themselves further away from the middle of the court and look to place the drop shot in the coned area

>Introduce a player on the opposite side who will serve the ball over the net, with the player looking to return the ball over the net using a drop shot

Partner net play

Keep the same groups. Split the group with 2 players on one side, and the other 2 players on the opposite side. Taking it in turns, the teams will look to play around the net.

Have 1 team in the middle of their court, with the other team close to the net. The player in the middle of the court will be playing a forehand and backhand drive, with the player at the net simply looking to keep returning the ball to their partner on the opposite side by playing drives, drop shots, overhead shots and smashes. How long can they keep up the rally? Make sure to swap both partners after each rally finishes, with the teams swapping roles after each player has had 5 turns at the net.

Game

2v2 Badminton

Set up a badminton court for the teams to play 2v2 badminton in their area. Play up to 9 points per set with the serve alternating teams every 2 serves (each player serves once)

Teaching points

- The drop shot – is a soft, underarm shot, designed to fall to the playing area just after clearing the net. It requires the player to strike with great precision, making sure they have enough power and height to clear the net, without the opponent being able to return the shuttle.
- Net play – This is where the player will stand close to the net to return the ball. It requires great reaction times and good shot selection. Players have to be wary however, that their opponent does not play a ball to the back of the court, as when playing at the net, you leave a lot of space behind you.
- When playing 2v2 badminton, we want the children to make good decisions in their shot selection. Can they exploit the space left by the opposition or take advantage of the shot selection of the opposition. Is the ball high enough to play a smash? Are the opponents near to the back of the court to play a drop shot? Should we look to play near to the net? These are the decisions they must make with their partner
- When playing with a partner, we want to hear clear communication between the team, making sure they have their own area to protect. We don't want to see players bumping into one another or leaving the ball thinking their partner would get it.

Key Questions

- What is a drop shot?
- When would we play a drop shot in the game?
- When playing at the net, what skills do we need to ensure we are successful?
- What decisions did we need to make during the 2v2 games?

National curriculum links:

- Use running, striking, throwing in isolation and combination
- Develop control and technique through playing badminton
- Play competitive games against others, applying basic principles for both attacking and defending

Social and environmental skills:

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