

ACTIVITY SHEETS

BADMINTON SHUTTLES

Traditional Use:

- Obviously to be used as the 'ball' in badminton practice or games

Other Applications:

CATCHING SKILL ACTIVITY

- In pairs, the students throw the shuttle into the air and their partner must try to catch.
- The head of the shuttle should be the target for the catch, not the feathered end.
- The slow flight of the shuttle enables younger children to eye track the shuttle into their hands.

STRIKING SKILL ACTIVITY

- Using a waffle bat or Ezy Hit, students can practise hand-eye coordination by attempting to continuously strike the shuttle back and forth to achieve the highest number of successful hits.
- Use badminton shuttles with other types of racquets or bats as a progressive activity. Eg: mini tennis with junior tennis racquets, racquetball racquets or with Ezy Hit foam bats.

Modified Games

SHUTTLE ROUNDERS

When only a small area is available, use a badminton shuttle instead of a ball. The distance between bases will need to be scaled down in order to allow the 'batter' to get around the bases

SHUTTLE CRICKET

The game follows similar guidelines to continuous cricket. Each player is given a badminton racquet, or Ezy Hit foam bat (for juniors). The bowler begins the game by serving the shuttle to the batter, who is standing over a hoop placed on the ground. The batter strikes the shuttle into the field of play.

Whilst the shuttle is live the batter should run around a flexidome as many times as possible until all the fielders have returned the shuttle to the bowler by serving and hitting it.

To get the batter out, the bowler must serve the shuttle into the hoop, which also doubles as the batters home crease. Batters can also get out by missing the initial serve and have the shuttle land in the hoop.

SHUTTLE NEWCOMB

Divide students into 2 groups. Half stand on one side of a badminton court, the other half on the other side of the court.

Each student begins with one shuttle. When the whistle is blown, all students are to throw their shuttles over the net to the opponent's court, endeavouring to have as few shuttles as possible in your own court when the whistle sounds again.