

MOVEMENT CONCEPTS

Move to Improve: Think and work toward skill refinement.

Manipulative Skill Focus: Striking with a Racket

Think about space:

- ✓ Where does your body move through space?
- ✓ Where does your racket move through space?
- ✓ Why is it important to think about space?

Think about movement through space:

- ✓ Location
- ✓ Direction
- ✓ Levels
- ✓ Pathways
- ✓ Extensions

Examples:

- ✓ When moving to return the shuttle, a straight line is the best pathway to take in order to position your body for striking.
- ✓ A high, curved shot (clear) can be used to slow the pace of the game and give you time to regain your position on the court.

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Think about relationships:

- ✓ Where are you positioned with respect to people, the net, floor markings?
- ✓ Where is the shuttle with respect to your body, the net, and floor markings before you hit it?
- ✓ Where do you want to hit the shuttle with respect to your opponent, the net, and floor markings in order to gain an advantage?
- ✓ Why is it important to think about relationships?

Think about spatial relationships:

- ✓ With your body
- ✓ With your opponent
- ✓ With your partner
- ✓ With the shuttle
- ✓ With the net
- ✓ With floor markings

Examples:

- ✓ A drop shot is best used when your opponent is in the backcourt and you place your shot in the front court, just over the net.
- ✓ A forehand stroke is used when the shuttle is hit to your dominant side.

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Think about effort:

- ✓ How does your body move through space?
- ✓ How does your racket move through space?
- ✓ How are you bound to court markings and boundaries?
- ✓ Why is it important to think about effort?

Think about your effort:

- ✓ Time (Fast – Slow)
- ✓ Force (Strong – Light)
- ✓ Flow (Bound – Free)

Examples:

- ✓ Swing fast and strong if your opponent is out of position and there is open space for a smash shot.
- ✓ Use a slower and more controlled shot for accuracy if you're trying to move your opponent to a specific area of the court.

Adapted for Badminton using the Movement Analysis Wheel in Children Moving: A Reflective Approach to Teaching Physical Education. George Graham, Shirley Ann Holt/Hale, Melissa Parker.