**Badminton Tactical Lessons**

**Lesson One Level One**

**Tactical Problem:** Creating Space

**Lesson Focus:**  Pushing the opponent back and performing the overhead clear

**Objectives:**

* Understand the value of forcing the opponent back.
* Push the opponent back using the overhead clear (forehand).

**Game 1** Half-court singles

**Goals**

* Be aware of what spaces can be used on the other side of the net.
* Understand that it is harder to attack from the back of the court, and so it is useful to push the opponent back.

**Conditions**

* Players alternate service.
* Players score 1 point if the shuttle hits the floor on the opponent’s side of the court.
* Players score on every service (not only when serving).

**Questions**

**Q**: Where are the available spaces on the court?

**A**: In the front and back.

**Q**: Is it harder for your opponent to attack you from the front or the back?

**A**: Back

**Q:** Why?

**A**: Because the opponent is farther from the net.

**Q:** So, is it best to send your opponent to the back or ot the front?

**A**: Back.

**Q:** Is it easier to send your opponent back by using an overhead or underhand shot?

**A:** Overhead.

**Extension**

Setup Half-court singles

**Goals**

* Understand that more power can be generated form overhead shots.
* Play only overhead shots.
* Push the opponent back.

**Condition** Players use only overhead shots after the serve.

**Practice Task**

**Setup** Half-court technique practice (cooperative)

**Goal** Push the opponent back.

**Conditions**

* Players attempt to maintain a forehand overhead rally.
* Players hand-feed if necessary.

**Cues**

* Get under the shuttle, using long strides.
* Line up the shuttle with the nonhitting arm.
* Break the elbow.
* Step into the shot.
* Use a throwing action to contact the shuttle with the racket head.
* Snap the wrist and follow through across the body.

**Game 2**

**Setup** Half-court singles

**Goal** Use a skillful overhead clear to push the opponent back in a game situation.

**Conditions**

* Players alternate service.
* Players score 1 point if the shuttle hits the floor on the opponent’s side of the court.
* Players can score on any service (not only when serving).

**Lesson 2 Level Two**

**Tactical Problem:** Creating Space

**Lesson Focus:** Starting the point on the attack

**Objective**: Use the high service to put the opponent on the defensive at the start of a point.

**Game 1**

**Setup:** Half-court Singles

**Goal:** push the opponent back with service.

**Condition:** Players alternate service

**Questions**

**Q:** Where is the best place to serve to in the singles game?

**A**: To the back of the opponent’s court.

**Q:** Why?

**A:** Because serving there puts the opponent on the defensive

**Practice Task:**

**Setup:** Half-court technique practice

**Goals**

* Serve high and to the opponent’s backhand side.
* Land a specific number of shots in the back alley.

**Condition:** Players alternate serving (no rallying).

**Cues**

* Drop the shuttle.
* Flick your wrist.
* Follow through.
* Land the shuttle as close to the baseline as possible.

**Game 2**

* Repeat game 1.

Teaching Sport Concepts and Skills: A Tactical Games Approach for Ages 7 to 18 Third Edition (Includes DVD-ROM with video and Reproducible Forms)

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