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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):  Being in the ready position allows players to move sharply in the direction that the shuttle is traveling. In the ready position a players feet should be square, or slightly staggered depending on the player and how they feel most comfortable.  If a player prefers the staggered position it should be with the dominant foot furthest forward. The feet should be spread about shoulder width apart with the knees slightly bent, and a players weight should be on the balls of the feet.  The racket should be held up in front of the players body, but slightly over to the backhand side.  Some players use the staggered feet position because they feel that it enables them to move from side to side and front to back quicker. The staggered position is very beneficial when a player is returning a serve, as it allows them to anticipate a short serve quicker. However when receiving a serve a players non dominant foot should be furthest forward. | | | 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: |