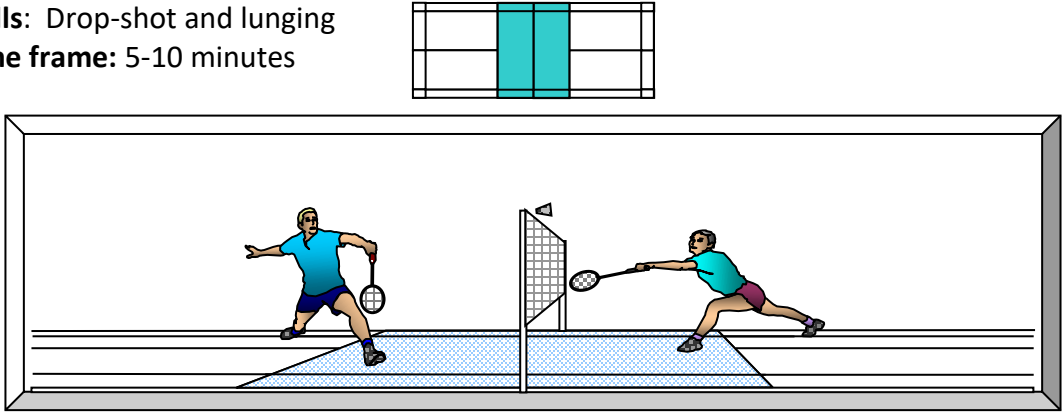
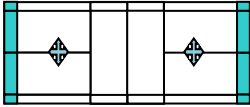
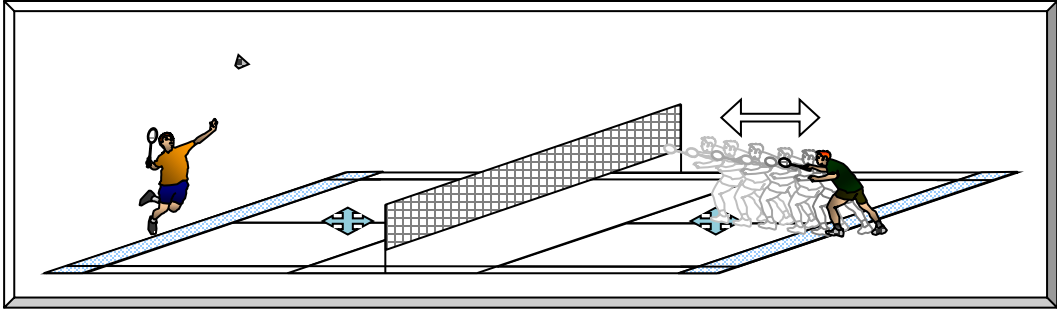


Badminton Drills

	Drill	Equipment	Teaching cues/ Teaching focus
Authentic Environment	<p>1 Drill: Crocodile (<i>Shaded area indicates the playing zone for the activity</i>) Skills: Drop-shot and lunging Time frame: 5-10 minutes</p>  <p>This activity develops the students' drop-shot and lunging abilities. It is a competition challenge and targets the drop-shot; rewarding attacking and defensive skills. This is an 'authentic' drill that replicates recovering an active stance 'back' from the net after a drop-shot. It is called 'Crocodile' because students need to have quick feet to get clear of the drop-zone (river) for the next shot or they get caught (by the crocodile).</p> <p>How to play Students need to keep the shuttle 'alive' by performing consecutive drop-shots. Only one leg is allowed to be in the 'Drop-zone' during play. Both players need to have both feet outside of the 'Drop-zone' before play commences, and after each drop-shot. Play is commenced with a serve anywhere into the 'Drop zone'</p> <p>Points are scored as a pair and as an individual (first to 11)</p> <p>Pair scoring Points are awarded to a pair for:</p> <ul style="list-style-type: none"> • The total amount of consecutive, high quality drop shots (drop shots that do not float too high above the net – anything over six inches is too high) <p>Individual scoring Points are awarded to a player if they:</p> <ul style="list-style-type: none"> • Play an unreturnable drop shot • Flick a poor drop-shot from their opponent into the drop-zone (a flick is a fast backhand or forehand wrist-smash) • Their opponents places both feet in the drop-zone • Their opponent does not remove their lunging leg from the drop-zone before their next shot <p>Increased complexity This game is much harder one-on-one using a full court (double line optional)</p>	<p>Badminton court or similar space</p> <p>Up to four players on one court. Two per side; half court. One per side; full court.</p> <p>Racquets Shuttles</p> <p>Marking criteria or other to record and assess students' current and progressive ability.</p>	<p>Return the racquet head to a neutral position in front of the body. This allows you to change from backhand to forehand quickly</p> <p>Learn to identify which leg best suits entering the 'Drop-zone' for specific shots</p> <p>During one-on-one challenges, drop-shots across the net diagonally away from your opponent force them to move greater distances, increasing your chances of winning a point</p> <p>Keep the knees bent and use fast, light footwork</p>

