SHUTTLE STARS FESTIVAL RESOURCES

Shuttle Stars (previously named The Racket Pack) is Badminton England's new inclusive junior programme. The festival incorporates a carousel of stations, each one developing a fundamental skill of badminton. A Shuttle Stars festival is designed for children to participate at a station for 8-10 minutes before rotating to the next station. This resource is a brilliant way to introduce young people to badminton and enhance their fundamental skills in the world's fastest racket sport! Shuttle Stars can be delivered as part of School Games or within school because it is:

- **Fun**, the games focus on fundamentals but are all designed for children's enjoyment.
- **Inclusive**, although targeted at children aged 7-11 years, the adapt and stretch elements allow the festival to be deliverable to all abilities and ages including children with SEND.
- **Easy to deliver**, the resources have been designed and tested by leaders with no badminton experience.
- **Deliverable to large numbers**, with 8-10 children taking part on each station 80-100 children can participate in a 4-court hall.
- **Adaptable**, the court plan details 8 activities on 4 courts. However, it can be changed depending on space available. This could include removing games with less courts available or playing outside.

FUNDAMENTALS

Grips

Forehand

- Shaking hands with the racket
- Palm of the hand facing roof when doing keepy-up

Backhand

- Importance of thumb down shaft
- Both grips are nice and loose



Backhand Serve

Hug the Bear

- Backhand grip
- Racket out in front of body
- Elbows away from body



Lunging

Focus on the racket leg

- Same leg as racket hand
- Heal toe landing
- Toe pointing where shuttle would land



