

Badminton Drills

Reaction Time

For this game each student will pair up with a partner and have one shuttle between them. They will start on opposite sides of the net from each other. One student will start lying on the floor. The other student will serve the shuttle over the net and the student on the floor must react to the shuttle by jumping up and using a correct forehand, backhand, volley or overhead smash shot to get the shuttle back over the net. Once the student who started the shuttle hits the shuttle, they must lay on the ground till the shuttle comes back over the net. This drill can be done for 5 minutes.

Modifications: Must touch wall instead of lying on floor. Hit floor with hands.

Student can get off floor once shuttle is touched by partner.

Equipment: One shuttle per group, one racket per person.

Time: 5 minutes

Baseline Smash

The students will be in partners still on opposite sides of the net from each other. The student with the shuttle will volley the shuttle over the net. Once they do that they must run back and touch the baseline and then run up to the shuttle and perform an overhead smash into a target on the opposite side of the net. The student's partner must volley the shuttle over to the student so that they can successfully smash the shuttle. Do this drill 5 times each and then trade roles. Students should work on control, form (TA form) and consistency. This drill should be performed for 3 minutes so that each student gets a good amount of reps.

Modifications: Student must hit a target when using their overhead smash. Different distance to run.

Equipment: One racket per person, One shuttle per group

Time: 3 minutes.

Badminton Four Square

Students will be in teams of two for this game. Each game will have 4 teams (8 students total). The nets need to be set-up to make an X with four equal squares and all nets should be hooked to center pole. One team will start with the shuttle and can serve to any other team or square. That team must return the shuttle but they may return it to any team or square. There are no restrictions on what square you must hit the shuttle too. Every team is only allowed one hit to get the shuttle over the net and to someone else's square. If a team misplays a shuttle and the shuttle ends up out of bounds, the last team to hit the shuttle successfully will start the serve.

Modifications: Squares can be numbered 1-4 and square #1 will always start the serve.

If a team misplays a shuttle they will go to square 4. Can also play with more than one shuttle or one player on each court.

Equipment: 4 nets, one racket for each student (8 rackets), one shuttle per set of 4 squares.

Time: 5 min

Serving Challenge

Students will work in pairs or group of three and four. Each group will be on one side of the net standing on the baseline. The other side of the net will have different size targets set up on the court. Each target will be worth different amounts of points depending on the size of the target. The teams will work together to score the most amounts of points by hitting the targets. Each group will have 20 shuttles to score the most possible points. Each student needs to serve the same amount of shuttles. The students will need to focus on using correct serving (TA) form. If the serve does not meet the critical points the serve will not count.

Modifications: See how many points can be scored in a minute. Different amount of shuttles. Different size targets. Where the student stands while serving.

Equipment: One net per group, one racket per person, 20 shuttles per group.

Time: 5 min.