

The Racket Pack- Social Distance Module

Welcome to The Racket Pack Social Distance module, we have carefully selected from our existing resource a series of activities that focuses on learning the core skills, whilst safely delivering in line with current government guidelines.

The activities have been grouped in to a 6 week resource, each with a weekly theme:

- Grips
- Footwork
- Overhead
- Underarm
- Serving
- Festival

The weekly themes are not structured as lesson plans, but more of a pick and choose style resource whereby you can deliver activities when and how you need them, depending on your space and equipment availability.

The final week adds in a simple festival, using all the topics covered in the first 5 weeks and builds the skills in to a festival where players can compete individually or in teams to score points on each activity. The festival could easily be turned in to a virtual challenge if you wanted to challenge a neighbouring club or school and try to beat your scores. Giving your players an opportunity to engage their competitive side without leaving the badminton hall!

If you need any further support or guidance, **The Racket Pack online resource** contains full technical information, teaching points and skill videos.

Alternatively you can always get in touch with the team at: racketpack@badmintonengland.co.uk

Before You Start

- Have you reviewed your risk assessments before re-commencing physical education?
- Does your teaching activity meet the Government requirements?
- Are your plans consistent with the whole school expectations?

Teaching Notes

- The following activities have been picked from our existing Primary resources; all can be delivered with Social Distancing in place, keeping you and your pupils safe whilst teaching Badminton.
- The Youth Sport Trust have released the following resources which you may wish to access before teaching:
 - [PE Delivery Principles](#)
 - [Primary PE Response to Covid-19](#)
 - [Teaching Tips- Post Covid-19](#)

Coaching

- Schools can work with external coaches to deliver curricular and extra-curricular activities where they are satisfied that this is safe to do so.
- Coaches should adhere to the ratios identified by the setting in which they deliver.

Egg & Spoon

1. Split the players into groups of 3-5 and mark out a socially distanced waiting area for each pupil.
2. Place 2 throw down lines approximately 3-5 metres apart in front of each group.
3. Each child will need their own racket and shuttle.
4. Players take it in turns to try and balance their shuttle on their racket, with the cork facing upwards whilst completing the following movements:
 - a. Walk to the marker and back without the dropping the shuttle.
 - b. Walk to the marker, sit down, get back up and return to start.
 - c. Walk to the marker, sit down, lie down, stand up and return to start.
 - d. Walk to the marker, sit down, lie down, roll on to their front, stand up, return to the marker.

Simplify - Replace the shuttle with a fluff ball/success ball.

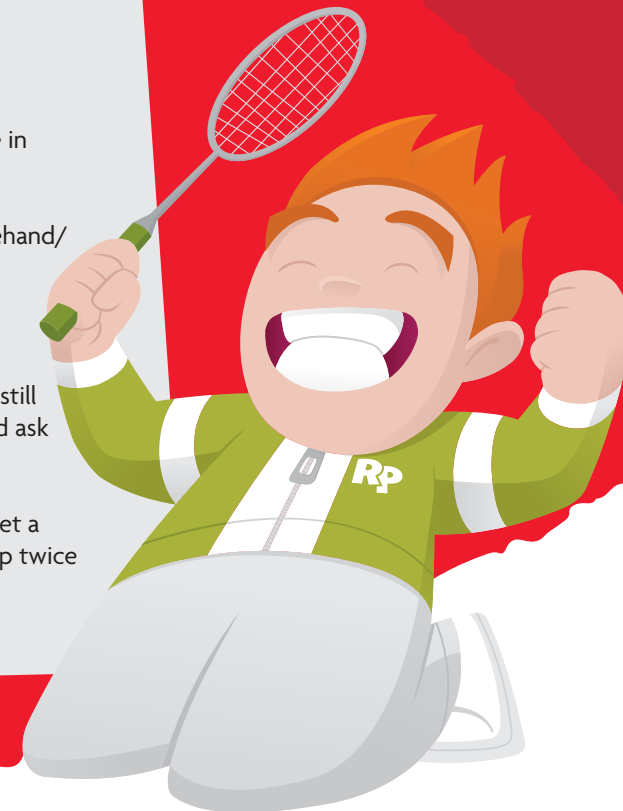
Challenge - Challenge players to increase their speed whilst performing the movements. Challenge your players to come up with a new movement sequence. For older or more advanced players, try completing the relay lengths whilst performing tap ups, then stopping to perform the actions.

