

# Badminton - High Serve

## Teaching points

Use forehand grip



- Stand side on to the net
- Hold racket back at waist level
- Drop shuttle keeping eye on it
- Swing the racket through in the direction you want it to go

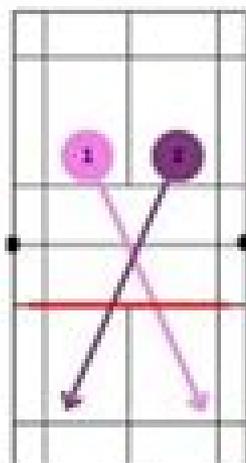
The shuttle should cross as high as possible over the net and land at the back of the court



## Challenge 1

Stand in your service box. Serve diagonal, shuttle should rise high over your opponent

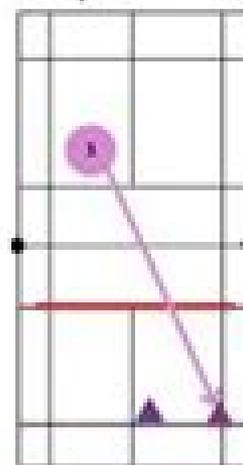
Try serve 10 from area 1 then 10 from area 2



## Challenge 2

Mark out 2 targets near the back of your opponents service box

Each time the shuttle lands in the area you score 1 point - you have 10 attempts



I can...

Identify the correct technique for a **high serve**

Apply the correct technique of a **high serve** in a competitive situation

Evaluate your own/partners performance on the skill

## Challenge 3

Play a match first to 7. If you score on a **high serve** it is worth 2 points.

Winner of the point wins the serve

## Peer Assessment

Is your partner consistently performing all 5 teaching points

|             |                          |                          |                          |
|-------------|--------------------------|--------------------------|--------------------------|
|             |                          |                          |                          |
| Grip        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Stance      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Held back   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eyes        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hit through | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

In A Game

The **high serve** is an alternative to the low serve. This choice can be used to outwit an opponent pushing them to the back of the court following this up with a drop shot.

# Teaching Badminton

**Jin-Ying Zhang**



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