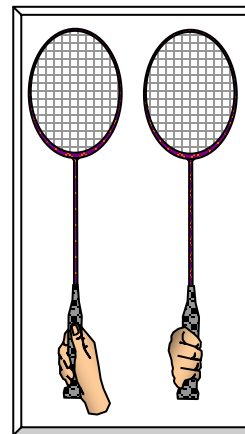
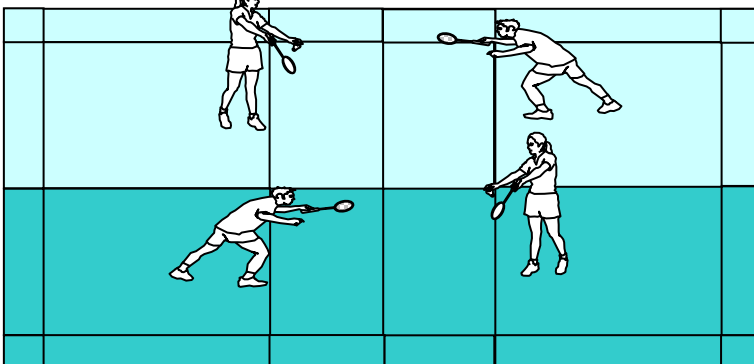
2	Drill	Equipment	Teaching cues/ Teaching focus
	<p>Drill: Clearing the Court (<i>Shaded area indicates the playing zone for the activity</i>)</p> <p>Skills: Clearing shots; deception, strength, timing, co-ordination and movement</p> <p>Time frame: 5-10 minutes</p>  		
	<p>This activity develops students' ability to target the back of the court during play, as well as moving to an optimal court position (↔ 'centre mark'). It is a competition challenge and targets clearing shots and fast footwork; rewarding attacking and strategic skills. This is an 'authentic' drill that replicates a very important skill in badminton of clearing the shuttle to the back court during a rally and court positioning.</p> <p>How to play Students serve from the mark. Points are only awarded if the shuttle lands within the drop-zone. Once any shot has been made, students must touch the centre mark before striking the shuttle again.</p> <p>Points are scored as an individual (first to 11)</p> <p>Individual scoring Points are awarded to a player if they;</p> <ul style="list-style-type: none"> • Play an unreturnable clearing shot that lands into the 'Drop-zone' • If a rally is won without landing in the drop-zone, service is won, but no points awarded. <p>Increased complexity A variation of this drill could allow students to 'flick' into the drop-zone, weak shots from anywhere on the court. Scoring points still must land in the drop-zone. This would enhance reaction time targeting soft play.</p>	<p>Badminton court or similar space</p> <p>Two players on one court. Can be modified with four players; two per side.</p> <p>Racquets Shuttles</p> <p>Marking criteria or other to record and assess students' current and progressive ability.</p> <p>Marking tape to highlight centre mark.</p>	<p>Return racquet head to a neutral position for quick change of arm position</p> <p>Try to avoid playing a backhand clearing shot unless strength and technique are very good</p> <p>Practise 'around the head' clearing shots – where the shuttle is hit by an overhead forehand that travels over the opposite shoulder.</p> <p>Practise clearing shots from below net height to hide your shot selection</p> <p>Intercept the shuttle before it passes behind your body</p>

