7b/q3 Badminton - the Underarm serve

Resources:
½ court per pair
Racket per person
Shuttle per pair
Hoops/disc cones

WALT: To learn the technique for the short and long underarm serve and apply them into a game situation

WILFS:
Low serve
1. Pupils start with feet side on to net
2. As racket comes into contact with shuttle pupils hips twist forward
3. Pupils transfer weight from back to front foot
4. Wrist remains in cocked position
5. Pupils make contact in front of body
6. Shuttle is hit below waist height (Rule)
7. Feet stay in contact with the floor (rule)
8. Shuttle flight is low and lands just inside service line

Warm up:
Shadow play into and out of the net using 'L' shape movements (learnt in previous session) go over shots already practiced including forehead clear, drop shot, net kill and lastly high forehand serve. Followed by stretches 8-10 secs duration - pupil led stretches

Activity 1: Demo focus on t.p's 1-4 plus where we want it to go (near court service line) complete 10 each do alternatively.

Activity 2: if you can get your serves to land between service line and cone you get 1 point - competition between partners, focus on t.p. 8

Activity 3: Rally game, start with low serve, partner starts at back of service area, if you get a winner from the short serve you get 5 points, any other shot 1 point.

Activity 4: Top up tournament, 5 points for short serve winner, 3 points for high serve winner, any other point is 1 point! Score only on your serve. Focus on point 9 - can pupils use the low serve as part of their tactics for the game.

Plenary: can pupils describe how they used the low serve in the gamesituation and why? What did it create? Can pupils describe how the wrist action is different from the high serve (previous lesson) and describe shuttle flight and placement?