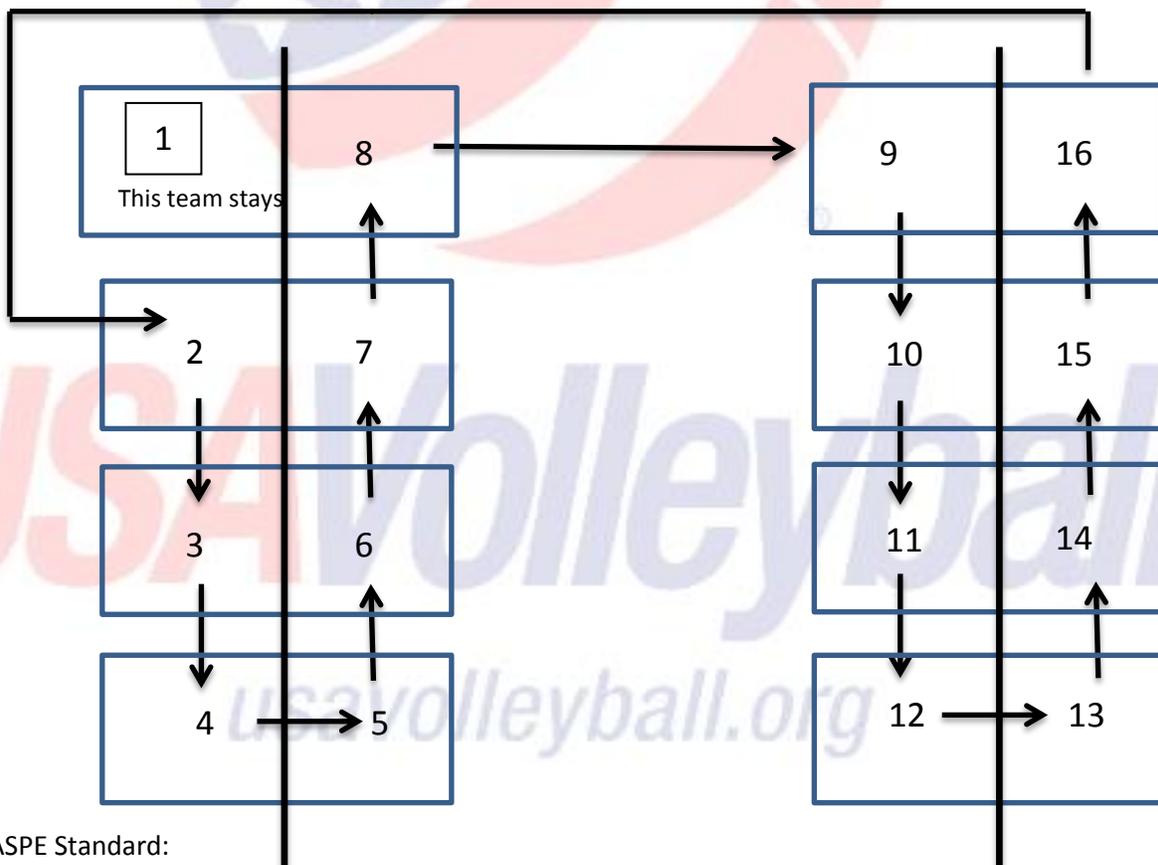




Teaching Goals & Objectives

- ⊗ Play over a badminton net
- ⊗ Play on badminton size (or smaller) courts
- ⊗ Reduce team size to 2-3 to allow for less standing around and more opportunity to touch the ball
- ⊗ Set up at least 8 courts (see diagram below)
- ⊗ Assign new partners/triangle groups each day
- ⊗ Rotate courts often during play
- ⊗ Start volleys during play with an overhand toss, then “graduate” to serves as they become more consistent
- ⊗ Do NOT call lifts, net violations, double contacts, etc. LET THEM PLAY
- ⊗ Teach & reward cooperation, character, and effort.
- ⊗ Show them rather than tell them
- ⊗ Create a positive & fun environment
- ⊗ Grow the game through picture and video sharing



NASPE Standard:



Glossary & Cue Words

Glossary:

Attack: An offensive action of hitting the ball. It is a similar motion to throwing, except the “release” point is at the peak of the reach when the ball is contacted. The arm creates a whip-like motion to drive the ball down onto their opponent’s side. **NOTE:** Introduce attacking 3 meters off the net so the students don’t have to worry about the net and can focus on their form.

Forearm Pass/Serve Receive: Standing in an athletic posture, the forearms are used to guide the ball to the setter’s hands. It is one of the more common ways to receive a serve. Arms are joined together at the elbows, wrists, and hands with thumbs side by side to create a solid platform. The platform is in a locked position; elbows are straight. The ball is contacted between the wrists and elbows on the platform using an underhand motion.

Overhand Pass (OH)/Set: An overhead pass is executed with both hands open. The ball is played just above the forehead with the pads of the thumbs and fingertips to the setter. Setters use the exact same motion as an OH pass, the only difference being that the setter delivers the ball to the attacker to hit over the net.

Torque Serve: One way to send the ball over the net to start a volley. The ball is held in the non-dominant hand at head height. With a torquing motion, the ball is lifted into the air and contacted with the dominant hand with a closed fist.

Cue Words:

Attacking:

- ✓ Feet to the ball
- ✓ Hips open
- ✓ Pull elbow back
- ✓ Swing fast
- ✓ Close hips to ball

Forearm Pass:

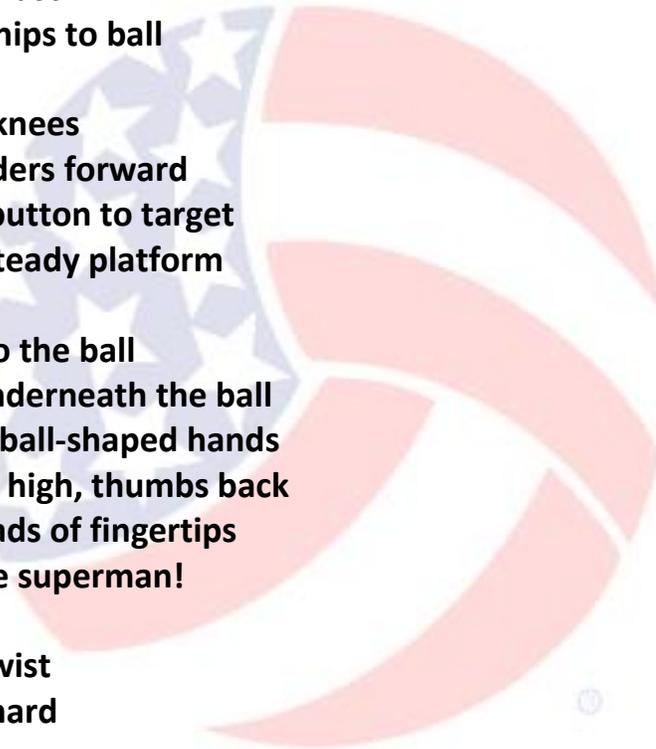
- ✓ Bend knees
- ✓ Shoulders forward
- ✓ Belly button to target
- ✓ Flat, steady platform

OH Pass/Set:

- ✓ Feet to the ball
- ✓ Get underneath the ball
- ✓ Volleyball-shaped hands
- ✓ Hands high, thumbs back
- ✓ Use pads of fingertips
- ✓ Fly like superman!

Torque Serve:

- ✓ Fast twist
- ✓ Hit it hard



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