3

Drill: Backhand drilling/flicking (*Shaded area indicates the playing zone for the activity*)

Skills: Backhand, reaction time, flicks

Time frame: 5-10 minutes



Backhand grip

This activity develops students' reaction time, backhand variation and flicking skills (fast, low trajectory shots, flicked from the wrist, which in this game are aimed at their opponents). It is a competition challenge and targets backhand shot choices; rewarding attacking and defensive skills. This is an 'authentic' drill that replicates a very important skill in badminton of fast reaction time with the backhand technique close to the net.

How to play

Students can only use a backhand grip and backhand returns. The aim of this drill is to hit your opponent in the chest with the shuttle using only backhand drives (no overhead smashes). The shuttle cannot go more than one metre from your opponent's body in any direction. Ideally the feet do not move. A backhand grip and backhand technique must be used at all times, irrespective of where the shuttle is going.

Points are scored as an individual (first to 11)

Individual scoring

Points are awarded to a player if;

- You play an unreturnable shot that hits your opponent, or passes through their defence
- Their opponents do not manage to hit the shuttle back over the net
- Their opponent plays with a forehand grip
- The shuttle travels too far away from your standing position (1 metre)

Badminton court or similar space

Up to four players on one court. Two per side; half court.

Racquets
Shuttles

Marking criteria or other to record and assess students' current and progressive ability.

Return racquet head to a neutral backhand position for quick change of arm position

Practice keeping the face of the racquet facing your opponent, with the racquet more upright (vertical) to the floor

Your racquet should work through an arc in front of your body from one side to the other

Try to aim close to your opponents body; this will reduce power and minimise lever control in taller players

Fast forward flicks of the wrist will help you to intercept the flight-path of the shuttle

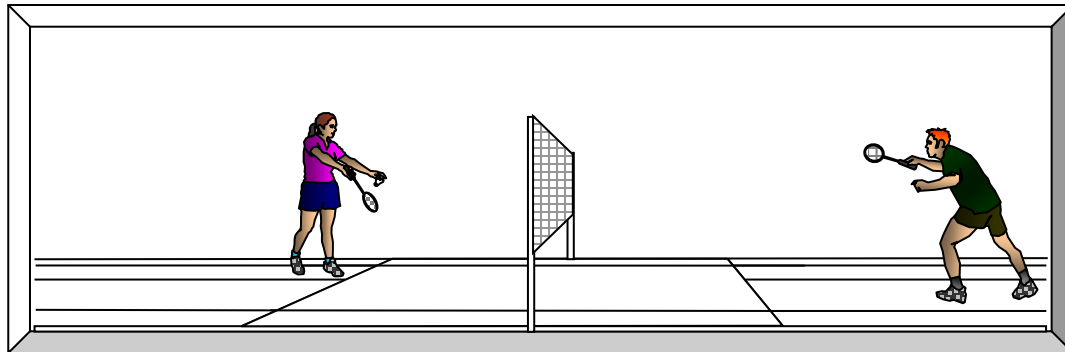
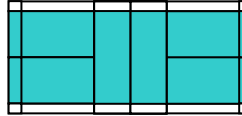
Low, fast shots with a minimal parabolic flight-path will give your opponents less time to get the racquet to the shuttle

4

Drill: Master service (*Shaded area indicates the playing zone for the activity*)

Skills: Service, deception, variation, flicks

Time frame: 5-10 minutes



This drill develops students' service game. It is a competition challenge and targets serving; rewarding attacking and strategic skills.

This is an 'authentic' drill that replicates a very important skill in badminton of using the serve as a 'point set-up' play, rather than a defensive shot.

How to play

Students can only win points from their serve. If their opponent returns the serve over the net into play; they get to serve for a point.