Tap-Ups

1. Zone your space so each player has a socially distanced area. Mark this with hoops or cones, or use existing lines if you are in a sports hall.
2. Give each player a racket and shuttle.
3. Demonstrate an appropriate grip and hitting action for a forehand/backhand tap up.
4. Ask players to perform tap ups in their zone.
5. Set challenges on height of shots or number of tap ups.

Simplify - Replace shuttles with a fluff ball/ success ball. If this is still too challenging then replace with a balloon. Remove the racket and ask players to hit the balloon with their hand.

Challenge - Encourage players to perform tap ups on one leg or set a more difficult challenge. See if they can hit the shuttle up and clap twice before the next hit.



Egg Baskets

1. Split the players into groups of 3-5 and mark out a socially distanced waiting area for each pupil.
2. Position some targets 10 metres away from each team with a throw down line 1 metre before them.
3. Players take it in turns to balance their shuttle on their racket and move from the start line to the lunge line, from here they perform a lunge and try to drop their shuttle in to one of the targets. If their shuttle stays in the hoop they score the points for their team.
4. Once their turn is complete, they pick up their shuttle and join the end of the socially distanced queue.

Simplify - Reduce the distance between the start and lunge points. Reduce the distance to the targets. If the players struggle balancing the shuttle, then try using a success ball/ fluff ball.

Challenge - Increase the distances. Players to perform tap ups whilst moving. Players to focus on lunging with their racket leg only.

Obstacle Relay Tap-Ups

1. Split the players into groups of 3-5 and mark out a socially distanced waiting area for each pupil.
2. Players take it in turns to perform tap ups whilst crossing the space.
3. Challenge the players to cross the space whilst performing tap ups and overcoming a series of obstacles:
 - a. Throw down spots (hop between).
 - b. Cones (walk/run around).
 - c. Bench (step over).
4. Count how many tap ups each player performs whilst crossing the space.

Simplify - Remove obstacles if the challenge is too much. Reduce the distance players have to travel. Use a fluff ball/ success ball if the shuttle is too challenging. Perform the obstacles whilst balancing the shuttle on the racket.

Challenge - Introduce new obstacles. Players to do tap ups alternating the face of the racket after each hit so that both sides of the strings are used.



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Simon Says

1. Zone your space so each player has a socially distanced area. Mark this with hoops or cones, or use existing lines if you are in a sports hall.
2. Each child will need their own racket and shuttle.
3. Stand at the front of the group and hold a racket with a shuttle balanced on the strings.
4. Play a game of Simon Says as usual, if a player does the wrong action then they are out and sit in their zone.

Suggested movements:

- a. Kneel down.
- b. Lie Down.
- c. Pass racket around back.
- d. Move racket side-to-side.
- e. Push shuttle up and catch.
- f. Move to the left and right (side stepping).
- g. Turn around on the spot.
- h. Pass racket under leg.

Simplify - Replace shuttle with fluff ball/ success ball. Keep movements simple. Give players lives.

Challenge - Increase speed of transition. Ask players to up the pace of the movements. Jog on the spot between movements. Ask the players to do a movement but demonstrate something different at the same time to encourage thought.

Follow The Leader

1. Zone your space so each player has a socially distanced area. Mark this with hoops or cones, or use existing lines if you are in a sports hall.
2. Stand at the front of the group and demonstrate the following movements for pupils to copy:
 - a. Hop on the spot.
 - b. Walk on the spot.
 - c. Jog on the spot.
 - d. Sprint on the spot.
 - e. Lunge forward/ backwards/ to the side.
 - f. Jump up and down, could be for speed or height.
 - g. Jumping jacks.
3. Ensure that players remain in their zone during the movements.

Simplify - Perform the movements in stages so they are easier to learn.

Challenge - Add in some more advanced/ explosive movements: backward lunge, burpee, squat, skaters.



Volcanoes & Mountains

1. Zone your space so each player has a socially distanced area. Mark this with hoops or cones, or use existing lines if you are in a sports hall.
2. Give each player a number of cones to flip over.
3. From a designated start point, players perform the following action:
 - a. Split Step.
 - b. Lunge out to cone with racket leg.
 - c. Reach out to cone with racket hand.
 - d. Recover back to start point.
4. Repeat this movement pattern until all cones are flipped out.
5. Ensure that all players are performing each stage of the movement correctly.

Simplify - Reduce the number of cones and the distance between the cones and the start point.

Challenge - Strongly enforce the racket leg - racket hand combination. Nominate specific cones to encourage players to stay on their toes.