Throwing Action

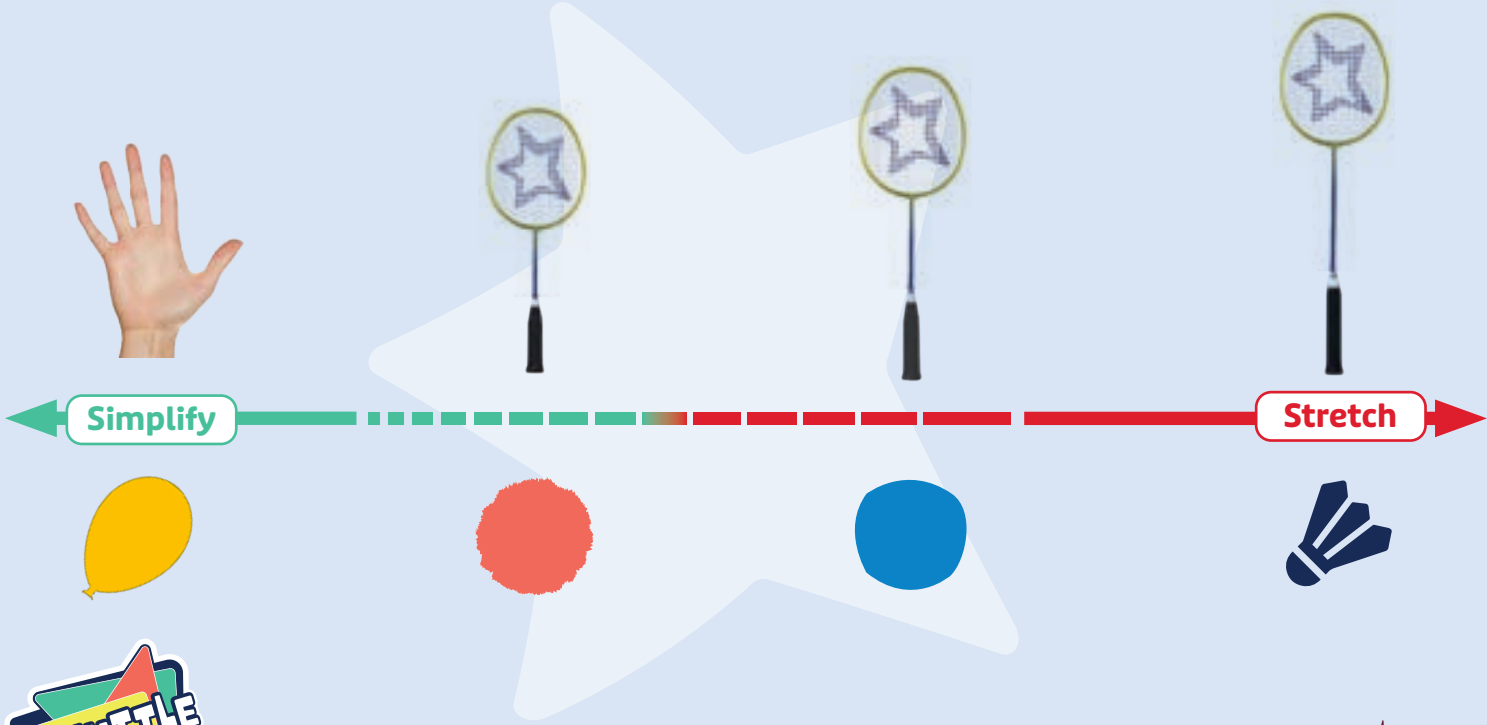
Usain Bolt

- Stand sideways on
- Stepping through as the shuttle is released



Stretching Players

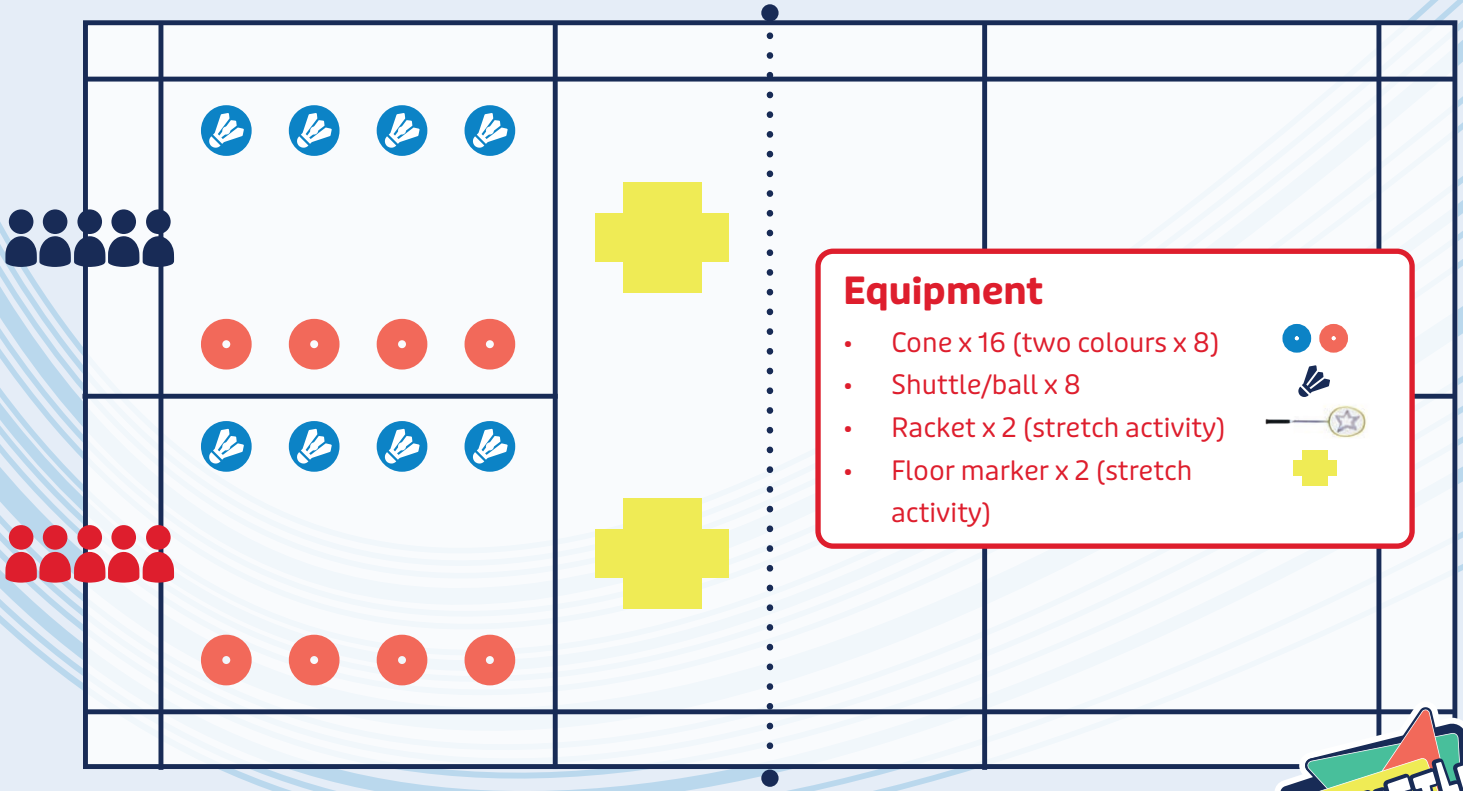
All games and players can be stretched by changing the **racket length** and **ball/shuttle**



SHUTTLE STARS

Badminton ENGLAND

STATION 1 - SWITCH



Equipment

- Cone x 16 (two colours x 8)
- Shuttle/ball x 8
- Racket x 2 (stretch activity)
- Floor marker x 2 (stretch activity)

