

Lesson 3: Net and Lunge

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)	Safety
Have a go (5 min)	Having a lunging (shadow): <ul style="list-style-type: none"> Pupils stand in line and make a step with racket ending with the "racket foot" in front of them finishing with shadowing net shot. 	<ul style="list-style-type: none"> The whole group moves together when signal is given by the teacher. Common mistake is twisting the foot. If available use mirror to reinforce technical points 	↑ • Chasse to lunge position. ↓ • One step only and then lunge.	<ul style="list-style-type: none"> Space the group well in two or three lines facing the teacher
Net shots (20 min)	Introduction net shots backhand and forehand side: <ul style="list-style-type: none"> Pupils work in pairs. One pupil throws the shuttle up and close to the net. Their partner practices backhand net shot. Progress the exercise by lunging forward with the racket foot when playing the shot. The shot is a gentle push over the net. Repeat exercise on forehand side. 	<ul style="list-style-type: none"> Swap roles after 12 shuttles each. Hold racket out in front of the body. Contact with shuttle close to the top of the net. 	↑ • Use targets and turn into competition to motivate pupils. ↓ • Lower the net for younger pupils or remove the net completely to work on technique only.	<ul style="list-style-type: none"> When working with "multi-shuttles" watch out for shuttles lying on the floor.

BWF SCHOOLS BADMINTON LESSON PLANS – 10 STARTER LESSONS



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Introduction (5 min)	Teacher explains and demonstrates: <ul style="list-style-type: none"> Lunge – large step forward with the "racket foot". Backhand and forehand net shot. Backhand and forehand net shot with lunge. Straight body position with stretched "racket arm". 	<ul style="list-style-type: none"> Lift the knee before kicking the foot forward. First contact on the floor is with the heel. For the net shot demonstrate loose grip and use finger feeling. 	↑ • Ask pupils what is lunge and demonstrate this. ↓ • Teacher demonstrates and explains only.	<ul style="list-style-type: none"> Keep group a safe distance from teacher when demonstrating.
Warm-up (10 min)	Balance and throw: <ul style="list-style-type: none"> Pupils work in pairs facing each other standing on one leg. They have to maintain balance whilst throwing and catching a shuttle to each other. 	<ul style="list-style-type: none"> Repeat exercise on the other leg. 	↑ • Throw the shuttle slightly to the right or left or work with two shuttles (throw at the same time) ↓ • Use a balloon or sponge ball for throwing. Change legs more frequently.	
Warm-up (5 min)	Balancing shuttles: <ul style="list-style-type: none"> Pupils balance an upturned shuttle on their heads whilst walking forward using a basic lunge technique (see teaching points). 	<ul style="list-style-type: none"> Lift the knee before kicking the foot forward. First contact on the floor is with the heel. Maintain upright posture. Set challenges. 	↑ • Increase stride length. ↓ • Walk with shuttle on the head.	<ul style="list-style-type: none"> Be aware of shuttles on the floor.

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Progression (10 min)	Playing a net rally: <ul style="list-style-type: none"> Two pupils practice net shots by playing a game in a small area from the net. Play net shots only (from below net height). Start the rally by throwing the shuttle. 	<ul style="list-style-type: none"> Loose grip. Finger control. Give as many instructions / corrections as necessary 	↑ • Can be played in larger area to include lunging. Turn into competition to motivate pupils. ↓ • Use a smaller area to concentrate on the racket technique and lower the net where necessary.	<ul style="list-style-type: none"> Pay attention to court safety.
Summary/cool down (5 min)	<ul style="list-style-type: none"> Group stretches on the floor. Teacher repeats the main teaching points of lesson 2-1. Teacher demonstrates once again the backhand net shot and emphasises the importance of good lunge to support the shot. 	<ul style="list-style-type: none"> Arm movement before leg movement. Hit the shuttle far away from the body. Loose grip with finger feeling. 	↑ • Use questioning to see if goals of lesson are achieved. ↓ • Teacher summarises and repeats the key points of the lesson.	<ul style="list-style-type: none"> Emphasise proper stretching technique.

