

# **Unit Plan - Badminton**

Lesson Four - Drop Shots and Smashes

# PLO's

## Grade 9:

- A7 demonstrate a willingness to participate in a wide range of physical activities, including: individual and dual activities, games rhythmic movement activities (including dance and gymnastic activities)
- B1 apply fundamental movement skills in a range of individual and dual activities
- B2 apply fundamental movement skills in games activities in predictable and unpredictable settings
- C1 demonstrate behaviours that minimize the risk of injury to self and others in physical activity
- C3 demonstrate fair play in physical activities across the activity categories

## Grade 10:

- A1 describe a variety of ways to be active throughout one's life
- A4 participate daily in moderate to vigorous physical activity to enhance fitness
- B1 apply fundamental movement skills in a range of complex individual and dual activities
- B2 apply fundamental movement skills in a range of complex games activities
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories

# Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Hit strategic shot to win a point
- Use footwork to position themselves for the shot
- Be in proper court position for the desired shot

Cognitive:

- Understand when an opponent is vulnerable
- Understand that being in good position helps to adapt for a shot
- Determine which shot to use

Affective:

- Playing cooperatively as a pair
- Apply safety principles
- Play by the rules

Social:

- Create good atmosphere
- Play with a number of different partners

Equipment:

- Badminton rackets and birds
- Badminton poles and nets

# Sequence of Events

Date:

Number of Students:

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	10 minutes
Initial Activity:	20 minutes
Skills Breakdown:	10 minutes
Culminating Activity:	20 minutes
Wrap-up and Change:	15 minutes
Total:	80 minutes

## Warm-up (5 minutes)

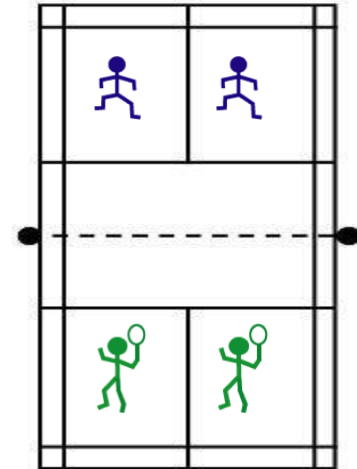
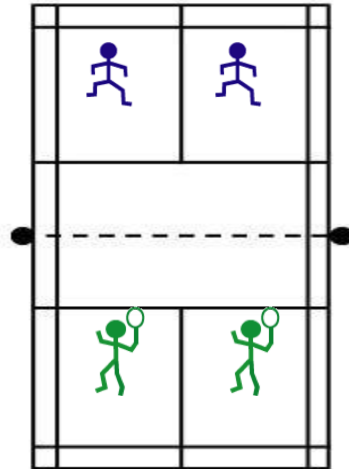
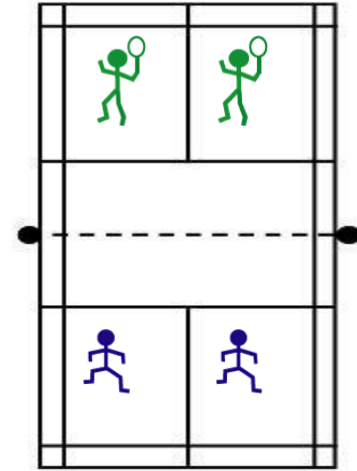
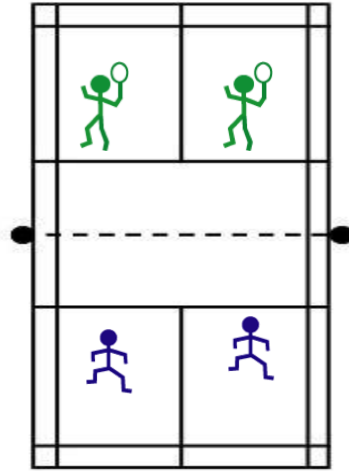
- Quick stationary activity and arm movement and stretching

## Discussion (5 minutes):

- Importance of stretching and not over-hitting the bird
- How shots like the ones being discussed today are strategic

## Equipment:

- Rackets
- Birdies



# What are we trying to Achieve Today

- Understand when we use a drop shot
- Using a drop shot to score a point
- Use drop shots to get your opponent off balance
- Make smart on-the-ball decision when targeting your spot

## Cues for Drop Shots

- Racquet foot leads, face the net in an almost square stance
- Very little weight transfer and no real backswing
- Contact occurs as close to the net as possible, the bird tumbles over the net
- Return to ready position

