

GOVAN HIGH
ACCESS 3

SKILLS AND TECHNIQUES



BADMINTON

Name.....

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Introduction

You will be working towards the Access 3 award in PE this year. This award focuses on: -
improving your practical ability
-analysing your performance and ability

You will be working on at least 4 activities which you will have done in PE during S1. To pass each activity you must: - bring your kit and take part, always try your best and work hard to improve your performance.

You will also analyse your performance during badminton. We will complete a unit of work called "**Skills and Techniques**" which will look how you play badminton. We will investigate your performance and see which shots are your strengths and which are your weaknesses. We will then train to get better. **You will complete a project (NAB) explaining exactly how you did this.**

NAB

Your NAB is a short project which will explain exactly what you did during your badminton block. It will be completed during your badminton classes. You will have to answer questions and explain what you have just done on the court.

Don't worry! Your teacher is there to help! Everything you need to know is in this booklet.

Key Concept	Key Feature
<p>KC1: The concept of skill and skilled performance</p>	<p>Candidates should show knowledge and understanding of...</p> <p>How basic skills and techniques are learned before more complex skills and techniques, for example:</p> <ul style="list-style-type: none"> ◆ a forward roll is a basic technique; however, a handstand forward roll is a complex technique because it is more difficult to learn and requires specific practice <p>How a skilled performance can be used to develop performance, for example:</p> <ul style="list-style-type: none"> ◆ ability to select the correct options to cope with various performance demands.
<p>KC2: Skill/technique improvement through mechanical analysis or movement analysis or consideration of quality</p>	<p>Candidates should show knowledge and understanding of...</p> <p>The purposes of collecting relevant and detailed information through using one or more of the following approaches:</p> <p>Mechanical analysis: information relating to the mechanics of performance in one or more of the following:</p> <ul style="list-style-type: none"> ◆ centre of gravity ◆ transfer of weight. <p>Movement analysis: information relating to movement within performance in one or both of the following:</p> <ul style="list-style-type: none"> ◆ preparation, action and recovery when applying skill(s) and technique(s) ◆ specific movement patterns. <p>Consideration of quality: information relating to consideration of qualities in one or more of the following:</p> <ul style="list-style-type: none"> ◆ technical, physical, personal and special qualities. <p>Candidates should be able to...</p> <p>Carry out a plan related to information gathered from the specific approach used in mechanical analysis, movement analysis or consideration of quality</p>