The serve is often a student's weakest part of play, when really it should be one of their strongest.

This drill places great pressure on the student as they only have one chance to get it right. Most students will use clearing serves to begin with until they feel confident to try low, angular serves into the front corners, fast, body jamming flicks into their opponent's body or away from their preparation stance.

Individual scoring

(first to 11)

Points are awarded for an unreturnable serve that;

- lands within the single's play zone
- is not returned into the server's single's play zone

Increased complexity

This game can also be played using the doubles court which uses a shorter service line and enforces more consideration on service choice and demonstration.

Badminton court or similar space

Two players on one court.

Racquets
Shuttles

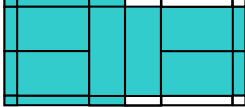
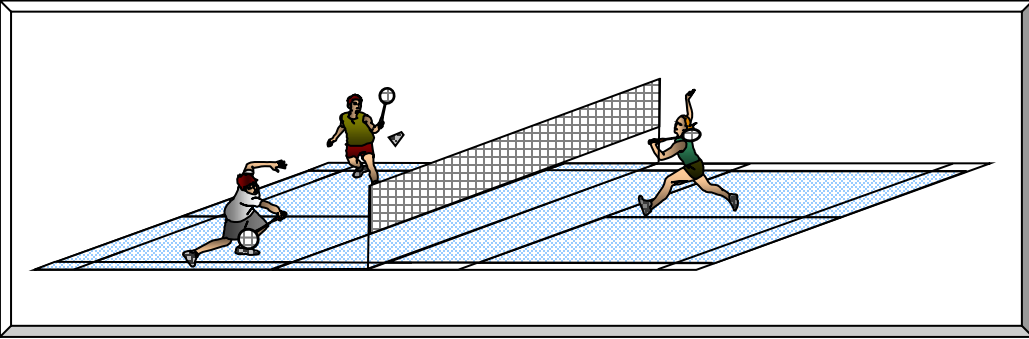
Marking criteria or other to record and assess students' current and progressive ability.

Keep your preparation low to try to hid your service from your opponent.

Stand close to the junction of the centre and service line. This will minimise your opponent's reaction time.

When you prepare for your serve, hold your swing and see if you can fool your opponent into a wrong guess.

Remember, you only have one shot.

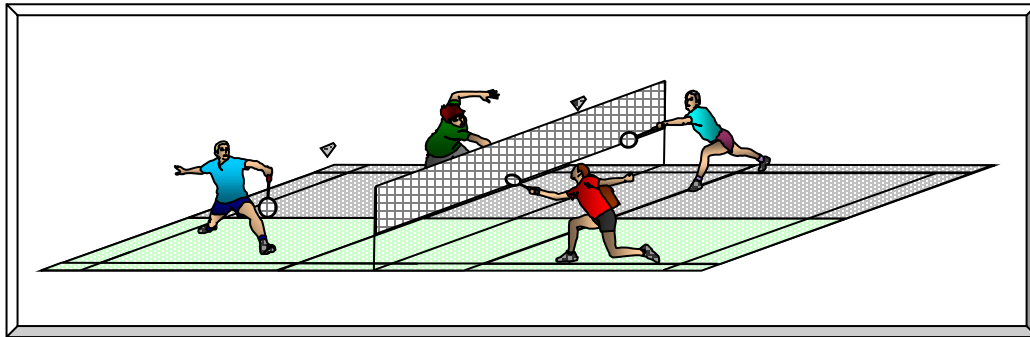
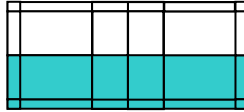
Open environment	<p>5 Drill: Cut-throat (<i>Shaded area indicates the playing zone for the activity</i>) Skill: Game-play, deception, awareness, speed, arousal control and stamina Time frame: 5-10 minutes</p>  		
	<p>This activity develops student's ability to adapt their skills, undermine spatial positioning of opponents improving stamina, shot selection and tactics. It is a competition challenge and targets poor shot choices; rewarding attacking, defensive and strategic skills. This is an 'authentic' drill that creates a highly competitive environment for students to compete in, due to having two opponents to play against; lessening court space, shot options and reaction time.</p> <p>How to play This game is one player against two. The rules of this game are that only the single player serves, and only the server can win points. The single player is challenging two players, so the single player can hit the shuttle into the full court; (double's rules). The two doubles players can only hit the shuttle into the single player's court (single's rules). Once the single player has lost a point, the players rotate in an anti-clockwise direction, with the doubles player on the right hand side rotating to the singles court, and the other players moving into the next playing space. This activity enforces the rules of singles and doubles in a competitive environment. Students will find it difficult to beat two players as it is harder to find free space on the court. Conversely, students playing doubles against a singles player will often forget to call for their shots and talk to each other during play.</p> <p>Individual scoring (First server to win 7 points) Standard rules apply, modified that the singles player can play the doubles court, whereas the doubles players can only play the singles court.</p>	<p>Badminton court or similar space</p> <p>Three players on one court.</p> <p>Racquets Shuttles</p> <p>Marking criteria or other to record and assess students' current and progressive ability.</p>	<p>Keep returning the racquet head to a neutral position in front of the body. This allows you to change from backhand to forehand quickly</p> <p>Target placement of the shuttle between the doubles players to confuse them and force them to call shots</p> <p>Low, fast shots with a minimal parabolic flight-path will give your opponents less time to get the racquet to the shuttle</p> <p>Make your opponent move by hitting into open space.</p>