Fundamental: Racket hand, racket leg

Have a go: Transfer balls or shuttles from blue cones to orange, one at a time

SHUTTLE STARS

STATION 1 - SWITCH

1. Divide players into two teams
2. Set out cones as shown in the diagram, and place a shuttle/ball on top of the blue cones
3. Players start by moving to the first blue cone, pick up the shuttle/ball and placing it onto the first orange cone
4. They then move to the second blue cone, pick up the shuttle and put it on the second orange and so on
5. Once players have had a go get the players to race



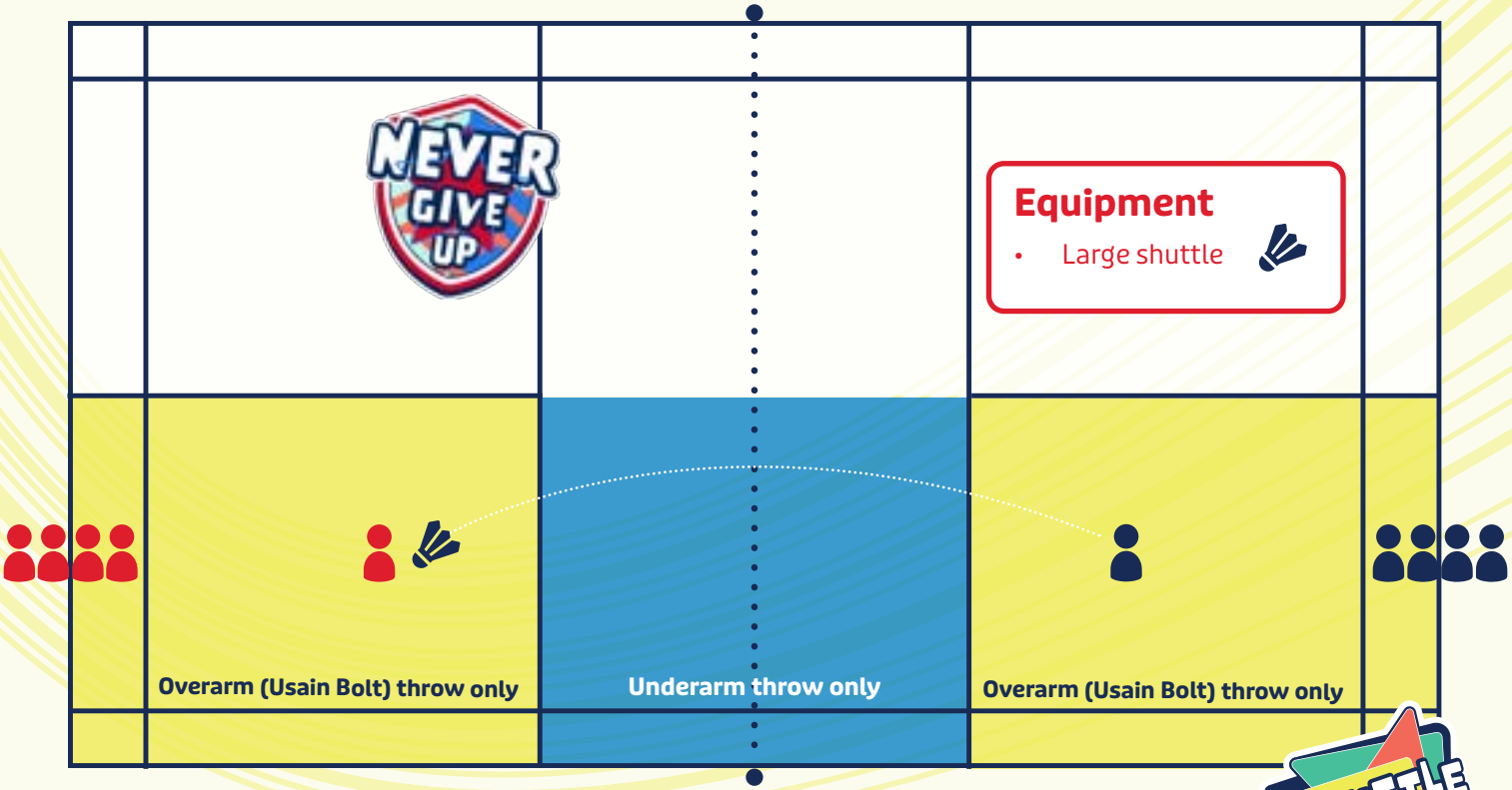
Adapt

- Raise the height of floor markers (bench/buckets)

Stretch

- Encourage use of **racket hand** to pick up ball/ shuttle
- Introduce **racket leg** to lunge next to cone
- Opportunity to add a skill on cross (keepie ups, star jumps etc.)