Ever Ready

1. Zone your space so each player has a socially distanced area. Mark this with hoops or cones, or use existing lines if you are in a sports hall.
2. With a racket in their hand, encourage the players to perform the following movements in their zone:
 - a. Sidesteps.
 - b. Chasseing
 - c. Jump and land.
 - d. Running on the spot.
 - e. Jump and reach their racket as high as possible.
3. Ensure that all players are correctly performing individual movements.

Simplify - Slow the movement sequence down to focus on technique. Keep players static in between movements.

Challenge - Jog on the spot between movements. Link movements in to a more complex sequence to replicate court movement.

Shuttle Runs

1. Split the players into groups of 3-5 and mark out a socially distanced waiting area for each pupil.
2. Place 2 throw down lines approximately 5 metres apart in front of each group.
3. Each child will need their own racket and shuttle.
4. Players take it in turns to complete 5 shuttle runs between the two lines, tapping their racket head on the throw down line as they reach it.

Simplify - Reduce the distance. Remove the racket and focus on the movement.

Challenge - Make sure the players are performing the correct racket leg lunge with racket hand movement. Turn this in to a relay race between groups if your players need a challenge. Add more lines (players have to run to the closest line and back to the start, then to a line placed further away and back to the start and so on). Add additional movements – rather than running between the lines players have to chasse or cross step.



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Badminton Javelin

1. Split the players into groups of 3-5 and mark out a socially distant waiting area for each pupil.
2. Give each pupil a shuttle or alternative.
3. Drop a throw down line in front of each group, and put some distanced markers out in front of each group so players can see how far they have thrown.
4. Players take it in turns to approach the throwing line and throw overarm as far as possible.
5. Points can be scored for distance if required.

Simplify - Players walk up to the line and perform a standing throw, focussing on getting the movement correct.

Challenge - Ask players to run up to the line, co-ordinating faster footwork with the throwing technique.

Overhead Targets

1. Mark out several target shooting stations a few metres away from a throw down line. Repeat this set up around your space using different targets, distances and challenges.
2. Make sure there is a waiting area marked out on each station so that players can remain socially distant whilst waiting to start.
3. Each player will need their own shuttle or alternative.
4. Players move around the space completing each station, trying to throw their shuttle in to as many targets as possible in 5 shots.

Simplify - Decrease distance from throw down line to targets, increase size of targets.

Challenge - Increase distance and add in additional targets. Ask players to run up to the line, co-ordinating faster footwork with the throwing technique.



Launch Pad

1. Allocate each player a shuttle for this activity,
2. In a socially distanced space, each player is to replicate the movement required for an overhead shot before throwing a shuttle.
3. Players perform a split step from their start point, before moving forwards and touching a throw down spot with their foot. They then turn sideways on and chasse back before throwing their shuttle overarm. Players then recover back to their start point before collecting their shuttle.
4. Score points for distance or points for successfully completing the movement pattern.

Simplify- Remove the shuttle and focus solely on the movement pattern. Ask players to stand still and practice their overarm throw, ensure they are executing the correct movement pattern. Sideways on – arm high – weight transfer upwards and forwards as throw completes.

