

Badminton 250BD #13131

M-W 9:00 AM Spring 2008

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Office # 255 Hours -TBA

Course based on book: Steps To Success- Badminton

Week One

Administrative Tasks, Racket handling skills, Drop Shot

Week Two

Warm-up Routine, Fore-hand Fundamentals, Grips

Week Three

Forehand Review, Backhand Fundamentals

Week Four

Backhand Review, Overhead Smash

Week Five

Serve, Scoring Handout, Clear

Week Six

Strategy + Tactics, Drills and Skills

Week Seven

Singles/Doubles Fundamentals

Week Eight

Stroke Review, Small Group Skills and Drills, Mastery

Week Nine

Singles Tournament, Practice court

Week Ten

Singles Tournament, Practice Court

Week Eleven

Doubles Tournament, Practice Court

Week Twelve

Doubles Tournament, Practice Court

Week Thirteen

Challenge Ladder-Singles or Doubles, Skills Test

Week Fourteen

Challenge Ladder-Singles or Doubles, Skills Test

Week Fifteen

Team Competition

Week Sixteen

Exam

Grade: Written Final-25%, Growth-20%, Skills Growth-50% Attendance-25 %

Spring Break :March 17-22

Goals:

Understand role of Lifetime Sports in today's Society....

How different people learn motor skills.

Social skills related to the game....

Badminton is more than a sport!