

Para Badminton Festival Resource

Welcome to Badminton England 's Para Badminton Festival resource!

The festival is a great way to introduce disabled people to badminton, with the option to be delivered to people of all ages, abilities and a variety of disabilities. The resource has been designed for clubs, coaches, and teachers delivering within Primary School, Secondary School, leisure and community environments.

The festival is split in to two areas, fun skill-based activities and on-court games and can be delivered to both disabled and non-disabled players within the same festival.

Whilst this resource does not go into specific detail around different disabilities, it provides adaptations consisting of appropriate simplified or challenging ideas for each activity to cater for different skill levels within your festival. Remember, every disability is different so deliver to the person in front of you. If you would like any further support or guidance, our Inclusion Hub provides further disability specific resources.

Movement

The terms 'travel' and 'move' encompass all generic movement patterns, such as walk, run, jog, push or pull (wheelchair movements) and it is up to you to decide which is appropriate for each activity. For wheelchair players, their movement will consist of push and pull, depending upon direction of travel, and braking to stop. More detailed information on this is included within the Wheelchair Club & Coach Resource.

This Para Badminton Festival resource contains:

Activity ideas: These include activity description, equipment required, adaptations to simplify and challenge the activity, and a diagram

Score card: Blank score card for players or teams to record their scores

Recommended format and timings:

Time: 2 hours

Format:

- 5 minute introduction
- 50 minutes delivery of skill-based activities in an activity station format
- 10 minute break
- 50 minute delivery of on-court games for all to get involved in

These timings are flexible and can be adapted to meet the needs of your delivery.

Skill-based Activities

To create the skill-based element of your festival, select as many activities as you want, considering both numbers and participant ability level. Players will be able to rotate around the activity stations in their team, completing each activity. For more festival activities and skill-based ideas, you can check out the Badminton England Resource Hub.

The activities focus on the fundamentals of movement, balance and coordination in a fun way, incorporating badminton skills (grips, movement, backhand serve, forehand serve, underarm hitting and overarm hitting) with a variety of fun challenges

Equipment:

- Rackets
- Shuttles
- Fluff balls or success balls
- Hoops
- Buckets or cones
- Throw-down spots or throw-down lines
- GetNets
- Giant shuttles

Activity 1: Tricky Tap Ups

- Each player to stand on a throw-down spot with a racket. Nominate a team player to do each of the following tap-ups with a shuttle: forehand, backhand, alternative forehand and backhand & trick shot tap-ups (example – hit and spin around before hitting again)
- Players to count the number of consecutive tap-ups they achieve (if you have more than 4 players in a team then 2 players can be nominated for the forehand [for example] but only the highest score from those 2 players will count).
- Scoring: The team's score will be the number of consecutive tap ups they complete in total as a team. The winning team is the one with the most points at the end of the activity.

Activity 2: Split Steps

- 1 player is the feeder with a shuttle; the other team members are hitters, each with a racket.
- Position the feeder 3 metres away from a horizontal line of hitters.
- The feeder throws a shuttle to the first hitter who performs a preparation movement (split step for non-disabled or static position for wheelchair badminton) before hitting the shuttle back to the feeder to catch.
- The feeder moves appropriately (side steps or push or pull for wheelchair badminton) to the next hitter who does the same and so on until they reach the final hitter. The catcher then takes the place of the final hitter who becomes the feeder.
- Scoring: Each successful hit and catch is worth 1 point. The winning team is the one with the most points at the end of the activity.

Simplify: Increase the distance between the feeder and the hitters to give the players longer to react.

Challenge: Use lunging movements to get to the shuttle quickly, the feeder to use a racket to feed instead of a throw. Decrease the distance between the feeder and the hitters to give the players less time to react.

Activity 3: Hit the Spot

- Players take it in turns to position themselves on the throw-down spot with a target hoop 5 metres away from them.
- The first player performs a backhand serve to land the shuttle inside the target hoop.
- The first player then moves to pick up the shuttle, hands it to the second player who then has their turn to serve the shuttle into the hoop.
- Scoring: 1 point is scored each time the backhand serve lands in the target hoop. The winning team is the one with the most points at the end of the activity.

