

## LESSON 5: SERVE STRATEGY AND DROP SHOTS

### Grade-Level Outcomes

#### Primary Outcomes

**Serving:** Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball. (S1.M12.6)

**Striking:** Strikes with a mature overhand pattern in a nondynamic environment for net/wall games such as volleyball, handball, badminton or tennis. (S1.M13.6)

**Creating space through variation:** Creates open space in net/wall games with either a long- or short-handled implement by varying force or direction, or by moving opponent side to side and/or forward and back. (S2.M7.8)

**Using tactics & shots:** Selects offensive shot based on opponent's location (hit where opponent is not). (S2.M8.7)

#### Embedded Outcome

**Accepting feedback:** Provides corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills. (S4.M3.7)

### Lesson Objectives

The learner will:

- demonstrate the ability to perform the drop shot movement pattern during the mimic-with-teacher task.
- perform basic offensive and defensive strategies during the clear-rally practice task.
- select offensive shots, including serves, based on the opponent's location during a grid extension activity.

### Equipment and Materials

- Yarn balls and shuttles: at least 5 for every 2 students
- Badminton rackets and long-handled lollipop paddles: 1 per student
- Cones
- Pedometers

### Introduction

*Today, we will review the badminton serves, discuss strategy for serves, and learn the drop shot. The strategy that we used in earlier lessons involved moving the opponent from side to side. The drop shot, combined with the clear, will help move the opponent forward and back.*

## Instructional Task: Review Short and Long Serves in Badminton

### ■ PRACTICE TASK

Working in grids, students practice short and long serves with a partner.

As in previous lessons, move from a controlled environment to an unpredictable environment.

### Refinement

Refine skill as needed. Spend as much time as needed until at least 80 percent of students are successful.

## Student Choices/Differentiation

Students may use badminton rackets for striking and a shuttle or yarn balls to hit.

## What to Look For

This task can be used as a pre-assessment to gauge where your students are in this skill starting day two of serves.

## Instructional Task: Short- and Long-Serve Strategy

### ■ PRACTICE TASK

Discuss long- and short-serve strategies.

### Guiding questions for students:

- If the long serve does not go deep, what can the opponent do?
- If the short serve is higher than anticipated, how does that put you on the defensive?
- How do you know what type of serve to use?

### Extension

- In grids, students hit long or short serves based on partner's location. Partner hits return and moves to home base.
- Repeat five times and change roles.

### Refinement

Refine skill by reviewing pictures or videos of the strategies posted on the school's physical education website.

## Student Choices/Differentiation

Students may throw a ball instead of striking if their skill level is low. (The task is designed for learning strategy.)

## What to Look For

- Students make the right choice for serve location based on the partner's position.
- Students use proper movement pattern.

## Instructional Task: Drop Shots

### ■ PRACTICE TASK

Demonstrate the drop shot, and mimic the shot along with the class.

### Extension

In grids, students practice the drop shot. A partner hits a high clear for the striker to hit.

### Refinement

Make sure that students are using proper movement pattern and are not merely blocking the opponent's shot from going over the net.

## Student Choices/Differentiation

If students struggle with hitting a high shot with a shuttle, they may throw or strike a ball.

## What to Look For

- Racket makes contact in front of body.
- Students slow speed of racket head just before contacting shuttle.
- Racket face is angled slightly downward.
- Students guide shuttle over net with wrist action and follow-through.

## Instructional Task: Review Clears

### ■ PRACTICE TASK

Working in grids, students toss or strike a yarn ball or shuttle to a partner to explore the four types of clear shots. Move from a controlled environment to an unpredictable environment.

Spend as much time in skill practice as needed so that at least 80 percent of students are successful.

### Refinements

- Review critical elements if needed.
- Make sure that students are using their entire bodies to hit the clears.

### Extensions

- Students must use at least three of the clear shots in a row.
- If students are having success, add the drop shot.

### Student Choices/Differentiation

- Students may focus on certain clear shots or challenge themselves to use all four.
- Students may use yarn balls or shuttles.
- Students may move closer, if needed.

### What to Look For

- Students' movement patterns are correct.
- The task is to review and refine the clear movement pattern before moving into a modified game.

## Instructional Task: Modified Game With Only Serve and Clear Shots

### ■ PRACTICE TASK

Two students per court play a clear rally. Make the court wider by 2 feet (0.6 m) on each side, and place a cone in the middle of the court. The objective is to move the opponent from side to side as students volley back and forth. Every time a player moves an opponent to the other side of the cone, she receives a point. The game should start with a serve and be played for 5 minutes. After 5 minutes switch opponents.

### Guiding questions for students:

- Why is it important to move your opponent from side to side?
- What advantage does this tactic give you?
- How can you counter or defend this tactic?

### Refinements

Refine skill or strategy as needed. Make sure that students are moving their opponents by using the correct shot sequence.

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**EMBEDDED OUTCOME: S4.M3.7.** This is a great opportunity to teach students to provide corrective feedback to a peer using teacher-generated guidelines (court markings, strategies, etc.).

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### Student Choices/Differentiation

- If students are struggling with the skills, stop and refine the skills.
- If students are struggling with the tactic, refine the tactic to throwing yarn balls instead of striking shuttles.

## What to Look For

- Students are hitting long serves up and out, and they are hitting short serves low and short.
- All four clears have mature movement patterns.
- Students are providing corrective feedback to their partners.

## Formal and Informal Assessments

- Informal
- Peer assessments using teacher-generated guidelines
- Exit slip: Please list two serving rules and one serving strategy.

## Closure

- Who can describe the short-serve strategy?
- Who can describe the long-serve strategy?
- If your opponent is surprised with a long serve and has to work hard to save the point with the overhead clear, what shot should you follow with?
- How are your physical activity logs coming along?
- Do you see a difference in your step counts in this module compared to other modules?

*Keep practicing the skills at home if you can. In our next lesson, we will learn the smash.*

## Reflection

- Are students having a high incidence of success in making legal serves?
- Did students move the opponent from side to side in modified games?
- Are students using a mature movement pattern during modified games?

## Homework

If students have access to equipment, practice the serves and drop shot movement patterns. If students don't, they can practice dropping a ball and striking it with their hands (focus on striking it below the waist) or the movement patterns without equipment. Review the instructional videos for the serves, clears, and drops, and learn the smash from the videos posted to the school's physical education website.

Students can update their physical activity logs.

## Resources

Ballou, R. (1992). *Badminton for beginners*. Englewood, CO: Morton.

Grice, T. (2008). *Badminton: Steps to success*. Champaign, IL: Human Kinetics.

The Badminton Bible: [www.badmintonbible.com](http://www.badmintonbible.com)

Internet keyword search: "drop shot in badminton," "serving strategy in badminton," "clear shots in badminton"