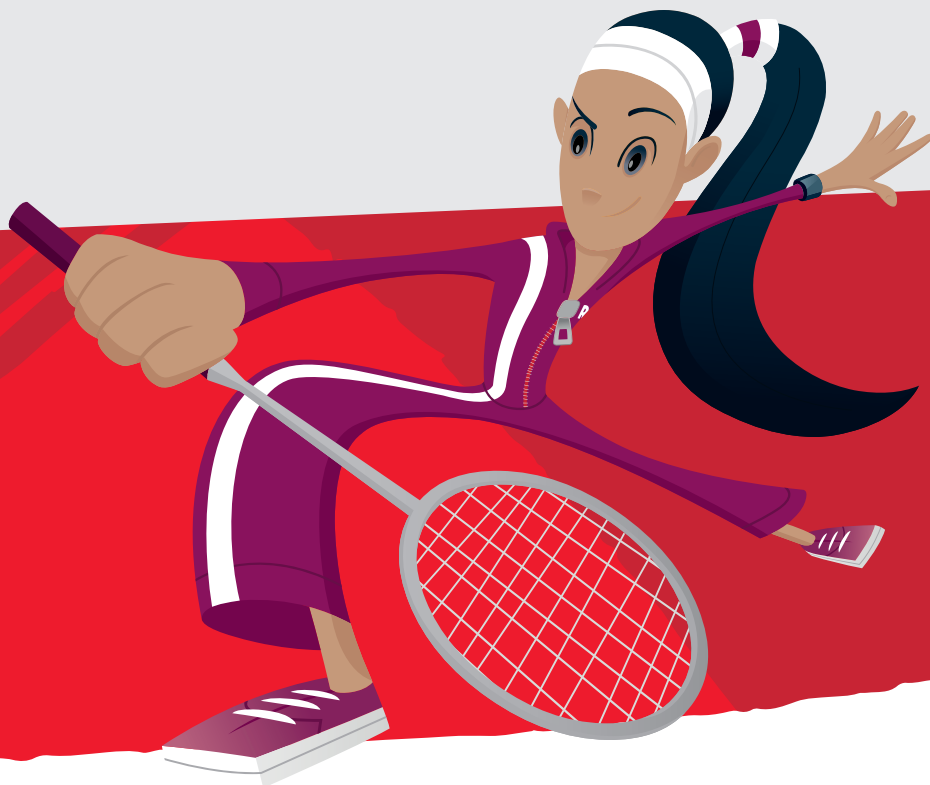
Challenge - Introduce new points for players to move to, encourage direction changes. Add in a jump as the players throw. The momentum should encourage their body to turn and the aim is for them to land on the opposite leg. This is called a scissor kick.

Focus on Throwing

1. In a socially distanced space, a few metres from a wall. Give each child a shuttle and ask them to throw the shuttle at a target on the wall (specific brick or mark on the wall). The target should be at least 2-3 times higher than they could reach.
2. The aim of this challenge is to build on their throwing action. Revise each stage of their throw.
3. The main focuses should be on:
 - a. Players should always start the movement in a sideways position.
 - b. The basic shape of their overarm action.
 - c. Elbow should be at shoulder height in preparation to throw.
 - d. Players should reach up as they release the object.

Simplify - Break the movement down in to the key phases and re teach.

Challenge - Ask players to recover after throwing and then split step to catch their shuttle. Move players back further from the wall so they have to throw further to hit the target.



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#TheRacketPack

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Crazy Golf

1. Mark out several golf style holes around your space. Use throw down spots, lines, hoops, buckets/containers, or other objects to act as obstacles on each hole.
2. Make sure there is a waiting area marked out on each hole so that players can remain socially distanced whilst waiting to start.
3. Each player will need their own racket and shuttle. Encourage players to only touch their racket and shuttle.
4. From the 'tee' each player hits their shuttle towards the 'hole'. Encourage your players to use the correct hitting technique.

5. Count how many shots it takes to successfully hit into the target.
6. Points can be awarded per hole.

Simplify - Increase the size of the target 'hole'. Shorten the distance of each hole.

Challenge - Introduce penalties for landing in obstacles, position targets further away. Designate shots, for example, 'you have to score in target using a backhand shot'.



Tap-Ups

1. Zone your space so each player has a socially distanced area. Mark this with hoops or cones, or use existing lines if you are in a sports hall.
2. Give each player a racket and shuttle.
3. Demonstrate an appropriate grip and hitting action for a forehand/backhand tap up.
4. Ask players to perform tap ups in their zone.
5. Set challenges on height of shots or number of tap ups.

Simplify - Replace shuttles with a fluff ball/ success ball. If this is still too challenging then replace with a balloon. Remove the racket and ask players to hit the balloon with their hand.

Challenge - Encourage players to perform tap ups on one leg or set a more difficult challenge. See if they can hit the shuttle up and clap twice before the next hit.

Tricky Tap-Ups

1. Zone your space so each player has a socially distanced area. Mark this with hoops or cones, or use existing lines if you are in a sports hall.
2. Give each player a racket and shuttle.
3. Encourage players to practice tap ups using the following variations:
 - a. Forehand tap ups.
 - b. Backhand tap ups.
 - c. One legged tap ups.
 - d. Alternating tap ups (forehand then backhand).

Simplify - Replace the shuttle with a fluff ball/ success ball. Remove the racket and players use their hands.

Challenge - Introduce movement whilst performing tap ups. Come up with your own challenge and show the group.



Target Shots

1. Mark out several target shooting stations a few metres away from a throw down line. Repeat this set up around your space using different targets, distances and challenges.
2. Make sure there is a waiting area marked out on each station so that players can remain socially distanced whilst waiting to start.
3. Each player will need their own racket and shuttle. Encourage players to only touch their racket and shuttle.
4. Players move around the space completing each station, trying to hit their shuttle in to as many targets as possible in 5 shots.