Simplify: Reduce the distance between the throw-down spots and the target hoop.

Challenge: Increase the distance between the throw-down spots and the target hoop or change the large hoop for a small hoop or a throw-down spot to make the target area smaller.

Activity 4: Crazy Golf

- Create several golf-style holes around the hall by using throw-down spots, hoops of different sizes, buckets etc and assign different points to different holes depending on their level of difficulty.
- Place a throw-down line in front of each hole to indicate where players should perform their serve. Emphasise forehand underarm hitting here.
- Split the group into equal teams and allocate 1 racket and 1 shuttle per team. Teams to move around the hall and perform forehand serves towards the holes.
- Scoring: 1 point for each shuttle successfully served into each target. The winning team is the one with the most points at the end of the activity.

Simplify: Increase the size of the targets or position targets closer to the server.

Challenge: Reduce the size of the targets or position the targets further away .

Activity 5: Ladders

- Split the group into teams, 1 player is the feeder; the other team members are the hitters.
- The feeder positions themselves on a throw-down spot with a fluff ball/success ball whilst the hitter stands 1 metre away on the 1 point throw-down line with a racket using an appropriate grip.
- The feeder throws the fluff ball/success ball underarm for the hitter to perform a forehand or backhand underarm hit for the feeder to catch. If successful, the hitter moves back to the 2 point throw-down line situated 1 metre further back and repeats the exercise. If the feeder successfully catches again then the hitter moves back once more to the 3 point throw-down line situated 1 metre further back. The next team member then takes their turn.
- Scoring: 1, 2, or 3 points are scored depending on which line the hitter is standing on. The feeder needs to catch the fluff ball/success ball for the points to count. The winning team is the one with the most points at the end of the activity.

Simplify: Change the rules so that a successful hit back to their partner can move the player up the ladder (the thrower does not need to catch the ball).

Challenge: Replace the fluff ball/success ball with a shuttle or increase the distance between the ladder steps.

Activity 6: Shooting Stars

- In pairs with 1 racket and 1 shuttle; 1 player is the hitter, the other the feeder.
- The hitter has their racket above their head ready to hit an overhead. The partner throws a shuttle overarm for their partner to hit.
- Scoring: 1 point for each successful overarm hit. The winning team is the one with the most points at the end of the activity.

Simplify: Feeder to throw underarm instead of overarm.

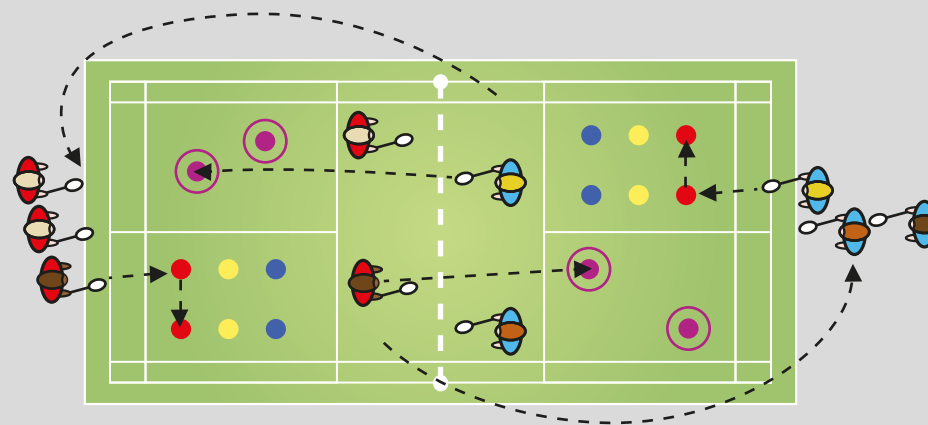
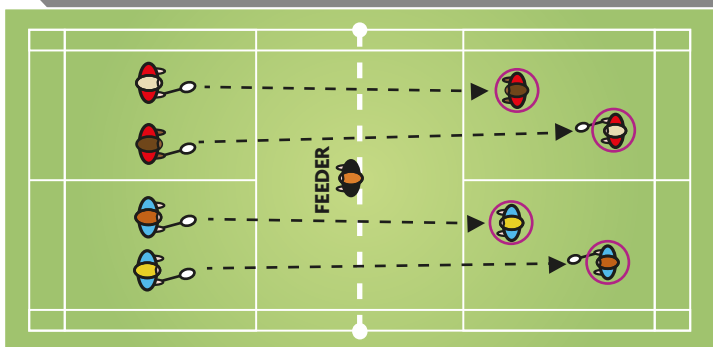
Challenge: Feeder moves further away from the hitter or use targets (hoops or throw-down spots) that the hitter must aim for with points for each shuttle which lands in a target.

