

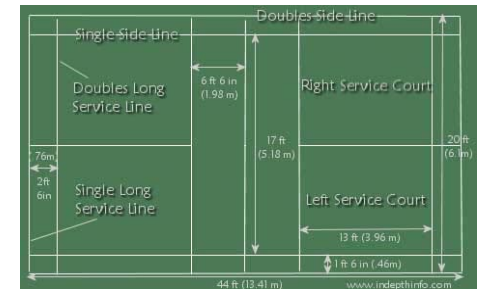
Unit Aims

Year 7 Aim	Developing skills and qualities of leading and officiating small games and practices.
Year 8 Aim	Demonstrating skills and qualities of leading and officiating games and practices.

Knowledge Required

Rules

- Game starts with diagonal serve.
- Serve must land across service line.
- Play to 21- must win by 2 clear points.
- Whoever wins the point serves next.
- When score is odd the serve is from the left and when even serve from the right.
- Court is long and thin for singles and short and wide for doubles.
- You can't hit the net with your racket.
- Serve must be below waist height.



Skills & Tactics

Skill/Tactic

Technique Points

Short Serve

Racket is held across the body (backhand) and below waist height. Shuttle held out above racket and hit low over net diagonally.

Overhead Clear

It is played to the opponent's back court and may be used defensively (high clear) or offensively as when played flatter (attacking clear).

Drop Shot

A shot played with finesse to land the shuttle swiftly and close to the net on the opponent's side (tap shot)

Smash Shot

It is the most attacking shot in badminton. It is an overhead shot which brings the shuttle down from a height at a steep angle.

Net Shot

Shot hit from the fore court clearing the net and then falling rapidly.

Underarm clear/Long Serve

Shot played to back of opponent's court (high). Stand sideways on and use whip action with the racket to create power on shot. When used as serve the player will need to serve diagonally to their opponent's court.

Tactics

Doubles Tactics- Positioning on court (Side by side/Front and back)
 Hitting into space- Moving opponent around the court
 Shot selection- Selecting the correct shot for correct situation
 Deception-Selecting shot to deceive/trick opponent
 Targeting opponents weakness

Unit Aims

Year 7 Aim	Developing skills and basic tactics in small sided practices and games.
Year 8 Aim	Skill development and tactics in competitive situations.

Knowledge Required

Rules	<ul style="list-style-type: none"> • Played with two teams of five • Score by shooting a ball through a hoop • A side line ball is taken from the opposite team to who touched it last • Outside of the three point arc a basket scores 3pts and inside scores 2pts • Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession • Personal fouls include hitting, pushing and holding • Fouling a shooter results in one, two or three free throws, worth 1pt each, depending on where and how they were fouled • Players cannot travel with the ball or double dribble • Players cannot hold the ball for longer than 5 seconds 	
Skills & Tactics	Skill/Tactic	Technique Points
	Dribbling	Head up/spread fingers and fingertips bounce the ball/waist height
	Chest Pass	W grip/ Step/Chest to chest/Follow through/ short distance
	Bounce Pass	W grip/ Step/Chest to chest/Follow through/ Bounce before player/ short distance
	Javelin Pass	Sideways on/elevation/ shoulder to shoulder/ step/ follow through/arch/ long distance
	Pivoting, footwork and jump stop	Landing on alternate feet- first foot to land is the static pivoting foot Landing on simultaneous feet – either foot can become static pivoting foot/can be used at the end of a dribble or when receiving a pass On the move – release ball before third step
	Set shot	Knees bent/dominant foot slightly in front of other/strong hand at bottom/supporting hand on side/elbow at 90 degrees
	Lay-up	Strong hand at bottom/supporting hand on side/keep it high/ Right hand dribble, step right, jump left aim for top right corner of box/left hand dribble, step left, jump right, aim for top left corner of box
Defending	Man to man/knees bent/back straight/head up/arms out/watch opponents belly-button Zone marking/team defence around the key/take up positions around key when possession is lost	

		On the move/arms out wide/diagonal side steps backwards/try to channel players to the side lines
	Attacking	Dribble into space/screen defenders/dribble out wide and quick inward passes/drive towards ball to receive pass losing defender/overload zone defence
	Triple threat position	Knees bent/hands positioned on ball so ready to shoot/head up/can dribble, pass or shoot from here

Unit Aims

Year 7 Aim	Developing skills and basic tactics in small sided practices and games.
Year 8 Aim	Skill development and tactics in competitive situations.

