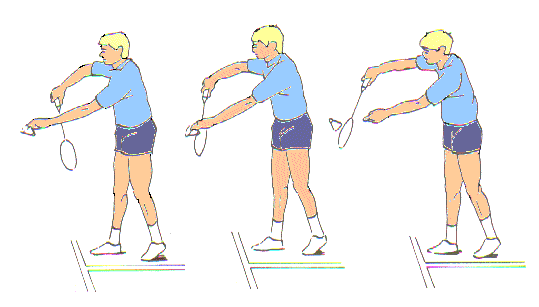
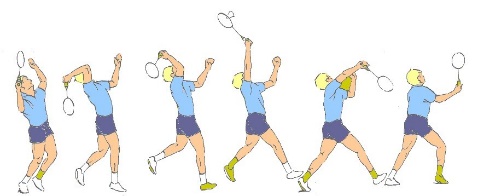
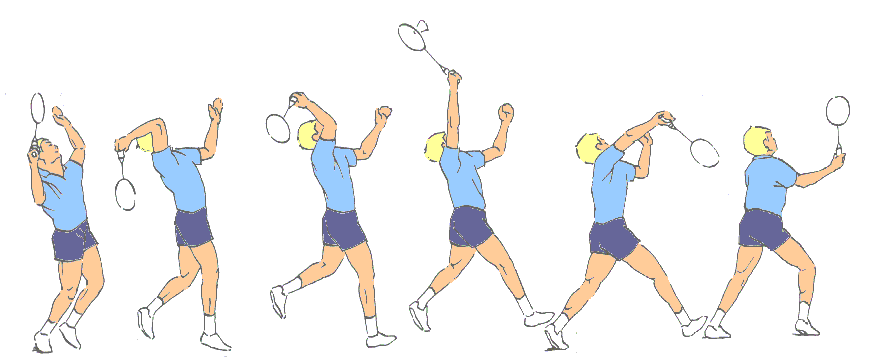
|  |  |  |
| --- | --- | --- |
| ***Teaching Points- High serve*** | ***Teaching Points- Backhand/Flick Serve*** | ***Have they completed it?*** |
| Non-dominant foot forward | Dominant foot forward |  |
| Side on | Racket resting at the hip |  |
| Racket by the side | Holding shuttle by the ‘feathers’ |  |
| Racket meets shuttle and lands mid to back court | Push through, shuttle landing behind the service line |  |

***High Serve and Backhand/flick serve- is the racket below the waist?***

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***Overhead Clear***

|  |  |
| --- | --- |
| ***Teaching Points*** | ***Have they completed it?*** |
| Non-dominant foot forward |  |
| Side on |  |
| Contact high above their head |  |
| ‘Whip’ action and follow through |  |

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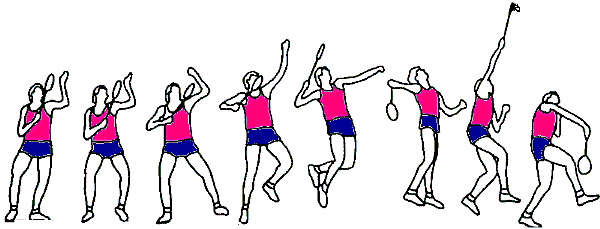
|  |  |
| --- | --- |
| ***Teaching Points*** | ***Have they completed it?*** |
| Non-dominant foot forward |  |
| Side on |  |
| Contact high above their head |  |
| ‘Tap’ action, shuttle lands just over the net |  |

***Drop Shot***



***Net Shot***

|  |  |
| --- | --- |
| ***Teaching Points*** | ***Have they completed it?*** |
| Dominant foot forward |  |
| Racket in front |  |
| Lunge at the net |  |
| ‘Tap’ action, shuttle lands just over the net |  |

******

***Smash Shot***

|  |  |
| --- | --- |
| ***Teaching Points*** | ***Have they completed it?*** |
| Side on |  |
| Non- dominant foot forward |  |
| Contact high |  |
| Angle racket down |  |

***Tick if they have completed any of these additional shots***

***Backhand Drop Shot Backhand Clear Backhand Smash***

***Areas for improvement***