Activity 7: Battleground

- Split the group into two equal teams (Battlers & Catchers)
- Activator/player hand feeds shuttles to each player in turn, who aim to hit the shuttles over the net to their teammates
- Each time the players on the Danger Zone spots catch the shuttle (using either their hands or the GetNet) a point is scored. Catchers need to keep one part of their body on the Danger Zone spot at all times
- The team who catch the greatest number of shuttles within the allocated time wins the battle
- Swap roles to give all players an opportunity to hit and catch

Simplify: Encourage the Catchers to move their Danger Zone spots to wherever they prefer, within their side of the court. Battlers backhand serve the shuttles over the net

Challenge: Catchers can lean over and intercept the shuttle from the opposing team's shots

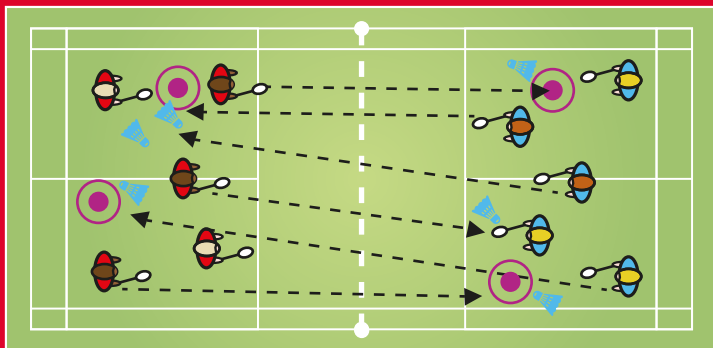


Activity 8: Essential Mix

- Split group into 2 and ask them to line up at opposite ends of the court
- First player picks up the shuttle from the red spot and moves to the adjacent red spot and places the shuttle on it
- They then do the same with the shuttles on the green and blue spots (scoring 2 points for each shuttle moved)
- The player then moves forward and stops just before the net (with their racket high) to receive a shuttle from the Activator/player
- They aim to hit this shuttle onto one of the Danger Zone spots to score 10 points
- The player moves around the court to join the queue at the other end and repeats the exercise on that side

Simplify: Award just 5 points for the Danger Zone spot closest to the net.

Challenge: Give players backhand net shots.



Activity 9: Power Play

- Split the group into 2 equal teams
- The game commences with an equal number of shuttles on the floor on either side of the net
- On the word go, players pick up the shuttles and throw them over the net
- The aim of the game is to have the least number of shuttles left
- At the end of the nominated time, players count the shuttles to determine which team is the winner
- Shuttles positioned on the Danger Zone spots at the end of the nominated time count as 2 shuttles
- Mix the teams up and play again

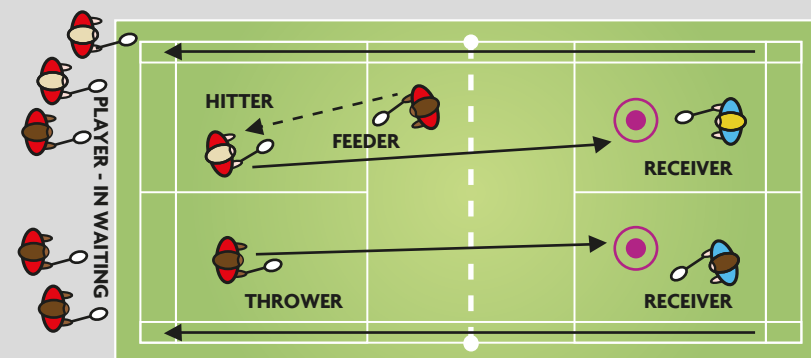
Challenge: Award points for shuttles landing in different areas of the court i.e., tramlines. Introduce the giant shuttle and award additional points if they finish on a danger zone spot.

