



What level is my work?

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- I have produced an observation checklist to help review my performance.
- I have described my strengths and areas for improvement, in detail, for badminton and rounders.

Merit:

- I have explained my strengths and areas for improvement, using the technical model for that skill.
- I have recommended a drill/activity that can progress each area for improvement.

Distinction:

- I have explained the impact that my strengths and areas for improvement has in a game situation.
- I have justified why my drills/activities will improve my performance.

The technical model of badminton skills

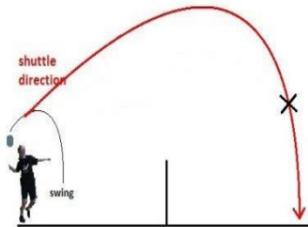
Overhead Clear

Technical Model:

- Stand sideways on.
- Transfer weight from backfoot to front foot
- Shuttle travels high over opponent.
- Shuttle lands in back tram lines.
- Contact shuttle at 11 o'clock

When: if your opponent is stood at the front of the court/ you need to slow the game down.

Why: to move your opponent to the back of the court, you are likely to return the shuttle with an attacking shot.



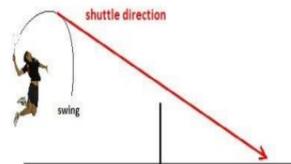
Smash shot

Technical Model:

- Stand sideways on.
- Transfer weight from backfoot to front foot.
- "Back scratch position".
- Contact shuttle at 1 o'clock.
- Shuttle travels fast at steep angle.

When: if your opponent has hit a slow and high shot into the middle of your court, usually after they have played a poor overhead clear.

Why: it is a difficult shot to return so it is likely to win you the point.



Drop shot

Technical Model:

- Try to disguise the shot as being powerful.
- Contact shuttle at 12 o'clock.
- Small follow through to limit power.
- Shuttle lands just over the net.

When: if your opponent is towards the back of the court and off balance.

Why: to move your opponent to the front of the court, opening space up at the back of the court. It is a difficult shot to return.



Net shot

Technical Model:

- Try to disguise the shot as being powerful.
- Contact shuttle at 12 o'clock.
- Gently 'push' the shuttle to limit power.
- Shuttle travels low and lands just over the net.

When: you are position close to the net and your opponent has played a shot towards the front of your court. This shot is common in doubles play.

Why: to move your opponent to the front of the court, opening space up at the back of the court. It is a difficult shot to return.



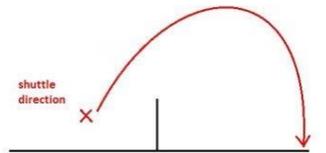
High serve

Technical Model:

- Opposite foot forward to racket hand.
- Large back-lift to generate power.
- Shuttle hit high over opponent.
- Shuttle aimed to land in the back tramlines.

When: if your opponent is stood at the front of the service box.

Why: to move your opponent to the back of the court, opening space up at the front of the court. This also moves your player off balance.



Short serve

Technical Model:

- Same foot forward to racket hand.
- High racket elbow for control and power.
- Push shuttle below waist.
- Attempt to land shuttle just over the service line.

When: if your opponent is stood at the back/middle of the service box.

Why: to move your opponent to the front of the court, opening space up at the back of the court. This also moves your player off balance. You may be able to play a smash if your opponent struggles to return the shot!



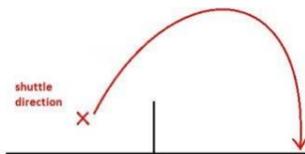
Flick serve

Technical Model:

- Disguise your serve to look like a short serve.
- However, a quickly flick your wrist to generate power.
- The shuttle flies high and to the back of the service box.

When: if you have played a lot of short serves.

Why: this varies your serves and tries to trick your opponent. This will surprise them and make it a difficult serve to return.



Rounders

Scan me to find out some more information around different skills in rounders.



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The technical model of rounders skills

Batting

Technical Model:

- Stand sideways on batting arm at the back.
- Batting arm at 90-degree angle at elbow.
- Transfer weight from backfoot to front foot as you swing the bat across your body.

When: you have been called into the batting square and the bowler has bowled the ball towards you.

Why: to give yourself the best chance of scoring a rounder, you must hit the ball into the open space in the field, this determines how early/late you contact the ball.



Bowling

Technical Model:

- You must bowl underarm.
- Lift bowling arm behind you in line with waist.
- Step forward with the opposite leg to ball hand.
- As you step swing your bowling arm through and release the ball when pointing at the batter.
- Different bowls include: fast bowls, spin and 'donkey drop'.

When: the batter has stepped into the batting square you must bowl the ball.

Why: you must vary the speed and style of your bowl to try and make it hard for your batter to hit. Therefore, they will either hit it poorly or miss it all together.



Overarm throw

Technical Model:

- Stand sideways on.
- Non-throwing arm pointing as a guide.
- Throwing arm in line with shoulder, bent at the elbow to 90 degrees.
- Transfer weight from back foot to front foot.
- Throwing arms swings forward staying at shoulder height.

When: used by a fielder to throw the ball to another teammate.

Why: you must try and get the ball to a base as quick as you can so that base can be stumped and get a batter out. Using an overarm throw is a much quicker way of moving the ball compared to running with the ball.



Long barrier

Technical Model:

- Get sideways on to the ball and kneel.
- Create a barrier by putting your knee against your ankle.
- Hands are in front of your knee with fingers facing down ready to scoop the ball up from the floor.

When: the ball has been hit by a batter and it is rolling across the floor.

Why: if you do not make a barrier with your leg and the ball is rolling across the floor, it may roll past you if you miss it! Therefore, your leg will stop the ball so you can throw the ball to a base to try and stump a batter out.



Short barrier

Technical Model:

- Move forwards quickly towards the rolling ball.
- Bend your knee so one is by your ankle leaving no gap.
- Quickly scoop the ball up with your hands.
- As you stand up, throw the ball to your teammate.

When: the ball has been hit by a batter and it is rolling across the floor, but it is not far from a base.

Why: this is a quicker way of scooping the ball up from the floor if it is rolling. It is used to quickly pick the ball up and throw to a teammate on a base who can stump a batter out.



Catching

Technical Model:

- For a low catch:
 - Put small fingers together and make a cup with your hands.
- For a high catch:
 - Put your index fingers and thumbs together and make a cup with your hands.
- As the ball lands in your hands gather it into your chest so you don't drop the ball.

When: the ball has been hit by a batter and it is travelling in the air, or a teammate has thrown the ball to you.

Why: if the batter has hit the ball and you manage to catch it before it hits the floor then you will get the batter out. Also, if a teammate has thrown you the ball and you are on a base, you need to be able to catch the ball so you can stump the base effectively.

