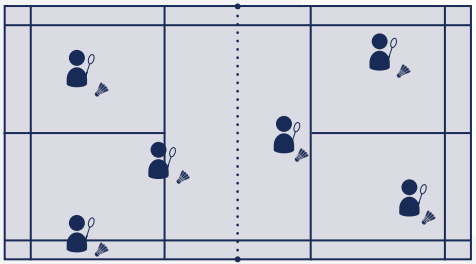
SHUTTLE SCOOP – TOP TIPS CARD

Racket Skills

Stage 1 Shuttle Stars

Activity

- Ask players to practice picking up the shuttle from the floor using their racket.
- Focus on using the fingers to use the racket to scoop the shuttle up onto the strings.
- Go under the shuttle from the side.
- Relax your grip.
- Place it back on the floor and repeat.



Scan for skills & drills

Easier ——— **Harder**

- Stand the shuttle upright with the cork pointing to the ceiling.
- Lay the shuttle flat on the floor before scooping it onto the racket.

Successful Delivery

Equipment

- Shuttles
- Rackets

Organisation

- Use as an activity for when players are arriving and as practice before the session begins.