Knowledge Required

Rules	<ul style="list-style-type: none"> • Game is started by a kick off in the centre of the pitch. • In a full sided game each team consists of 11 players. • If the ball goes off the side of the pitch it is a throw in to the team that didn't touch the ball last. • If the ball goes off the end of the pitch it is a corner or a goal kick depending who the ball touched last. • Depending on where the incident takes place, a free kick or a penalty is awarded if the player in possession of the ball is illegally infringed. • The goalkeeper is the only player allowed to touch the ball with their hands and can only do this inside their 18 yard box. • To score a goal, the ball must cross the opposition's goal line. • If a player is past the opponent's last defender and in the opposition half when the ball is passed they are offside and a free kick is awarded to the opposition team. • The team with the most goals at the end of the game will win the game. 	
Skills & Tactics	Skill/Tactic	Technique Points
	Short Pass	Non kicking foot next to the ball/ use the side of the kicking foot to contact the ball following a short back swing/ keep head over the ball to improve accuracy and ensure ball stays on the ground/ follow foot through to generate more power.
	Long Pass	Non kicking foot next to the ball/ use the front (laces) of the kicking foot to contact the ball following a bigger back swing (flexion of the knee)/ keep head over the ball to improve accuracy of the pass/ lean back slightly to help generate height if required on the pass/ follow foot/leg through to generate more power.
	Heading	Keep eyes focused on the ball when preparing to header/ use the forehead to contact the ball/ move feet to ensure body is slightly behind the ball before heading/ use neck to generate more power on the header/ defensive headers are normally headed high with increased distance whereas attacking headers on goal are normally headed down to make it more difficult for the goal keeper to save/

		perform a jump before the header to increase power and give yourself more chance of beating the opponent to the header.
	Shooting	Non kicking foot next to the ball/ keep body balanced/ head slightly over the top of the ball/ use side foot for placement or top of the foot for increased power/ flex leg back further when preparing to strike to the football for increased power/ aim for the area of the goal that the goalkeeper is least likely to save the ball.
	Attacking	Attack defender with pace/ keep ball in close control away from the defender/ move the ball to make it more difficult for the defender to tackle you/ use tricks to outwit the opponent.
	Defending	Man to man marking – sideways on/ close to player/ try to slow attacking player down/ on toes/ show attacker to their weaker foot/ time tackle effectively to increase chances of winning the ball back.
	Crossing	Non kicking foot placed next to the ball/ contact ball with the instep of the foot/ lean body slightly back to add height on to the cross to avoid the first defender/ follow leg through to increase the power on the cross/ the body needs to remain balanced to increase accuracy and success of the cross.

Unit Aims	
Year 7 Aim	Developing skills and basic tactics in small sided practices and games.
Year 8 Aim	Skill development and tactics in competitive situations.