Activity 10: Smash Alley

- Players throw a giant shuttle at the Danger Zone spots laid out on the other side of the court. Points are scored for each direct hit onto the targets
- More advanced players can smash standard sized shuttles at the targets by either throwing the shuttle up for themselves to hit or being fed a shuttle to smash
- Have players positioned behind the targets to pick up the shuttles. The receiver's aim is to throw / hit the shuttle back into the far court tramline to score an additional point for the team

Simplify: Move targets around the court to make it easier. For players with limited movement or core strength, move targets closer to the net or increase the number of targets to aim at. Make targets bigger by using hoops.

Challenge: Receivers can try to catch shuttles on their rackets to score points. Modify the role of the receiver into a defender whose job it is to avoid the targets being struck down.

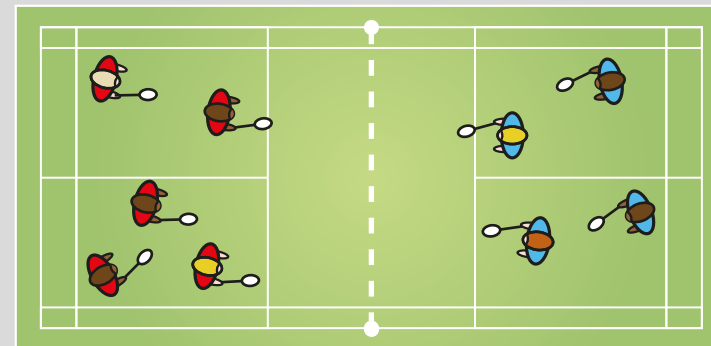
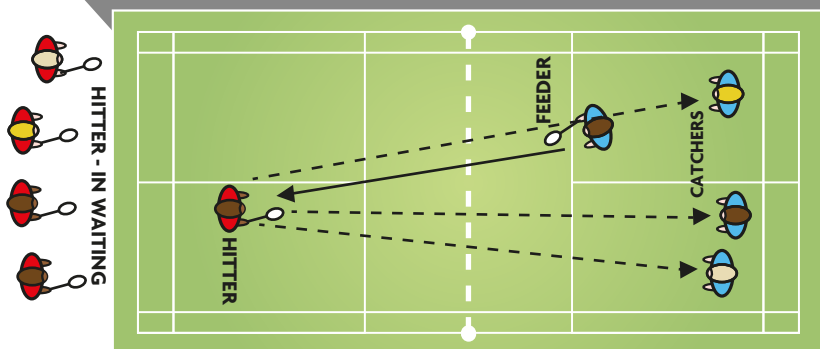


Activity 11: Smash N Grab

- 1 player feeds the shuttle to each 'hitter' who take it in turns to try to score a winner by avoiding the 'catchers' before moving to the back of the queue
- If a 'hitter' is caught out, then they swap places with the 'catcher' on the opposite side of the court.
- 'Catchers' can use their hands or the GetNet to catch shuttles
- If they then catch a shuttle, the player re-joins the queue of 'hitters'
- To end Smash 'n' Grab, stop the rotation of players so the number of 'catchers' always increases until the last 'hitter' is caught out

Simplify: Wheelchair players can be positioned closer to the net so to use their laps for catching as well as their hands.

Challenge: Players use their racket heads to catch rather than their hands. Play on a half court, giving less space to hit winners and increase the rate of player rotation.