6

Drill: Half-court singles (*Shaded area indicates the playing zone for the activity*)

Skills: Game-play, deception, awareness, speed, arousal control and stamina

Time frame: 5-10 minutes



This activity develops students' aerobic fitness, reaction time, technique and determining their opponents' weaknesses. It is a competition challenge and targets game-play; rewarding attacking, defensive and strategic skills. This is an 'authentic' drill that creates a highly competitive environment for students to compete in due to a smaller playing space.

How to play

This game is very fast and quite demanding physically due to the extended length of time a point may last. Students play a game of first to fifteen points (15), using a full half of the court. Any shot that lands outside of the playing area is out. Once both teams have finished their games, rotate players. Winners can then challenge each other for harder challenges

Individual scoring

(First player to win 15 points)

- Standard singles rules apply
- Any part of the line is in

Badminton court or similar space

Four players on one court.

Racquets
Shuttles

Marking criteria or other to record and assess students' current and progressive ability.

Keep returning the racquet head to a neutral position in front of the body. This allows you to change from backhand to forehand quickly

Low, fast shots with a minimal parabolic flight-path will give your opponents less time to get the racquet to the shuttle

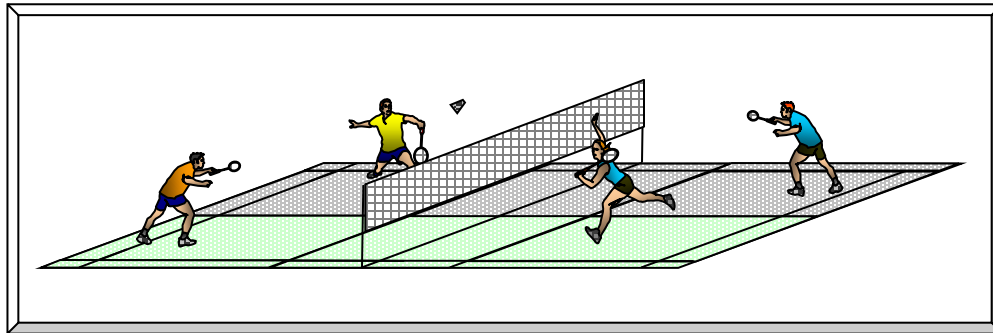
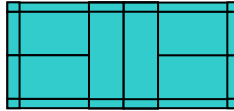
Make your opponent move by hitting into open space.

