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Based on the Play Practice book by Alan Launder, Human Kinetics
20 tasks and progressions to teach beginning- Badminton

Badminton-Secondary

Serving 1 vs. 1

Task 1

- Progression 1: Serving with a partner

Shaping: Each player is allowed to serve the shuttle to anywhere on the opposite court after it goes over the net. This gives the player an idea of the dimensions of a court, and helps them understand where they should place the shuttle on their opponent's court.

Task 2

- Progression 2: Serving with a partner into diagonal and opposite service box.

Shaping: The player must use correct critical elements to place shuttle into correct service box in order to win a point. The player who hits the most successful serves in 7 tries wins.

Task 3

- Progression 4: Making a deep serve

Enhancing: A poly spot will be placed in the deep part of the service box to take advantage of opponents standing to close to the net on a serve. If a player hits the poly spot they receive a point. This also allows the offensive players more time to react on a return hit.

Task 4

- Progression 5: Making a short serve

Enhancing: A poly spot will be placed into the service box area that is closest to the net. If a player hits the poly spot, then they receive a point. The purpose of a short serve is to force an opponent to half more trajectory on their return hit so that it makes it easier for the offensive player to return it back, or emphasizes that the defensive player must position their racket under the shuttle before it hits the ground.

Task 5

- Progression 3: Serving and aiming for a target

Focusing: Players will have hula hoops placed in service boxes. If a player serves a shuttle into the hula hoop then they win a point. Best out of 10 wins. The focus here is to hit a target so that a player's hitting accuracy will increase.

Forehand Drive 1 vs. 1

Task 6

- Progression 1: Rally with partner

Shaping: Each partner will rally until the shuttle hits the ground. The first person to let the shuttle hit the ground or have an unsuccessful hit will lose a point. Players will need to hit diagonally to win a point.

Backhand Drive 1 vs. 1

Task 7

- Progression 1: Rally with partner

Shaping: See how many backhand drives can be made consecutively. The emphasis is on reacting to a backhand drive from an opponent and proving to the opponent that the backhand drive isn't weakness.

Task 8

- Progression 2: Return with drive to opponent's backhand side

Focusing: This will help players to understand that they want to take advantage of another opponents' weakness by hitting to their backhand side which makes it harder to return the shuttle. A player will receive a point if they return to the player's non-dominant side, and will receive no points if they allow the defensive player to return the shuttle with a forehand drive.

Task 9

- Progression 2: Return with drive to area on court where opposite player is not located

Focusing: Forcing your opponent to move is an important strategy because you want to fatigue them so their shots become less accurate therefore if you use a backhand drive and aim to a place on the court where the opponent is forced to move, you win a point. Use a combination of both forehand and backhand drives. If the opponent is stationary when returning the hit, then you lose a point.

Task 10

- Progression 2: Return with drive to opponent's backhand side

Enhancing: This will help players to understand that they want to take advantage of another opponents' weakness by hitting to their backhand side which makes it harder to return the shuttle. A player will receive a point if they return to the player's non-dominant side, and will receive no points if they allow the defensive player to return the shuttle with a forehand drive in a three minute time span.

Task 11

- Progression 3: Return a hit with flat trajectory

Focusing: The hardest part about returning with a backhand drive is to ensure that your racket is more closed than open. When your racket is open the trajectory of the shuttle is higher, and gives the opponent more time to react. With a partner, you will imagine that there is a line that is 3 feet above the net, and the shuttle cannot go above that line. If you return a hit that has high trajectory and doesn't stay below the imaginary line then you will not receive a point, especially in a game because the opponent may return with an overhead smash.

Overhead Smash Shot 1 vs. 1

Task 12

- Progression 1: Return hit anywhere onto opposite court with overhand smash

Shaping: The object is to make a hit un-returnable therefore as a player you will use an overhand smash to win a point. The only way to do so is if your opponent cannot return the hit. The first player to 5 points wins.

Task 13

- Progression 2: Stand further back on your court

Shaping: Since an important thing to consider when using an overhead smash to win a point is the distance you are away from the net; a player will stand further back in their court to use a trajectory that is less angled and straight towards the opponent. In order to win a point, a player must be at least 6 feet from the net and use an overhead smash to hit straight towards the opponent with plenty of velocity.

Underhand Clear Shot 1 vs. 1

Task 14

- Progression 1: Return with forehand underhand clear

Shaping: When an opponent returns with a drop shot or a shot that a player couldn't react to fast enough, then the player must get under the shuttle and clear the shot so that it returns over the net. Therefore a player and their opponent will practice towards a shuttle that is about to hit the ground and successfully use an underhand forehand clear to return it back. If a player fails to clear the shuttle before it hits the ground, then the opponent will get a point. The first up to 5 wins.

Task 15

- Progression 2: Return with backhand underhand clear

Shaping: When an opponent returns with a drop shot or a shot that a player couldn't react to fast enough, then the player must get under the shuttle and clear the shot so that it returns over the net. Therefore a player and their opponent will practice towards a shuttle that is about to hit the ground and successfully use an underhand backhand clear to return it back. If a player fails to clear the shuttle before it hits the ground, then the opponent will get a point. The first up to 3 wins since backhand is more difficult.

Task 16

- Progression 3: Rally with a partner using both underhand clears

Enhancing: The player that uses the most successful underhand clears in a 5 minute game wins. Therefore a player may need to prepare themselves to move into a position that makes it easier to hit successful clears.

Drop Shot 1 vs.1

Task 17

- Progression 1: Make drop pass anywhere on opponent's court

Focusing: Focus on hitting a successful drop shot into an opponent's court. A player must focus on the strategy of making the opponent move, or not allowing the opponent to return the shot if they are too far back.

Task 17

- Progression 2: Aim to hit hula hoop placed on opponent's court

Shaping: A hula hoop will be placed on the opponent's side and near the net; therefore a player must use a drop shot and place it into the hula hoop to win a point.

Task 18

- Progression 3: Aim to hit a smaller target

Enhancing: It is important to have control when using the drop shot to win a point therefore, a poly spot will be placed into the hula hoop and a player will win 2 points for hitting the poly spot and 1 point for hitting into the hula hoop. The player who has the most points after 3 minutes wins.

Footwork 2 vs. 1

Task 19

- Progression 1: Move to return successful hit using correct footwork

Shaping: A player will rally with two people while they are by themselves. The individual player will have to use the correct footwork to place themselves behind or beside the shuttle in order to hit a successful hit. The two opponents will force the single player to move, and if the single player lets the shuttle hit the ground, then the two others will receive a point. If the single player returns a hit that the two others can't return then he or she will receive 2 points.

Task 20

- Progression 2: Play a modified game.

Enhancing: Instead of the serving team only receiving points, the opposite player will receive a point if they return the serve with a successful hit. The game will continue until the serving team or opponent makes three mistakes such as double faulting on a serve or not returning the shuttle over the net.