All PSI workbooks should include the following:

- Attendance Policies
- Class Rules and disciplinary plan
- Dressing-out policies
- Process for getting and returning equipment
- Grading plan and applicable policies
- Procedures for starting each class
- Complete content list, learning tasks & performance criteria
- Required readings, rules strategies, history
- Student progress chart for completed tasks
Module 1-Short, low forehand serve

1. View the video clip on the short forehand serve. Be sure to pay special attention to the key elements to execute a short, forehand serve properly

2. Performance Cues
   - Where to stand: near the centre line, 2-3 feet from the short service line
   - Where to aim: 1-2 ft. over the short service line on the court diagonal from you. The closer to the centre line the bird lands, the better
   - Grip: Forehand- hold your racquet in front of you with your non-racquet hand. Turn the racquet sideways, “shake hands with your racquet” transferring it into your racquet hand. You should see a V formed with your hand around the racquet. See image below.
   - Footwork: staggered stance, non-racquet foot in front
   - Hold the shuttle by the feathers and bring it closer to meet the racquet instead of dropping it in front.
   - Contact point- between 3 and 4 o’clock
   - Push the shuttle with the racquet trying to keep the shuttle as low to the net as possible
   - Wrist action: firm
   - Power/Speed: Low
   - Follow-through: Short

Comprehension Task (Check with a partner)
Find a partner and demonstrate to each other the proper performance cues for the short, forehand serve without hitting the shuttle. Be sure to provide feedback to each other for correct & incorrect performance cues, until both of you can execute this shot correctly.

Learning Tips
   - Hold the feather of the shuttle with your thumb and index finger of your non-racquet hand. The tip of the shuttle should point down
   - Release the shuttle straight down as your racquet is coming forward
   - With your firm wrist, try to lift the shuttle over the net and into the aiming area
   - Be sure to complete your follow through
   - Do not step into the serve-this is illegal
   - The head of the racquet must be below your waist while serving otherwise it is illegal
**Readiness Drill (Self-checked)**

From the correct court position in the service area, attempt 20 short, low serves. Do not be concerned with a specific aiming area at this time. Use these shots to gauge the proper contact point, power and trajectory for the serve.

*If you experience difficulty with the readiness drill, please refer to the performance cues and review each cue as presented. If you still have difficulty, ask us for assistance.*

**Common errors with the short, forehand serve:**

The serve does not go straight.
- Make sure your footwork is correct
- Change your swing path to be more vertical (straight up in the air)

The serve goes too short or into the net.
- Use a little more power (but do not add more wrist action)
- Increase lifting action on the serve

The serve goes too far into the service return box
- Reduce power and wrist action
- If you are too close to the service line take one step back and try again

You make inconsistent shots with no set pattern for errors
- Recheck all performance cues. If you do not understand, ask for help.
- Continue the readiness task until you gain more consistency

**Criterion Task-(self-checked)**

- Equipment—you will need 10 shuttles and a badminton racquet
- From the right service side: practice your short, forehand serve in blocks of 10. Record the number of successful serves that land past the service line on the other court on the personal recording form below

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[X] represents where you should stand while executing a short serve. A is where you should be aiming to serve the shuttle. The shuttle must land beyond the service line on the diagonal court for it to be in.

**Criterion Task-(Self Checked)**

Get a hula hoop and place the hoop where your short serve should land. Practice aiming for the hula hoop, ensuring to keep your serve as low to the net as possible. In blocks of 10, record how many shuttles you can get in the hula hoop.

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***Once you are able to serve a minimum of 7/10 into the correct area, ask us to come watch and you will have completed this module!

Module 2-Short, low backhand serve

1. View the video clip on the short backhand serve. Be sure to pay special attention to the key elements to execute a short, forehand serve properly

2. Performance Cues
   - Where to stand: near the centre line, 2-3 feet from the short service line
   - Where to aim: 1-2 ft. over the short service line on the court diagonal from you. The closer to the centre line the bird lands, the better
   - Grip: Backhand- see image
   - Footwork: racquet foot in front
   - Contact point: across your body, 7 o’clock
   - Wrist action: firm
   - Power/Speed: Low
   - Follow-through: Short

Comprehension Task (Check with a partner)
Find a partner and demonstrate to each other the proper performance cues for the short, backhand serve without hitting the shuttle. Be sure to provide feedback to each other for correct & incorrect performance cues, until both of you can execute this shot correctly.

Learning Tips: Refer to the tips for the short, forehand serve

Readiness Drill (Self-checked)
From the correct court position in the service area, attempt 20 short, low serves from each service side. Do not be concerned with a specific aiming area at this time. Use these shots to gauge the proper contact point, power and trajectory for the serve.
*If you experience difficulty with the readiness drill, please refer to the performance cues and review each cue as presented. If you still have difficulty, ask us for assistance.

**Common errors with the short, backhand serve:**

The serve does not go straight.
- Make sure your footwork is correct

The serve goes too short or into the net.
- Use a little more power (but do not add more wrist action)
- Increase lifting action on the serve

The serve goes too far into the service return box
- Reduce power and wrist action
- If you are too close to the service line take one step back and try again

You make inconsistent shots with no set pattern for errors
- Recheck all performance cues. If you do not understand, ask for help.
- Continue the readiness task until you gain more consistency

**Criterion Task-(self-checked)**

- Equipment-you will need 10 shuttles and a badminton racquet
- From the right service side: practice your short, backhand serve in blocks of 10. Record the number of successful serves that land past the service line on the other court on the personal recording form below.

| 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |

- From the left service side, do the same and record below

**Criterion Task-(Self Checked)**

Get a hula hoop and place the hoop where your short serve should land. Practice aiming for the hula hoop, ensuring to keep your serve as low to the net as possible. In blocks of 10, record how many shuttles you can get in the hula hoop.

| 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |

***Once you are able to serve a minimum of 7/10 into the correct area, ask us to come watch and you will have completed this module!***
Module 3 Overhead Clear

1. View the video clip on the overhead clear.
2. **Performance Cues**

- As the shuttle is coming towards you, get underneath of it. The point of contact should be approximately an arms-length above your head.
- Turn your body so that non-racquet foot is pointing 45 degrees towards the net.
- Non-racquet shoulder should also be facing the net.
- Bring your racquet back, keeping your head facing upwards.
- Bring non-racquet arm out in front of your body for guidance.
- Extend your racquet into a "back scratching" position.
- As you bring your racquet arm forward turn your shoulders and twist your hips.
- Transfer the weight from the back foot to the front foot.
- Fully extend your arm and hit the shuttle with lots of power.

1. As you bring racquet arm forward, turn shoulders and twist hips.
Comprehension Task (Check with a partner)

Find a partner and demonstrate to each other the proper performance cues for the overhead clear without hitting the shuttle. Be sure to provide feedback to each other for correct & incorrect performance cues, until both of you can execute this shot correctly.

Learning Tips

- Aim upwards
- Use lots of power
- Aim for the back of your opponents court
- Extend your arm fully upwards when swinging

Common Errors

- Letting the shuttle drop
- Low contact point
- Hitting the shuttle facing forward and not turning the body
- Not fully extending the arm

Readiness Drill (Self-checked)

Find a partner and clear to each other. Record how many consecutive clears you make to each other.

| 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |

Readiness Drill (Self-checked)

Find a partner and clear to each other. Record how many clears are both high and reach the back of your opponents court.

| 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |

***Once you and your partner are able to make 7/10 consecutive high/deep clears, ask us to come watch and you will have completed this module!