Simplify- decrease distance from throw down line to targets, increase size of targets.

Challenge- increase distance and add in additional targets.

Throw & Go

1. Split the players into groups of 3-5 and mark out a socially distanced waiting area for each pupil.
2. Place a throw down line in front of each group.
3. Each child will need their own shuttle for this game.
4. Players take it in turns to approach the line and perform a high underarm throw for maximum distance. Their action should be similar to that of performing a high forehand serve.
5. Each group can have a cone to mark their furthest throws, players can only move the cone with their foot to mark their distance.

Simplify - Break the movement down and focus on specific coaching points. Replace the shuttle with a success ball/ fluff ball.

Challenge - Players to run and catch their shuttle before it lands. Points scored for successful catches.

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Hit The Spot

1. In pairs, each player stands on a throw down spot 5 metres apart, with a large hoop between them.
2. Each player has a racket and an individual shuttle.
3. Players alternate shots trying to land their shuttle in the target. Scoring points if their shuttle stays in the hoop.
4. Between shots players must collect their shuttle and then return to their spot to ensure social distancing.
5. This activity can be played for both the forehand and backhand serves.
6. Make this a scoring challenge by adding a time limit, 5 points per successful serve.

Simplify - Reduce the distance (ensure that social distancing is still possible between the players). Change the shuttle for a success ball/ fluff ball.

Challenge - Increase distance between players and the target. Make the target smaller. If the pair is mismatched, place a smaller target inside the larger target. If both players need to be challenged, introduce a net to hit over and give both players a target to aim for.

Serve & Catch

1. Space players out so they are in a line but socially distanced. If you haven't got enough space, have players lined up with a partner waiting on a spot a few metres behind.
2. Each child will need a racket and a shuttle.
3. Players are to perform a high underarm serve as far as they can hit before going to collect their shuttle.
4. Once you are happy with technique, progress this game to involve players serving, then running to try and catch their shuttle. Points can be scored for a successful catch if needed.



Focus On Serving

1. In a socially distanced space, a few metres from a wall. Give each child a shuttle and racket and ask them to serve their shuttle at a target on the wall (specific brick or mark on the wall). The target should be at least 2-3 times higher than they could reach with their racket.
2. The aim of this challenge is to build on their serving action. Revise each stage of their serve to suit.

Simplify - Use a success ball/ fluff ball for an easier strike.

Challenge - Ask players to also catch their shuttle, they should be able to do this without moving too much if they are successfully hitting their target.

Target Serving

1. Split the players into groups of 3-5 and mark out a socially distanced waiting area for each pupil.
2. Place a throw down line in front of each group, along with a few targets for players to serve at.
3. Each child will need their own racket and shuttle for this game.
4. Players take it in turns to approach the line and perform a high underarm serve to try and land in the targets. They then need to collect their shuttle and re-join the line.
5. Players can score points for specific targets if a challenge is required.

Simplify - Bring the targets closer or use larger targets.

Challenge - Increase the distance between serving point and targets. Introduce a net for players to serve over for a more realistic challenge.

Service Shoot Out

1. On an empty court, set up a target zone in the forecourt area (no net in place). If you have no courts, drop a service line down and lay out some targets 3-5 metres away from the line.
2. Players will be split into groups of 3- 5 and all allocated a socially distanced waiting area.
3. Players can take it in turn to serve from the rear court aiming at the targets. Score points for a successful shot.
4. After serving, players must collect their shuttle and return to their waiting area.
5. This can be a timed activity for points individually. Or as a team activity to see who can score the most points.

Simplify - Move players closer to the target area.

Challenge Add smaller targets inside larger targets, a bonus is scored for hitting these and more confident players should be encouraged to aim at these.



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Festival Instructions

You've learnt the games, now why not see how many points your players can score and challenge another school to a virtual competition?

1. Mark out each activity in your space
2. Split your group in to teams.
3. Each team will spend 5 minutes on each of the 5 activities.
4. They will work together to achieve the highest number of points for their team.
5. Activity 1 is taken from week 1 of the resource and so on. Players will hopefully already be familiar with the activities.
6. Share your scores on social media and challenge another school.