Knowledge Required															
Rules	<ul style="list-style-type: none"> • Ball cannot touch the back of stick (rounded side) • No stick tackles – player tackling makes no contact with the ball • Ball cannot be kicked or hit with foot – unless no-one is around and it does not impede the game then play can continue • Any foul in the circle will result in a penalty corner where the ball must be taken out of the circle before a goal can be scored • Balls off the backline by a defender will result in a long corner which will be taken on the 25yard line in line with where the ball went off • Ball must travel 5m before being played into the D when a free hit is taken within the 25yard line or must be touched by another player before going in • Game starts and restarts with a push back from the centre where all players must be 5m away • If a ball is lifted dangerously it is a foul • A side line ball is taken from the opposite team to who touched it last and all players should be 5m away • A player can self-pass during a free hit • A hit out is taken by a defending team when an attacker touches the ball last off the backline 														
Skills & Tactics	<table border="1"> <thead> <tr> <th>Skill/Tactic</th> <th>Technique Points</th> </tr> </thead> <tbody> <tr> <td>Open Stick Dribble</td> <td>Left hand at top, right at bottom of grip/knees bent/back straight/elbow up/ball at 1/2o'clock on right hand side</td> </tr> <tr> <td>Indian Dribble</td> <td>Left hand at top, right hand at bottom of grip/knees bent/back straight/stick rolls over ball pulling it right on reverse/open stick dribble again slightly to the left before pulling right again</td> </tr> <tr> <td>Block Tackle</td> <td>Knees bent/back straight/stick flat on the floor/left fist on the ground/stick slightly tilted forward</td> </tr> <tr> <td>Jab Tackle</td> <td>Standing on the left of an opponent/stick in left hand on reverse/jabbing motion to knock ball away from opponent</td> </tr> <tr> <td>V-drag</td> <td>Plant left foot down/turn stick to reverse/pull ball back diagonally/push on open stick to the right finishing the V motion and accelerating away from opponent</td> </tr> <tr> <td>Roll-out</td> <td>Drop left shoulder/dribble anticlockwise/feet move round in a circle covering around 1m/ball out to their right/three quarters of the way round they accelerate with high speed out diagonally</td> </tr> </tbody> </table>	Skill/Tactic	Technique Points	Open Stick Dribble	Left hand at top, right at bottom of grip/knees bent/back straight/elbow up/ball at 1/2o'clock on right hand side	Indian Dribble	Left hand at top, right hand at bottom of grip/knees bent/back straight/stick rolls over ball pulling it right on reverse/open stick dribble again slightly to the left before pulling right again	Block Tackle	Knees bent/back straight/stick flat on the floor/left fist on the ground/stick slightly tilted forward	Jab Tackle	Standing on the left of an opponent/stick in left hand on reverse/jabbing motion to knock ball away from opponent	V-drag	Plant left foot down/turn stick to reverse/pull ball back diagonally/push on open stick to the right finishing the V motion and accelerating away from opponent	Roll-out	Drop left shoulder/dribble anticlockwise/feet move round in a circle covering around 1m/ball out to their right/three quarters of the way round they accelerate with high speed out diagonally
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	Push Pass	Left hand at top, right hand at bottom of grip/left foot forwards/push ball from behind body/follow through with stick in direction you want ball to go
	Slap Pass	Left hand at top, right hand at bottom of grip/left foot forwards/knees bent/aim for chest on knee/head over ball/stick draws semi -circle across ground contacting ball slightly in front of body
	Hit	Both hands at top of grip/ball in line with left foot/head over ball/contact ball with flat stick face and follow through where you want ball to go
	Marking	Man to man marking or space marking/as you get closer to your defending goal you get closer to opponent/try to channel/push them out to the wings

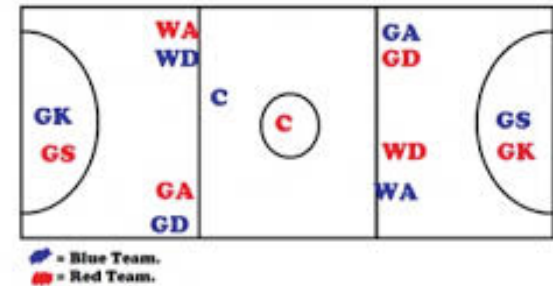
Unit Aims

Year 7 Aim	Developing skills and basic tactics in small sided practices and games.
Year 8 Aim	Skill development and tactics in competitive situations.

Knowledge Required

Rules

- You can only hold the ball for 3 seconds
- No contact with an opposing player
- Must be at least 1 metre away when marking your opponent
- You can only pass across one third of the court
- No repossession of the ball
- Must perform correct footwork when in possession of the ball
- You can only access the area of the court that your position allows
- Game starts at restarts with a centre pass
- Teams take it in turns to take a centre pass
- The centre pass must be received within the centre third



Skills & Tactics

Skill/Tactic

Technique Points

Chest Pass	W grip/ Step/Chest to chest/Follow through/ short distance
Bounce Pass	W grip/ Step/Chest to chest/Follow through/ Bounce before player/ short distance
Shoulder Pass	Sideways on/elevation/ shoulder to shoulder/ step/ follow through/arch/ long distance
Footwork	Landing on alternate feet- first foot to land is the static pivoting foot Landing on simultaneous feet – either foot can become static pivoting foot On the move – release ball before third step
Dodging (Getting Free)	Stop and go (Quickly sprint one way-stop-then go again the same direction) Feint dodge (feint one way and then dodge the other way to lose marker) Holding space (Place one foot sideways to opponent- create space behind) Forward run (Feint to run backwards and then with quick turn of pace forwards)
Defending	Man to man marking – sideways on/ close to player/ on toes/ outstretch arms/ mark ball target
Shooting	Balance/height/line and aim/ flick and follow/ knee extension