



Junior Games

Our coaches have pulled together a couple of our favourite games to use at Junior Club sessions! Many of these can be found in the Shuttle Time resources and have accompanying videos. These can all be found on the Shuttle Time App (<https://shuttletime.bwfbadminton.com/shuttle-time-app>) or on the BWF YouTube (<https://www.youtube.com/playlist?list=PLYqPBxMmvqplWYh7U9fCYQ-e6Ft1R7CWw>)

We've included a range of games, warm-ups and training exercises. Over the years we've found that these work just as well on kids of 7 as they do on kids of 17. Good luck!

Happy WINTmas/Christmas!

Team BW

Table tennis style net doubles (App/YouTube L6 – V3)

Players 1 and 2 play against players 3 and 4.

- The court is the area between net and the service line.
- At the beginning of the game all players must stand outside the gaming area. Player 1 starts with a service or throws into the playing area. After that both pairs must hit alternately.
- Progression – after every shot the player must run to the rearcourt and touch the back doubles service line with racket.
- Play with the usual scoring system.
- Change partners and opponents regularly.
- Use variations – e.g. instead of touching the back service line players make scissor jump or other movement.
- Use more variety to increase difficult – example. draw targets etc. Make the game competitive to challenge pupils.
- Start with larger teams (3 players instead of 2) to reduce speed. Use shorter distances for the run after the shot to give more time.

Keep the court free (App/YouTube L11 – V2)

- Teams of 4-6 pupils play against each other on either side of a net. Each player holds one shuttle. On teacher's signal, everyone throws their shuttle high and far to the other side and tries to catch one of the other shuttles. When the teacher stops the game, the team with the most shuttles on its side loses the game.
 - Encourage correct overhead throwing technique.
- Harder?** Decrease the number of players and increase the number of shuttles.
- Easier?** Lower the net!
- Make pupils aware of safety for eyes / face in throwing.
 - Be aware of shuttles laying on the floor.

How many shots per minute? (App/YouTube L12 – V4)

- Work in pairs over a net, both players approx. 2.5 metres from the net. The objective is to hit the maximum number of shots in the time allowed. If they make a mistake, the score goes back to zero.
- Start with 30 seconds and gradually increase.
- Change partners regularly.

Harder? Reduce the distance between the players to increase the speed.

Easier? Lower the net/Take it away

- Emphasise safe distances.
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Lift-Drop-Net (App/YouTube L16 – V3)

- Work in pairs. Exercise starts with high lift (serve), followed by drop shot, then net shot and then high lift again to repeat the sequence (lift-drop-net).
 - If too difficult, start with lift-drop-net-net.
 - Exercise is a cooperative activity for development.
 - Rotate players regularly.
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Half court singles with “no-go” area (App/YouTube L16 – V5)

- ½ court singles in reduced court. Use markers (shuttles, shuttle boxes etc.) to indicate a “no go” area. Markers used to indicate if a drop shot is too long or a clear is too short.
 - Game is played with normal scoring system.
 - Rally starts with serve and continues with choice of lift or drop from frontcourt and clear or drop from rearcourt.
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Zones

- Half court is split into zones using the tramlines. Players score a point by landing the shuttle in the opposition’s zone.
 - Players can only achieve one point per zone.
 - To make it easier, game ends at 3-4 points. To make it harder, players must score win all of the opposition’s zones.
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Half court team game (AKA - Crocodile singles) (App/YouTube L20 – V2)

- Half court singles – 3 pupils against 3 pupils.
- Player 1 starts the rally and leaves the court to the side, player 2 takes the next shot and leaves to the side, player 3 comes on court for the third shot and sequence is repeated.
- Players can only enter the court from base line and leave court from side.
- Opposing team follows the same system. • Short games to allow matches against maximum number of opponents.
- All players points to count towards their score.
- Challenge better players, for example giving opponents a few points to start; increase / decrease court size; reduce points scoring areas.
- Make sure pupils are aware of safety around the badminton court – for example, do not cross the court when match is being played.