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| Jc Academy Logo.pngSubject: Badminton | | | |
| Resources: Badminton Racket/Discs/Cones/Shuttlecocks | | | |
| Warm up (15mins):  Children will now just practice hitting the shuttlecock over the net. Let’s see how many children can get it over the net more than 10 times | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  The smash is probably the most attacking shot in badminton. If executed well it is probably the most difficult shot to return, just because of the pace and direction put on the shuttle. The downward angle of the shot is just as important as the speed it is hit at.  The smash is used when an opponent returns the shuttle high but short. The advantages of hitting a smash is that it gives an opponent very little time to react and return the shuttle, but if the shuttle is returned this then gives the smasher reduced time to prepare and set themselves for the next shot after hitting a smash. So it is important to choose the correct moment to unleash the smash, as hitting too many can also make a player tire quicker. | | | 1 Coaching points:  **Badminton Safety**  **Ball Technique**  **Hand Technique**  2. Safety points:  **Spatial Awareness**  **Listening Skills**  **Badminton Equipment safety**  1 Coaching points:  **Movement with the ball**  **Movement without the ball**  **Spatial awareness**  **Communication**  2 Safety points:  **Badminton Safety**  **Spatial Awareness**  **Badminton Equipment Safety** |
| Cool Down(10mins)  **Movement around the area- Using various breathing techniques** | | | Safety points: |
| RED  Bring the practice down a level | AMBER  Continue with practice | GREEN  Develop the session accordingly | Outcome of the session: |