

LESSON 6: SMASH

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:** Reduces offensive options for opponents by returning to mid-court position. (S2.M8.6)

Embedded Outcome

- Social interaction:** Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates. (S5.M6.7)

Lesson Objectives

The learner will:

- demonstrate the ability to perform the smash shot by completing three out of five attempts during the grids practice task.
- perform basic offensive and defensive strategies during the clear-rally practice task.
- reduce offensive options for opponents by returning to mid-court positions during the modified game.

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 learn the smash and practice the drop shots, serves, and basic offensive and defensive strategies. The smash is an advanced skill that, when mastered, can be a very important tool in your offensive strategy.

Show video clip of players using a smash in a game.

Instructional Task: Review Drop Shots and Serve

■ PRACTICE TASK

Working in grids, students practice drop shots and serves with a partner.

One partner serves and the other receives. The receiver practices the overhand drop shot, concentrating on the proper mechanics of the swing and adjusting racket speed just before contact.

Refinement

Choose any of the critical elements for the drop shot or serve.

Student Choices/Differentiation

Students may focus on only one serve (short or long).

What to Look For

Students are using the correct movement pattern for serves as well as the drop shot.

Instructional Task: Drop Into Hoop

■ PRACTICE TASK

Place two hoops per set of partners end to end under a net, extending an equal distance into each court.

Partners take positions opposite each other and one step behind their hoops, facing each other. Students rally back and forth using underhand hits so that the shuttle falls into the hoop area closest to their partner.

Extension

Challenge students to see how many hits they can drop into the hoop with 10 tries.

Student Choices/Differentiation

- Students can move hoops.
- Students can place smaller hoops inside of larger hoops and try to place the shuttle in the smaller hoops.

What to Look For

- The racket face is angled slightly downward.
- Students are guiding the shuttle over the net with wrist action and follow-through.

Instructional Task: Defensive Strategies

■ PRACTICE TASK

Discuss basic defensive strategies.

Guiding questions for students:

- Why is getting back to home base important as a defensive strategy?
- What shot selection should you use if you are having difficulty getting back under control to home base?
- Who can describe how a good offense can also be a good defense?

Student Choices/Differentiation

Show videos if students need extra help.

What to Look For

Students understand basic defensive strategies.

Instructional Task: Modified Game

■ PRACTICE TASK

Students play a game using only the skills of clears (overhead, underhand, forehand, and backhand), serves, and drop shots. After playing for 7 to 10 minutes, students switch partners.

Refinement

If a student is not performing a shot, make it an emphasis by rewarding him with 2 points for using it. Example: Drop shots that score a point earn 2 points instead of 1.

EMBEDDED OUTCOME: S5.M6.7. This is a great opportunity to teach students the importance of social interaction. Help students understand how avoiding trash talk and encouraging others can be fun and useful during game play.

Student Choices/Differentiation

Encourage students to play with peers of the same ability.

What to Look For

- Students are using mature movement patterns.
- Students are hitting to move opponents.
- Students are making an attempt to get back to home base.

Instructional Task: Introducing the Smash

■ PRACTICE TASK

Demonstrate the smash shot, and mimic the shot with the class.

Extensions

- Peers assess a partner's striking movement pattern using a checklist.
- In grids, students practice the smash shot. A partner hits a high clear for the striker to hit a smash.
- One partner serves and the other receives. The receiver practices the smash shot, concentrating on the proper mechanics of the swing and adjusting racket speed just before contact.

Refinement

Make sure that students are reaching all the way back in their movement patterns.

Student Choices/Differentiation

- Students may review skills videos, if needed.
- If students struggle with hitting a high shot with a shuttle, they may throw or strike a ball.

What to Look For

- Students contact the shuttle ahead of racket shoulder.
- Racket face is angling downward at contact (a sharp downward angle is as important as shuttle speed).
- The serves are high enough for the students to smash.
- Students move their feet to position themselves under the shuttle.

Formal and Informal Assessments

- Informal assessments
- Peer assessments: critical elements checklist of partners' movement pattern

Closure

- Name three critical elements of the smash.
- Name three critical elements of the drop shot.

Keep practicing the skills at home if you can, and the next lesson we will review the smash and learn how to defend against the smash with the block shot.

Reflection

- Are students maintaining success with the clears and serves, or do I need to revisit them next class?
- Are students reaching all the way back for the smash?
- Are students hitting the shuttle right at their opponents, or are they hitting away to make them move?

Homework

If you have access to equipment, practice the smash and drop shot movement patterns. If you don't, you can practice dropping a ball and striking the ball with your hand (focusing on striking below the waist) or the movement patterns without equipment. Review the instructional videos for the serves, clears, and drops, and learn the block 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

Internet keyword search: "badminton smash"