Badminton - The High Serve

WHY - students to understand why they might select to use this shot, they are able to work out how they could use it to set up attacking shots

WHEN - Students can recognise and select when to use the high serve in order to gain an advantage and to force opponent to lift the return

HOW -
- stand side on
- use whipping action
- transfer weight from back to front
- Angle racket to achieve high looping flight
- Follow through in intended direction
- After shot students move to centre of smashing zone to attempt attacking shot
- Students can dictate a passage of play after using the high serve

Warm up:
Rescinding rally game 10 shot rally together then play out point, then 9, then 8 and so forth

Activity 1:
King of the court 2min games, winners up and losers down. Note type of serves being used for comparison with end activity

Activity 2:
Demonstration and discussion about why we would use the long serve

Activity 3
High serve scoring game - partner stands on front of service box, serve over them for 1 point, stand them in middle for double points. Use teaching card with teaching points on to check partner's technique

Activity 4:
Same as above but play out point if partner is able to return it. Note if they do return it they will hit it up which means you can attack and hit it downwards.

Conditioned game:
5 points for winning rally when it is your serve, 1 point if you win when returning. Change serve after each point. Can you make your partner defend by forcing them to hit it upwards?

King of the court:
Up down tournament. Use this for comparison with serves selected from the start of the lesson.

Plenary
Students to explain why they would use a high serve (To force an opponent to hit it upwards)
When they would use it (when opponent is high up the service box)
How they would execute it