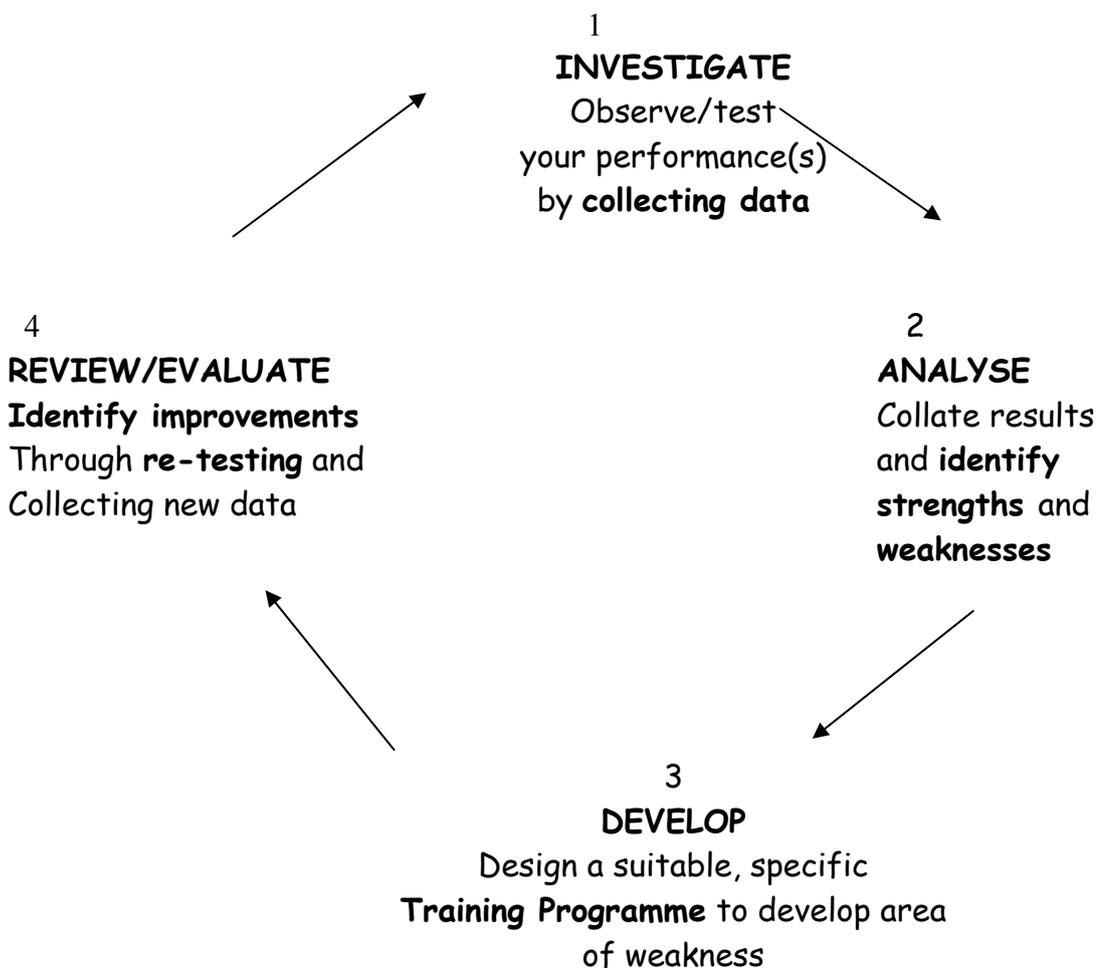
	<p>Understand the importance of monitoring improvements through relevant training programmes using mechanical analysis, movement analysis or consideration of quality.</p>
<p>KC3: The development of skill and the refinement of technique in terms of: Stages of Learning, Methods of practice, Principles of effective practice and motivation, concentration and feedback</p>	<p>Candidates should show knowledge and understanding of...</p> <p>How skills and/or techniques are learned in different stages. This should include understanding about the following stages:</p> <ul style="list-style-type: none"> ◆ preparation ◆ practice ◆ automatic <p>or other terminology used to describe these stages.</p> <p>At each stage of learning, when developing skills or techniques, select the most relevant methods of practice from the following:</p> <ul style="list-style-type: none"> ◆ solo/shadow/partner/group ◆ opposed/unopposed ◆ gradual build up/whole part whole ◆ drills/repetition practices ◆ conditioned games/small sided games. <p>The method of practice selected should show an understanding of the following principles of effective practice:</p> <ul style="list-style-type: none"> ◆ setting clear objectives and/or awareness of model performer ◆ consideration of strengths and weaknesses ◆ intensity of practice and/or work to rest ratio. <p>An understanding of the influential factors that affect performance:</p> <ul style="list-style-type: none"> ◆ motivation ◆ concentration ◆ feedback. <p>An understanding of how skill(s) and technique(s) are refined through practice</p>

The Cycle of Analysis

The Cycle of Analysis is useful for **analysing** and **developing** your performance as part of your performance improvement programme. Using the Cycle of Analysis, you collect information about your performance in an organised way.

Look at the 4 stages of the Cycle of Analysis in diagram 1. These 4 stages can be applied effectively to badminton. By using the Cycle of Analysis, you can see which shots you need to improve and work towards a better performance.

Cycle of Analysis



Methods of Collecting Data

Collecting information on your performance is necessary so that you can identify your strengths and weaknesses.

