

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

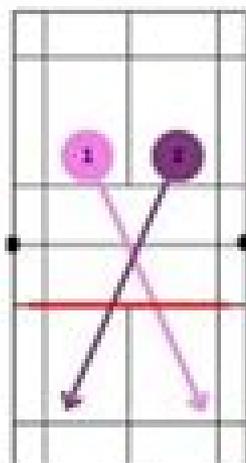
The shuttle should cross as high as possible over the net and land at the back of the court



Challenge 1

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

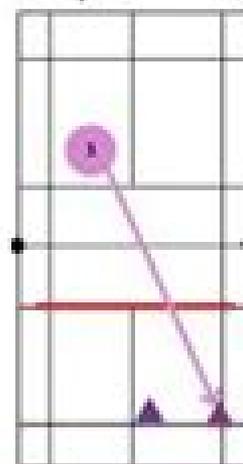
Try serve 10 from area 1 then 10 from area 2



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

AW Rasmussen



Teaching Badminton:

Decoding **Teaching Badminton**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Teaching Badminton**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Teaching Badminton

1. Understanding the eBook Teaching Badminton
 - The Rise of Digital Reading Teaching Badminton
 - Advantages of eBooks Over Traditional Books
2. Identifying Teaching Badminton
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Teaching Badminton
 - User-Friendly Interface
4. Exploring eBook Recommendations from Teaching Badminton
 - Personalized Recommendations
 - Teaching Badminton User Reviews and Ratings
 - Teaching Badminton and Bestseller Lists

5. Accessing Teaching Badminton Free and Paid eBooks
 - Teaching Badminton Public Domain eBooks
 - Teaching Badminton eBook Subscription Services
 - Teaching Badminton Budget-Friendly Options
6. Navigating Teaching Badminton eBook Formats
 - ePub, PDF, MOBI, and More
 - Teaching Badminton Compatibility with Devices
 - Teaching Badminton Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Teaching Badminton
 - Highlighting and Note-Taking Teaching Badminton
 - Interactive Elements Teaching Badminton
8. Staying Engaged with Teaching Badminton
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Teaching Badminton
9. Balancing eBooks and Physical Books Teaching Badminton
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Teaching Badminton
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Teaching Badminton
 - Setting Reading Goals Teaching Badminton
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Teaching Badminton
 - Fact-Checking eBook Content of Teaching Badminton
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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