7

Drill: Half-court doubles (*Shaded area indicates the playing zone for the activity*)

Skills: Game-play, deception, awareness, speed, arousal control and stamina

Time frame: 5-10 minutes



This activity develops students' aerobic fitness, reaction time, technique, determining and strengthening personal weaknesses and court coverage.

It is a competition challenge and targets non-dominant shot choices; rewarding attacking, defensive and strategic skills.

This is an 'authentic' drill that creates a highly competitive environment for students to compete in due to the need to control an entire half of the court as well as supporting a teammate.

How to play

This game is played using conventional scoring and normal doubles rotation for points won (i.e. the server will change sides to serve to their opponents if the previous service was won).

The rule for this game is that players cannot move into their partner's side of the court during play; they are responsible for their side of the court only. Students will normally get to play both sides of the court during a game.

Students should begin to learn how to identify the space left open by their shot choice, and start to improve their decision skills as they see opportunities develop

Individual scoring

(First team to win 15 points)

- Standard rules apply

A team will lose the point if they:

- Play a shot from their partner's side of the court

Badminton court or similar space

Four players on one court.

Racquets
Shuttles

Marking criteria or other to record and assess students' current and progressive ability.

Keep returning the racquet head to a neutral position in front of the body. This allows you to change from backhand to forehand quickly

Low, fast shots with a minimal parabolic flight-path will give your opponents less time to get the racquet to the shuttle

Make your opponent move by hitting into open space.

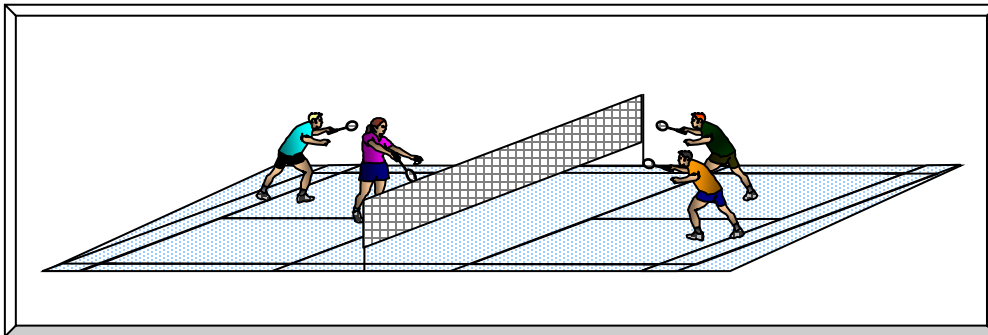
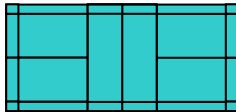
Consider where your opponent has left open court, and what shot best assists your partner.

8

Drill: Single touch doubles (*Shaded area indicates the playing zone for the activity*)

Skills: Game-play, deception, awareness, speed, arousal control and stamina

Time frame: 5-10 minutes



This activity develops students' aerobic fitness, reaction time, technique, determining and strengthening personal weaknesses and court coverage. It is a competition challenge and targets non-dominant shot choices; rewarding attacking, defensive and strategic skills. This is an 'authentic' drill that creates a highly competitive environment for students to compete in due to the need to control an entire court during your shot election, as well as supporting your teammate.

How to play

This game is very similar to table-tennis doubles. The players must alternate the play of the shot during a rally.

This is a very hard game and points finish quickly if players do not consider where to place the shuttle, giving their partners a chance to defend and attack the play. Strong players will be able to use clearing shots and quick footwork to assist their teammates. Students should begin to develop an understanding of better shot placement and targeting exposed space left open by their opponents.

Calling and talking to each other are paramount in this drill, and students who have good accuracy will find this game a lot of fun.

Individual scoring

(First team to win 21 points)

- Standard rules apply
- Any part of the line is in

Badminton court or similar space

Four players on one court.

Racquets
Shuttles

Marking criteria or other to record and assess students' current and progressive ability.

Keep returning the racquet head to a neutral position in front of the body. This allows you to change from backhand to forehand quickly

Low, fast shots with a minimal parabolic flight-path will give your opponents less time to get the racquet to the shuttle

Make your opponent move by hitting into open space.