You can collect information by:

- match analysis sheets
- movement analysis sheets

Match analysis Sheet

This is where you play a match against your partner. An observer will watch you and mark down all your shots. They will mark in the correct box. If you hit a successful shot they will put a tick. If your shot is unsuccessful they will put a cross, and if it is a winner they will put a tick with a circle round it.

(table shown on page 8)

The match analysis sheet:

- provides facts on our performance
- is easy to understand
- shows which shots are our strengths (most ticks)
- shows which shots are our weaknesses (most crosses)

Movement Analysis Sheet

This sheet breaks down your weakness (the overhead clear) into 3 stages Preparation, Action, Recovery (PAR). Each stage has criteria which you must do to get the perfect overhead clear.

Your partner serves up high serves and you play overhead clears back. An observer will watch you and compare your performance to the criteria on the sheet.

You will be able to see which part of the overhead clear is your weaknesses. (shown on page 9)

The movement analysis sheet:

- provides facts on our performance
- is easy to understand
- shows me which part of the shot I am good at
- shows me which part of the shot I am bad at

COLLECTING DATA

MATCH ANALYSIS SHEET

Watch your partner playing a game. Watch all the shots they play.

When the shot is in put a ✓

When the shot is out/in the net put a cross X

Circle winning shots like this 

Name _____

Observed by _____

Serve	Overhead Clear	Drop Shot	Smash

Movement Analysis

Overhead Clear

Name

Observed by

/ = achieved x = not shown

Phase	Points to look for	Performance
Preparation	Turn side on Racket back behind head Point at shuttle	
Action	Uses "throwing action" Step forward as you hit the shot	
Recovery	Racket finishes across body Moves back to ready position	

Comment

Methods of Practice

When developing skills and techniques you use different methods of practice. The methods that we use are:

- shadow practices
- feeder drills
- target practice
- cooperative practice
- conditioned games

Shadow Practice

This is where you perform the shot with your racket but without the shuttle. It allows you to feel how the shot should be played. It also helps you practice your footwork and getting into the correct position to hit the shuttle.

Shadow practice is usually used by beginners when they are introduced to the shot for the first time.

Feeder Drills

This is where you have a partner who takes on the role of the feeder. They play the shuttle to you again and again so you can repeatedly practice your technique. This practice helps you get in the groove and get used to the correct way of hitting the shot. You need to make sure that your technique is correct or else the practice will not help you improve.

Feeder Drills are a lot harder than shadow practice and are usually used by slightly more experienced players.

Target Practice

Target practice is carried out in a similar way to feeder drills with the addition of targets set out across the court. The performer must aim their shot for these targets. This forces them to focus on the power and accuracy of their shot.

Cooperative Practice

These practices consist of continuous rallies. Overhead Clear to Overhead Clear with both players hitting their shots to the back tramlines. This practice requires both players to have a good ability to perform the shot correctly and they must know what is required to do so.

Conditioned Games

Conditioned Games involve playing a game which has been adapted in order to emphasise the particular shots that you have been practicing. For example, in badminton, if you have been working on improving overhead clears then one condition in a game would be that the server must hit a high serve and the returner must play an overhead clear.

Training Programme

You will follow a 6 week programme of work to improve you Overhead Clear. During this you will use different methods of practice which suit your level.

Your will do your training programme every time you come into PE.

Points to consider when making your training programme:

- What stage am I at?
- Which method of practice would be appropriate for me to use?
- How many times a week will a work?
- How long will each session last
- How long will my training last?
- How will I know if I am improving?

Re-testing your performance

Why do we re-test?

- so you can see if your performance has improved
- so you can see if your training programme has worked
- so you can see if there are any new weaknesses that you need to work on

How do we re-test?

- complete the methods of analysis you did at the beginning of the course
- compare then data from before your training programme with data from after your training programme

What will you find?

- you will see which shot is your weakness
- you will see if your overhead clear has improved since you started working on it
- you will see if there are any new weaknesses that you need to work on