Activity 12: Throwminton

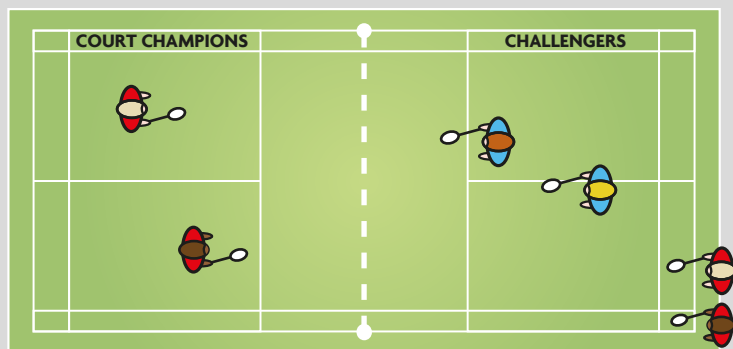
- Rackets not required!
- Up to 5 players per side. Use full court and standard badminton scoring, BUT throw the giant shuttle over the net
- Aim to score winners by landing the giant shuttle on the opponent's court floor
- Any player standing between net and service line must throw the giant shuttle underarm

Simplify: Rotate the position of team members according to strength and levels of agility. Play to music. When a piece of music stops, the team not in possession of the giant shuttle wins the point.

Challenge: Introduce one-handed catching if a team dominates. Ensure the giant shuttle is passed to every team member before being returned over the net. Introduce Danger Zone spots on to the court to earn extra bonus points.

On-Court Games

To create your on-court element, select as many activities as you want, considering both numbers and participant ability level. These activities will build on the skills already learnt, providing an opportunity to practice shots and movements around the court whilst adding an element of competition through rallying and competitive situations



Activity 1: Boss the Court

- One person is selected to be the 'Boss' for each court
- Other players have to line up at the back of the opposite side of the court to challenge the Boss
- The challengers play one point against the Boss and if they win the point, they take the place of the Boss
- The challenger starts the point with a serve then the singles court is used to play the point

Simplify: The court size can be reduced so players are only playing half court singles or just playing in the service boxes.

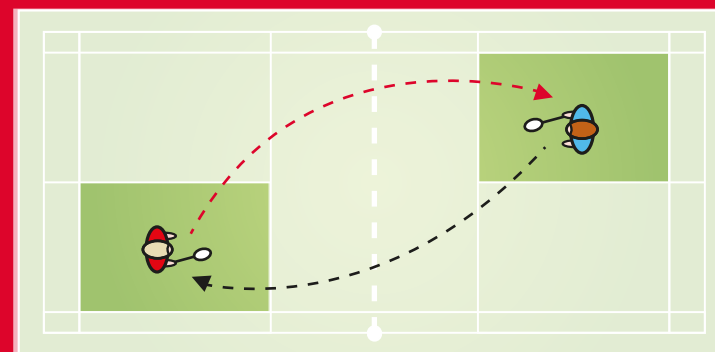
Challenge: Create a more realistic game play environment where the challengers play best of 3 points against the Boss.

Activity 2: Boom Box

- Play half court badminton with standard rules and scoring – but with a twist! Instead of playing straight half court singles, players hit diagonally to their opponent
- Players are limited to playing within a designated 'box' on the court and have to stay within it
- If the shuttle lands outside this box it is deemed to be out

Simplify: Adapt the game so there are two players on each side of the court – one covering the forecourt and one covering the rear court or ask the players to work together to get the longest rally possible.

Challenge: Make the court larger by introducing the forecourt, rear court tramline and/or side tramlines.