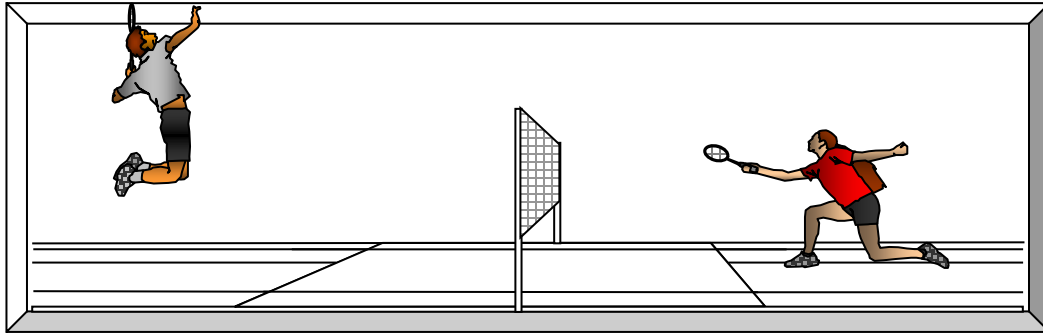
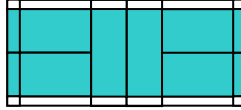
Consider where your opponent has left open court, and what shot best assists your partner.

9

Drill: Singles (King of the court) (*Shaded area indicates the playing zone for the activity*)

Skills: Game-play, deception, awareness, speed, arousal control and stamina

Time frame: 5-10 minutes



This activity develops students' aerobic fitness, reaction time, technique, determining and strengthening personal weaknesses and court coverage.

It is a competition challenge and targets game-play; rewarding attacking, defensive and strategic skills. This is an 'authentic' drill that creates a highly competitive environment for students to compete in replicating competitive game-play.

How to play

This is competitive singles with the winner staying on until they are beaten by someone else. Students who have been undefeated on other courts for a long time frame may need to challenge other 'Kings' for a greater challenge.

This is a very tiring game for the person who continues to win, and fatigue will eventually wear them down. This activity creates challenges for all students; from number of consecutive wins, to trying to beat the 'King'.

Stamina, endurance and all skills associated with competitive game play are used in this drill.

Individual scoring

(First player to win eleven (11) points)

- Standard rules apply
- Any part of the line is in

Badminton court or similar space

Two players on one court.

Racquets
Shuttles

Marking criteria or other to record and assess students' current and progressive ability.

Keep returning the racquet head to a neutral position in front of the body. This allows you to change from backhand to forehand quickly

Low, fast shots with a minimal parabolic flight-path will give your opponents less time to get the racquet to the shuttle

Make your opponent move by hitting into open space.

Consider where your opponent has left open court, and what shot best assists your partner.

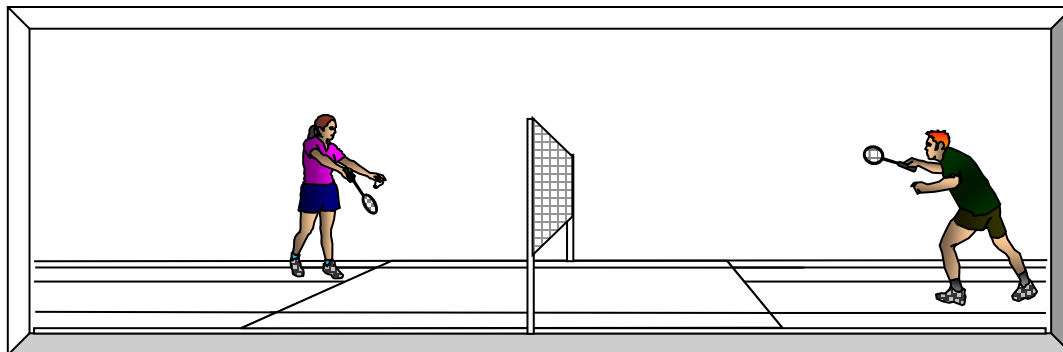
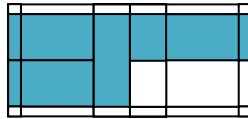
Focus on short points with 'killing' shots to save energy

