



EduTrend Contents

W4C · INDIVIDUAL SPORTS · MIDDLE SCHOOL

Singles Badminton Tactics

Move your opponent and win the rally

Ages 12–14

Level: Intermediate

60 minutes

Pairs · up to 30

Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Singles Badminton Tactics

Students learn the ready position and base, and practise the overhead clear, drop shot and net shot. They play target games, then singles points using combinations such as clear then drop to move opponents, and analyse which patterns win rallies.

Learning outcomes

By the end of the session students can:

- perform clear, drop and net shots with control;
- return to base between shots;
- use shot combinations to create space;
- analyse rally patterns in singles play.

KEY WORDS

badminton · singles · clear · drop · net shot · smash · base · rally · shot combination

CURRICULUM LINKS

PE: net and wall games. Science: forces and air resistance. Maths: angles.

1**WARM UP**

Raise, mobilise, prepare

2**LEARN**

Technique focus

3**PRACTISE**

Drills and repetition

4**MEASURE**

Time, distance, score

5**REFLECT**

What improved?

6**COOL DOWN**

Recover and review

Equipment

- Badminton rackets and shuttlecocks
- Nets or ropes
- Hoops or cones as targets
- Worksheets 1, 2 and 3

Before the session

- Set up courts.
- Place targets in back and front corners.
- Prepare rally analysis sheets.
- Pair students.

SAFETY

Keep a safe distance from other courts. Warm up shoulders and wrists. Call before stepping onto another court to retrieve.

ACTIVITY 04 · SESSION PLAN

Step by step

Base position is the secret: freeze a rally and ask where the gaps are when a player fails to recover.

Time	What happens	Say or ask
0–10 min Warm-up	Footwork patterns and shoulder mobility.	<i>"Why stay on your toes?"</i>
10–25 min Shots	Practise clear, drop and net shot in pairs.	<i>"How does the racket face change the shot?"</i>
25–35 min Targets	Hit shots into corner targets and return to base.	<i>"Where is base?"</i>
35–50 min Singles	Play points; score double for winning with a combination.	<i>"Which combination worked?"</i>
50–60 min Analyse	Partners analyse rally endings.	<i>"How did most points end?"</i>

CHALLENGE CARD (print or copy onto the board)

Win points in singles using a planned shot combination, such as a clear followed by a drop, and record which patterns win most often.

ACTIVITY 04 · FACILITATOR NOTES

The sport science in brief

In badminton, the overhead clear sends the shuttle high and deep to the back of the court, the drop shot falls just over the net, and the net shot is played close to the net. Returning to a central base after each shot helps you cover the whole court.

The shuttlecock's feathers create high air resistance, so it slows quickly after being hit. Players exploit this with deceptive shots. In international badminton, games use rally scoring to 21 points, and a game must be won by two clear points, up to a maximum of 30.

Common ideas to listen for

- "Hitting hard wins every point." Placement and variation move opponents.
- "Stay where you hit the shot." Recovering to base covers the court.
- "Drop shots are weak shots." They are tactical weapons.

Adapting the activity

Support

Play cooperative rallies and use underarm serves and lifts.

Stretch

Add the smash and a deceptive shot, and plan a game plan against a partner.

WORKSHEET 1

Shot check

Name: _____

Class: _____ Date: _____

Rate your shots.

Shots

Shot	Where it lands	Success out of 10
Clear		
Drop		
Net shot		
Serve		

WORKSHEET 2

Rally analysis

Record how rallies end.

Rallies

Rally	Winning shot	Combination used	Why it won
1			
2			
3			
4			
5			

WORKSHEET 3

Game plan

Plan for your next match.

My best combination

My opponent's weakness

My plan

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Performs shots	Returns to base	Uses combinations tactically

Suggested codes: W = working towards • E = expected • G = greater depth

ABOUT THIS ACTIVITY

Singles Badminton Tactics is a sample activity from the EduTrend Contents W4C Individual Sports programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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