Egg & Spoon

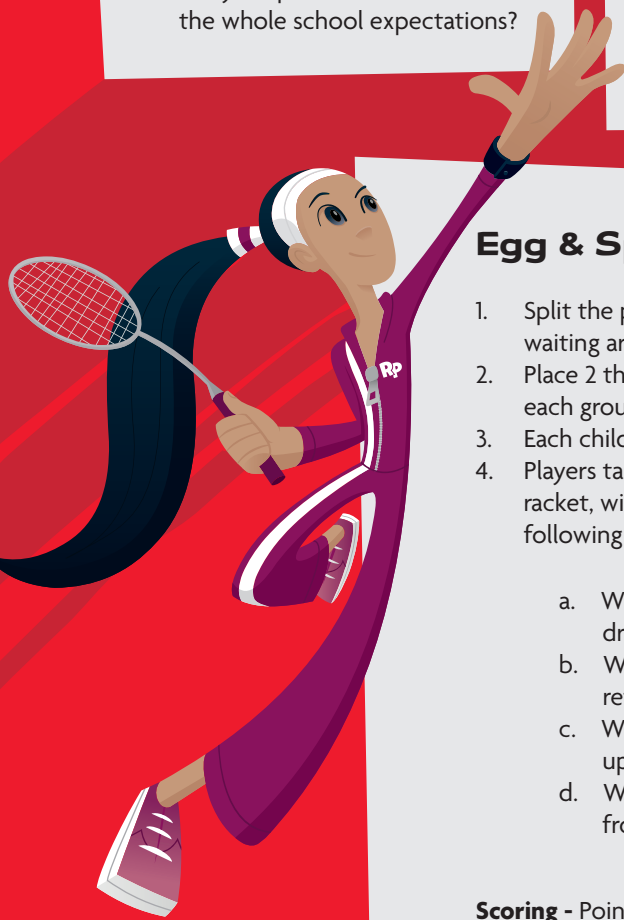
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3. Each child will need their own racket and shuttle.
4. Players take it in turns to try and balance their shuttle on their racket, with the cork facing upwards whilst completing the following movements:
 - a. Walk to the marker and back without the dropping the shuttle.
 - b. Walk to the marker, sit down, get back up and return to start.
 - c. Walk to the marker, sit down, lie down, stand up and return to start.
 - d. Walk to the marker, sit down, lie down, roll on to their front, stand up, return to the marker.

Scoring - Points awarded on time taken to complete the relay lengths. Could be individual or as a team.

Volcanoes & Mountains

1. Zone your space so each player has a socially distanced area. Mark this with hoops or cones, or use existing lines if you are in a sports hall.
2. Give each player a number of cones to flip over.
3. From a designated start point, players perform the following action:
 - a. Split Step.
 - b. Lunge out to cone with racket leg.
 - c. Reach out to cone with racket hand.
 - d. Recover back to start point.
4. Repeat this movement pattern until all cones are flipped out.
5. Ensure that all players are performing each stage of the movement correctly.

Scoring - Points awarded for time taken to flip all cones. Could be individual or as a team (times added together).



Launch Pad

1. Allocate each player a shuttle for this activity.
2. In a socially distanced space, each player is to replicate the movement required for an overhead shot before throwing a shuttle.
3. Players perform a split step from their start point, before moving forwards and touching a throw down spot with their foot. They then turn sideways on and chasse back before throwing their shuttle overarm. Players then recover back to their start point before collecting their shuttle.
4. Score points for distance or points for successfully completing the movement pattern.

Scoring - Points awarded for the total distance thrown. Could be individual or as a team.

Service Shoot Out

1. On an empty court, set up a target zone in the forecourt area (no net in place). If you have no courts, drop a service line down and lay out some targets 3-5 metres away from the line.
2. Players will be split into groups of 3- 5 and all allocated a socially distanced waiting area.
3. Players can take it in turn to serve from the rear court aiming at the targets. Score points for a successful shot.
4. After serving, players must collect their shuttle and return to their waiting area.
5. This can be a timed activity for points individually. Or as a team activity to see who can score the most points.

Scoring - Set a time limit and see how many points each team/ player can score.

Throw & Go

1. Split the players into groups of 3-5 and mark out a socially distanced waiting area for each pupil.
2. Place a throw down line in front of each group.
3. Each child will need their own shuttle for this game.
4. Players take it in turns to approach the line and perform a high underarm throw for maximum distance. Their action should be similar to that of performing a high forehand serve.
5. Each group can have a cone to mark their furthest throws, players can only move the cone with their foot to mark their distance.

Scoring - Points awarded for the total distance thrown.

