

Topic:	Indoor Game
Sub-Topic:	Badminton
Overview:	<p>This practical unit is designed to develop the understanding of the game of Badminton. Furthermore, to enhance students skills, tactical awareness, physical fitness, thinking skills and personal qualities through the game. Students will work on their positioning, movement, shot development and correct shot selection using both the concept of attacking and defensive shots from different part of the court. Rules and tactics will be developed and students will understand the concepts of game play for both singles and doubles play.</p>
Content:	<p>Shot Development and Technique</p> <ul style="list-style-type: none"> • Shots developed through <i>Preparation</i>, <i>Action</i> and <i>Recovery</i> phases • Preparation Phase <ul style="list-style-type: none"> - Strong base position - forehand/backhand grips, racket position and stance. - Base position for service and rallies - Court positioning - Movement towards the shuttle (holding shuttle for Service) - Footwork - Body position • Action Phase <ul style="list-style-type: none"> - Timing, direction and accuracy - Racket angle - Power and touch - Backswing - Disguise - Sweet spot • Recovery Phase <ul style="list-style-type: none"> - Follow through - Movement back to base <p>Shots Repertoire</p> <ul style="list-style-type: none"> • Service <ul style="list-style-type: none"> - Forehand High Serve - Backhand Low Serve (Variant Flick Serve) - Forehand Low Serve • Overhead Clear (OHC) • Overhead Drop (Long) • Forehand and Backhand Net Shots • Forehand and Backhand Lifts • Smash • Extension Shots: Backhand Clear, Drives and Blocks <p>Attacking Shots</p> <ul style="list-style-type: none"> • Based on court position of opponent and player • Aim to build pressure in the rally • Move opponent away from the base • Finishing shots - Smash, Overhead Drop, Net Shot, Attacking OHC <p>Defensive Shots</p> <ul style="list-style-type: none"> • Allows time to return to base • Relieve pressure from rally and gain control • Push opponent away from base position • Shuttle hit high towards the back of the court • Defensive shots- defensive OHC and lifts

	<p>Correct Shot Selection</p> <ul style="list-style-type: none"> • Influence of court position- Forecourt, Mid-Court, Backcourt • Position of opponent-away from Base • Appropriate return based around opponents original shot i.e. attacking or defensive. • Cue Recognition and Decision making • Focus and Concentration <p>Court Movement</p> <ul style="list-style-type: none"> • Selection of the correct footwork patterns when moving around the court. <ul style="list-style-type: none"> - Sidesteps (chasse) - Lunges - Weight transfers - Split step - Jumps - Returning to base <p>Rules - Developed through both Singles and Doubles play</p> <ul style="list-style-type: none"> • Court markings and lines- Singles/Doubles court • Positioning for Service - Left (odd score) /Right Court (even score), Switching in doubles • Service rules- Strike below bottom rib, foot faults and continuous forward motion. • Etiquette of return shuttle after rally • Scoring system- Scoring to 21, 2 clear points • Umpiring and dubious calls (lets) <p>Tactics and Gameplay</p> <ul style="list-style-type: none"> • Moving opponent away from base position • Creation of rally pressure • Exploiting space • Hitting with power- away from opponent and at the body • Attacking/Defence positions in doubles- side by side or front and back • Exploiting opponents' weaker shots.
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Badminton

Significant Aspects of Learning

