



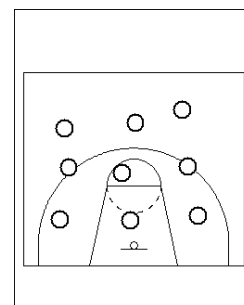
# LESSON #6

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

## Active Warm Up Activity:

### Musical Hoops

- The children spread out around the gym.
- There should be one spot markers or put pylons in the corners of the badminton lines.
- The players move randomly around the court doing a specified movement: running, skipping, sliding, hopping.
- When the music stops, the players must find a hoop by putting a foot inside the hoop.
- Once inside the hoop the players are given a fundamental movement to do: balance on one foot (move your arms, move your head up and down, side to side) squat, lunge, twisting, tracking, ball handling.
- Repeat a number of times.



## Lesson #6 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Goal Setting (See Coaches Manual – Chapter 9.6)
- **Fundamental Skill:** Passing and Receiving
- **Goal:** Pass the ball to a target using a proper chest pass; Control the ball on reception

## Teaching Points: Passing

### Chest Pass

- Start in triple threat position, identify target, call name of receiver
- Hold ball close to chest with two hands
- Fingers point to target, keep elbows close to sides, take one step towards receiver
- Extend arms forward at chest level, snap wrists
- Follow through so palms face outward and thumbs point to floor

### Receiving

- Receiver gives a target hand
- Hands move to a position to receive ball, fingers pointing upwards with hands close together
- Eyes trace flight of ball, see ball into hands
- Hands cushion ball on reception, bringing ball in towards body
- Player gets into triple threat position on completion of reception

## Activity:

### Wall Passing

- Players stand 3 feet away from a wall
- Players throw a chest pass at about chest height and concentrate on technique
- To help players, coaches can put a target on the wall (paper, sticker)
- >> **Load:**
- Players move farther back from the wall as skill and strength increases



*Partner Passing*

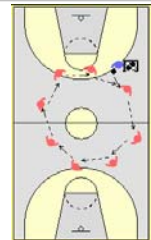
- Players in partners, 5 feet apart, one ball
- Players in Triple Threat Position facing partner
- Player with ball calls name of receiver, receiver gives target
- Player with ball chest passes to receiver
- Repeat, with partners passing back and forth 10 times
- >> **Load:**
- Repeat, increasing distance between partners (1 giant step back)

*Square Passing*

- Players in groups of 4, one ball per group
- Players in square formation, 4 feet apart
- Players chest pass ball around square
- On whistle, players change direction of passes

*Pass the Buck*

- Players arrange themselves in a circle
- Coach starts by passing a ball to one player; this ball is passed around the circle
- Coach keeps adding more and more balls into the circle
- Go until someone has two balls, a fumble or bad pass is made
- The object is to cooperate to see how many balls the team can get going
- >> **Load:**
- Call reverse and the balls must be passed in the opposite direction



*Star Passing*

- Players form 1 circle (2 circles if large group) with 1 ball
- Player with the ball chest passes to another player in the circle and calls the name of the player they are passing to (cannot pass to the player directly beside them)
- This player passes to a different player in the circle and calls their name
- Continue passing the ball around the circle
- >> **Load:**
- Have players remember the passing order (who they got the pass from and who they passed to) and continue passing in the same pattern
- Increase the speed of passing

**Introduce and Play Modified Game:**

1	On whistle, balls away, players sit quietly
2	Coach calls out teams, players go to coach, set up game
3	Play the game

**Wrap Up:**

1	Review the fundamental skill and life skill
2	Make any announcements
3	End on a positive note (cheer), dismiss group

**Post Lesson Tasks:**

- Coaches debrief