10

Drill: Cut back singles (*Shaded area indicates the playing zone for the activity*)

Skills: Game-play, deception, awareness, speed, arousal control and stamina

Time frame: 5-10 minutes



This drill provides an opportunity for students of different ability levels to play against each other in an 'authentic' environment. It is a competition challenge and targets singles game-play; rewarding attacking and strategic skills, with reduced playing space for one player.

How to play

Students play conventional singles rules, however players can only hit into the shaded area. This means that one player has the entire singles court to play into, whereas the other player can hit into a half court zone.

Individual scoring

(first to 15)

Conventional singles rules apply

- Points are also awarded if the shuttle is not returned into their opponent's play zone

Increased complexity

This game can also be played targeting any predetermined space on the court.

Badminton court or similar space

Two players on one court.

Racquets
Shuttles

Marking criteria or other to record and assess students' current and progressive ability.

Keep returning the racquet head to a neutral position in front of the body. This allows you to change from backhand to forehand quickly

Low, fast shots with a minimal parabolic flight-path will give your opponents less time to get the racquet to the shuttle

Make your opponent move by hitting into open space.

Consider where your opponent has left open court, and what shot best assists your partner.

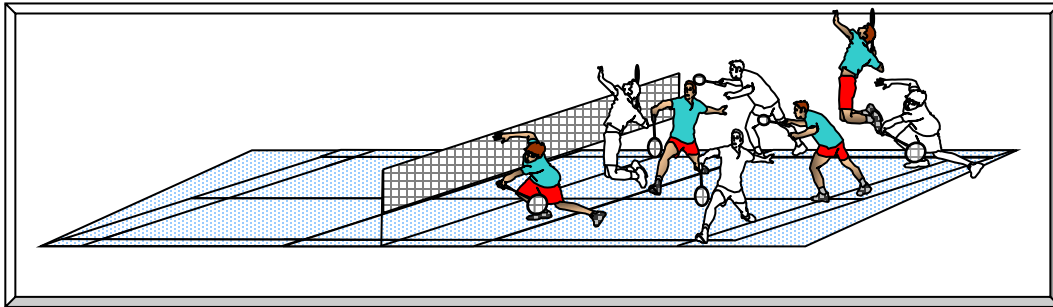
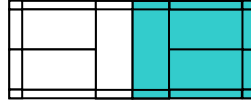
Focus on short points with 'killing' shots to save energy

11

Drill: Ghosting (*Shaded area indicates the playing zone for the activity*)

Skills: Replication of perfect shots, imagery, arousal and space of play area and stamina

Time frame: 2-6 minutes



This activity develops students' ability to recall, create and vary technical skills in an assessable environment. This is an 'authentic' drill that replicates game-play in a continuous environment.

Teachers may opt to have students performing this drill use it as a warm-up, peer assessment with a template of specific skills to be shown or skills called out by the teacher.

Students find this drill very hard to do well and fatigue onsets very quickly.

How to play

Imagination is key to this drill. Students play without a shuttle against an imaginary opponent who always returns their shots. Footwork and perfect shot practise are always shown.

Changes of hand grip, use of the head and racquet to follow the imagined shuttle's flight-path, fast, balanced footwork and awareness of space, stamina and specific technique are all assessable criteria; as well as commitment to the task.

Increased complexity

Teachers can also adapt this drill by calling shots for the students to play for a specific time frame.

Badminton court or similar space

Two/one players on one court.

Racquets

Marking criteria or other to record and assess students' current and progressive ability.

Players need to commit to their movements and use their head to follow the imagined flight-path of the shuttle.

Focus on changes of hand grip, use of the head and racquet to follow the imagined shuttle's flight-path, fast, balanced footwork and awareness of space