## Cues for Smashes

- Forward stride, non-racquet foot forward on contact
- Backscratcher backswing and weight transfer in a forward direction
- Contact occurs at a high point, in front of the body, racquet head angled down
- Follow through should swing down and finish past the non racquet hip
- Return to ready position

## Initial Activity (10 mins)

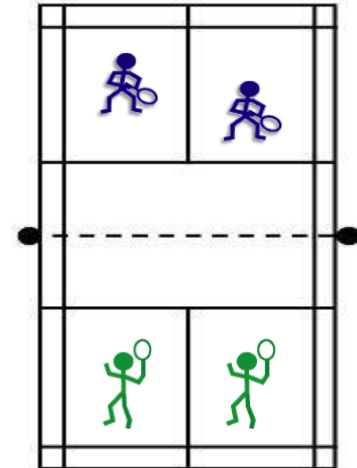
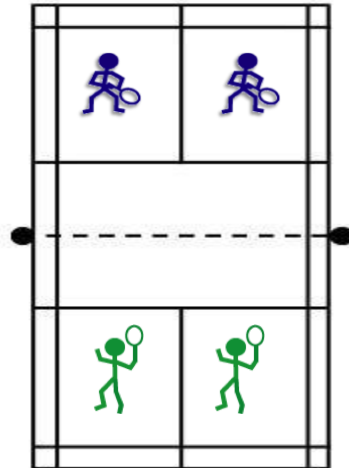
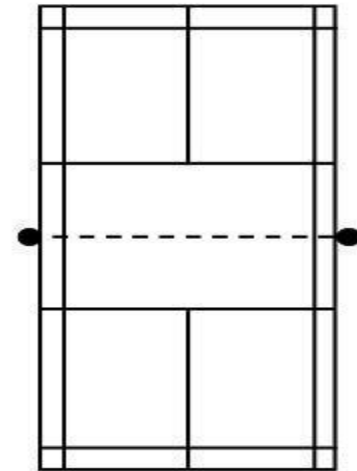
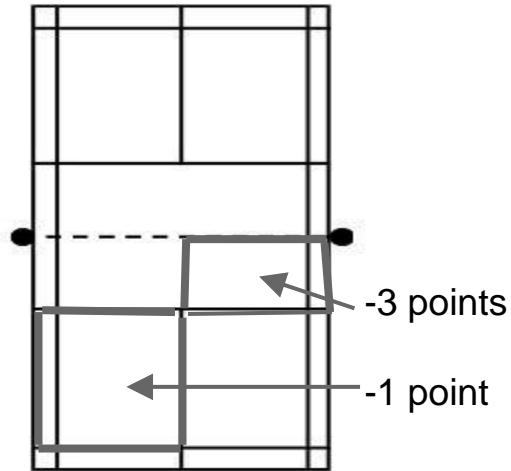
- 4 Quarters
- Essentially 2 v 2
- Have to hit into the players quarter
- Can hit front attack line too
- Each player starts with 25 points
- Every miss or error results on losing a point
- If extra players we sub out when you lose a point
- Front land -3
- In square -1

### Discussion:

- Focus on hitting to the area of the court where the player is not
- Which shots worked best?