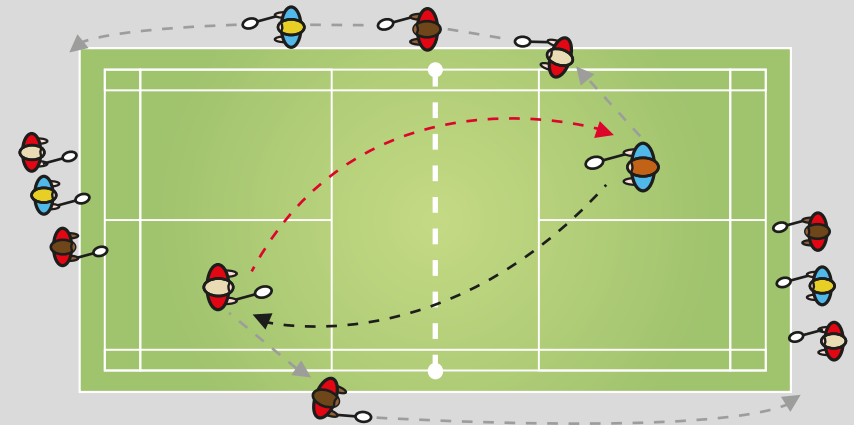
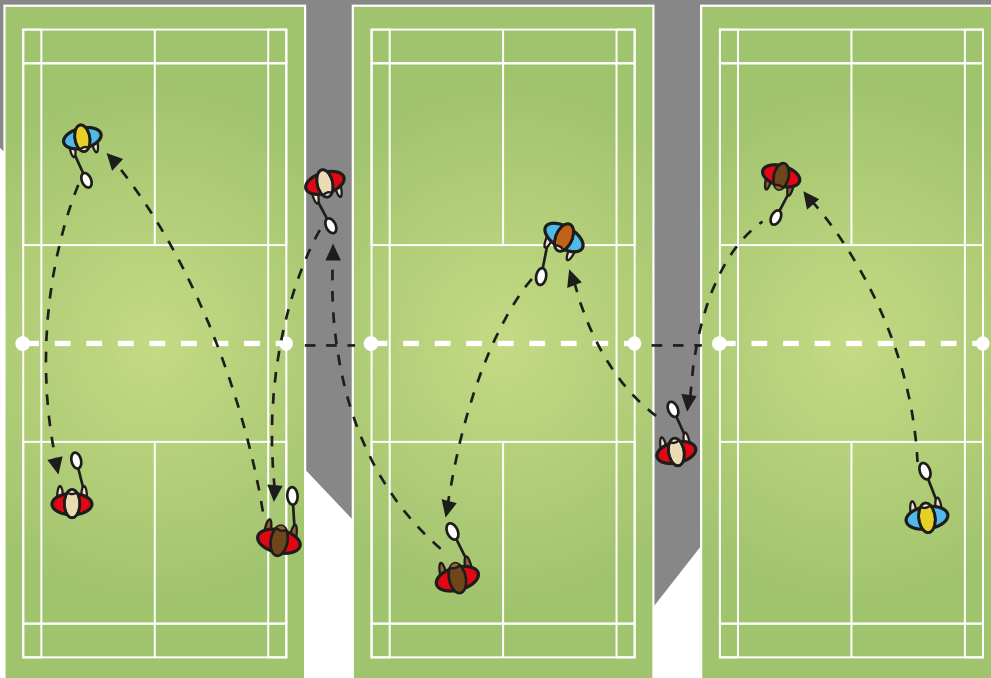
On-Court Games

Activity 3: Crossfire

- Played across the full width of a minimum of two courts, players can hit the shuttle anywhere across the two courts, as long as it passes over the net each time (players on either end court can hit the shuttle all the way across the courts to the other end)
- Crossfire can be delivered with the aim of keeping a rally going for as long as possible or played in two teams with a scoring system in place

Simplify: The court size can be reduced so players are only hitting in the service boxes.

Challenge: Introduce 'multi-shuttles' to the game so there is more than one shuttle in play across the courts during the game.



Activity 4: Globe Trotters

- Players hit the shuttle once before moving around the outside of the court to join the queue on the other side of the net
- The game can be played with the aim of keeping a rally going for as long as possible or each player can have three lives and they lose a life each time they miss a shot, hit the shuttle out of the court boundaries or hit the shuttle into the net
- Once all three lives are lost, players are 'out' and the last person remaining is the winner

Simplify: The rules can be changed so players do not have to travel and join the queue on the other side of the net, they can join the back of the queue on their side.

Challenge: Lives can be awarded for hitting different 'zones' on the court (for example, if they hit a shot in the rear tramline which the person cannot return, they are awarded an extra life).