### Equipment:

- Birdies
- Racquets

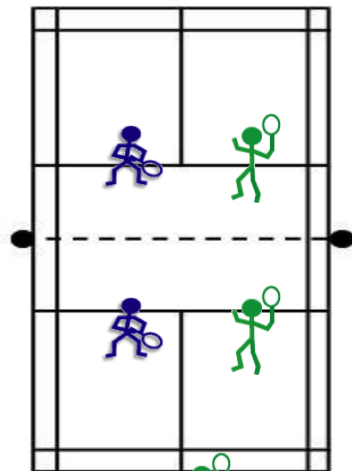


## Skill Development (20 minutes)

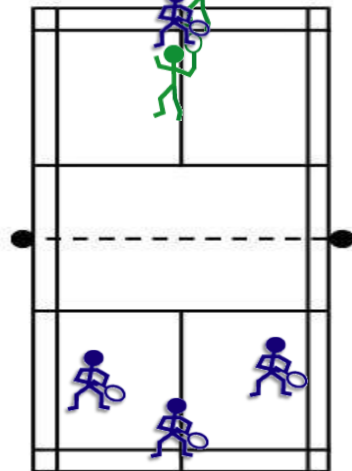
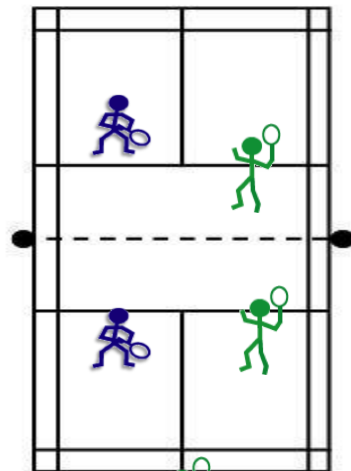
- Drops
  - In partners, one partner tosses the bird over the net
  - The second partner tumbles it over
  - Practice about 10 each
  - Switch
- Smashes
  - One group of three lines up single file
  - Serves the bird over the net
  - The receiving team hits a clear shot to them and the players tries to score a smash
  - Other team of three tries to defend it

Equipment:

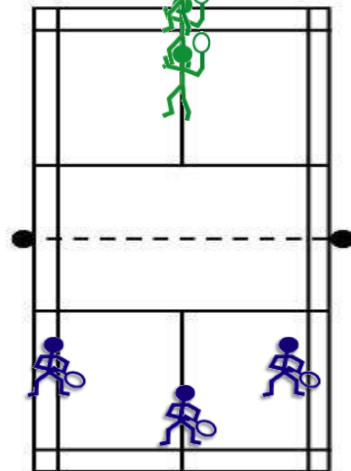
- Birds
- Racquets



DROPS



SMASHES



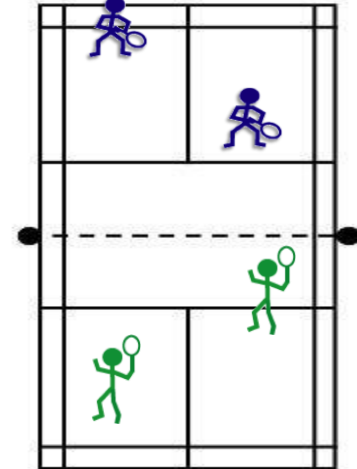
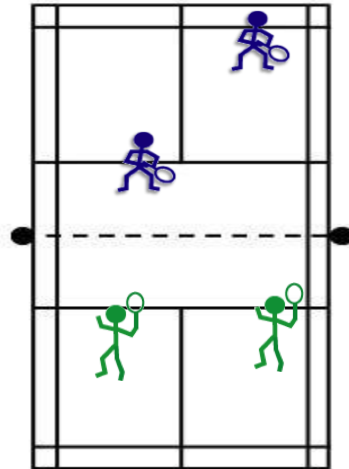
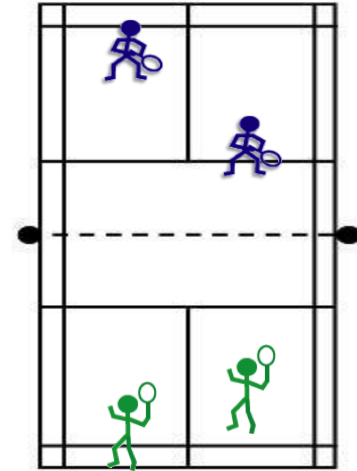
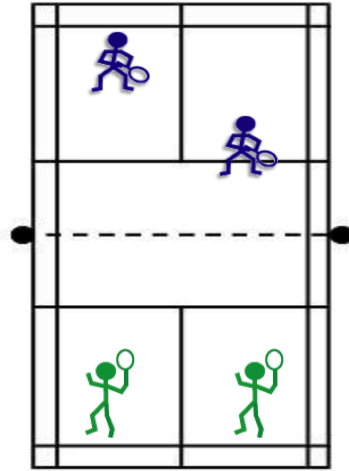


## Culminating Activity (30 minutes)

- 2 v 2 Badminton
- All skills learned
- Focus on playing realistic games
- Incorporate all strategies
- 5 minute games
- Want to watch them play
- Stop games and discuss technique

### Equipment:

- Badminton rackets
- Birdies



# Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion about clears and smashes
- Talk for next day (Skills Assessment)
- Exit Slip #2
- See you tomorrow gentlemen

# Exit Slip #2

1. What are the two types of attack shots we learned today?
2. Where is the best position of the court to be in for the best chance to get to any shot?