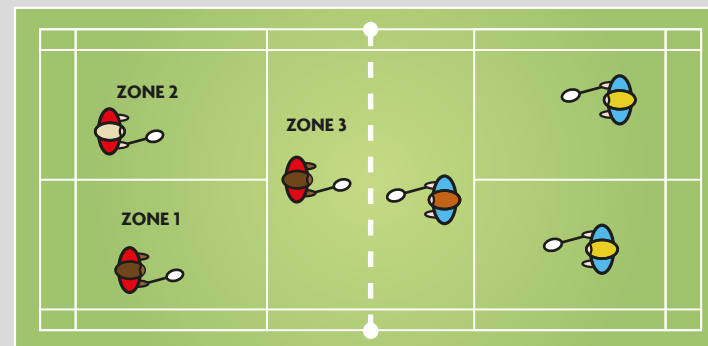
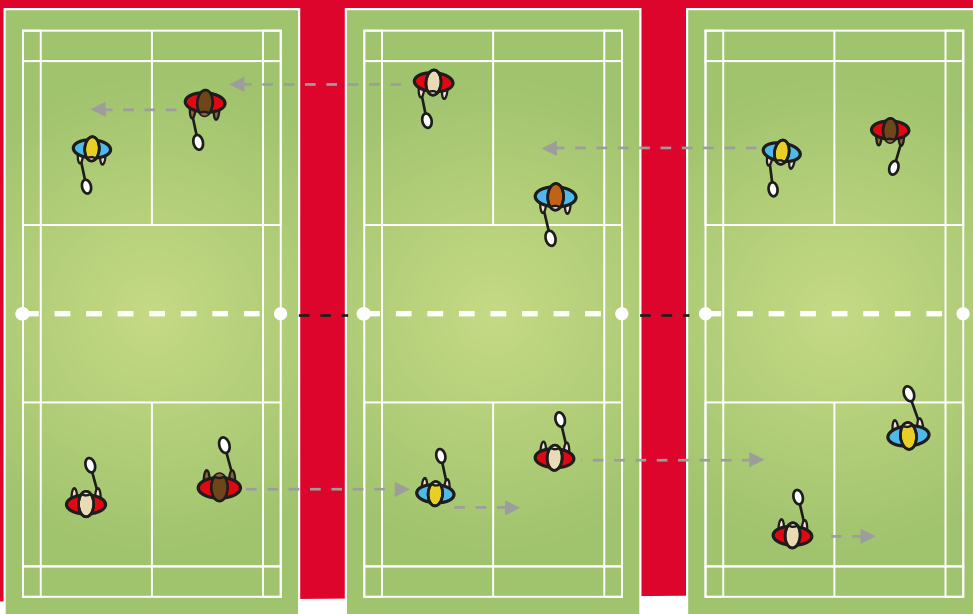
On-Court Games

Activity 5: Time Attack

- One court is designated to be the 'top court'
- Players play short half court singles matches up to 11 points with all matches starting at the same time
- The winner of the first match to finish shouts "change" then all the other matches end at this point
- The players in the lead move one half court towards the top court and the losing players move one half court away from the top court (if the score in a match is tied when "change" is shouted, one more point is played to determine the winner)
- Play then recommences against a new opponent

Simplify: The court size can be reduced so matches are only played in the service boxes or the activity leader can determine when each match stops by playing timed matches (for example 3 minutes per match) then shouting "change" rather than the players shouting.

Challenge: Depending on numbers of players and courts, full court singles or doubles can be played instead of half court singles.



Activity 6: Triple Threat

- Play full court games of 3v3 using standard doubles rules and scoring but with three players on each side of the net instead of two
- Each player is given a designated 'zone' to defend during the game and is only able to hit the shuttle in their own zone
- Players in Zone 3 (the forecourt) can only play net shots or lifts (no attacking from this zone) and players should rotate positions after every point they win

Simplify: Rather than playing competitively, the two teams work together to get the longest rally without missing the shuttle, hitting it out or hitting it in the net.

Challenge: Players have to play a co-operative rally where all six players must hit the shuttle at least once before the point then becomes competitive.

Score Cards

Skill-based Activities

Activity Name	Score
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

On-court Games

Game Name	Score
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	