STATION 2 - THROWMINTON



Fundamental: Usain Bolt (Overarm throw). Racket Leg (Underarm throw)

Have a go: Red team throw to blue and player 1 joins back of line, blue catch and throw back

SHUTTLE STARS

STATION 2 - THROWMINTON

Rackets not required! Up to 5 players per side (one player on court and 4 players lined up behind the court)

1. Split players into two teams on opposite sides of the court
2. First player starts with shuttle in middle of yellow box and throws overarm **(Usain Bolt)** over the net, and joins back of the line.
3. First player from opposite team catches shuttle and throws it back
4. Each player gets one throw, and then goes to the back of the line
5. The catching player must throw the shuttle from where they catch it from
6. Aim to score 'winners' by landing the giant shuttle on the opponent's court floor
7. When throwing from between net and service line (blue zone) must throw the giant shuttle underarm (same racket hand as racket leg)
8. When throwing from service line and base line (yellow zone) use an over arm throw

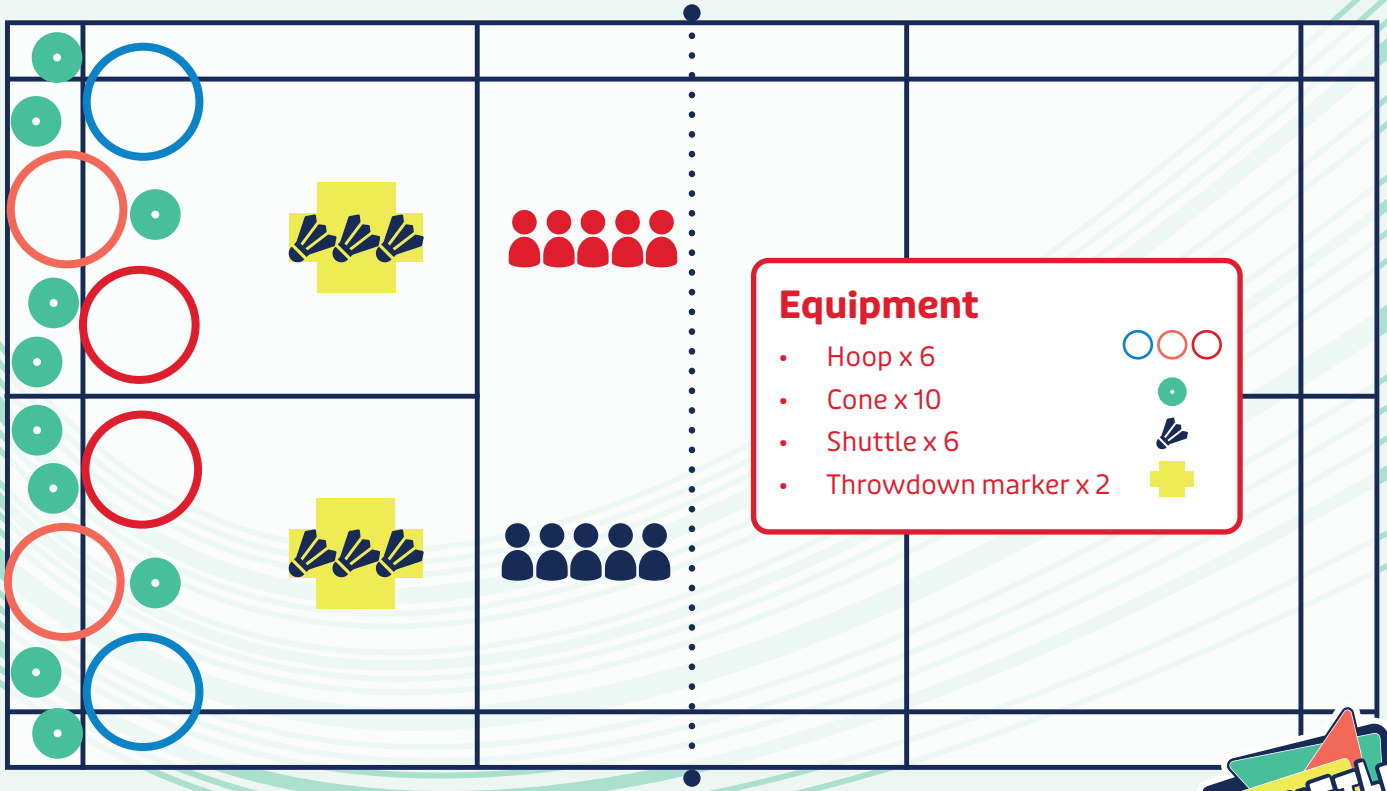
Adapt

- Lower net or use bench
- Reduce throwing distance

Stretch

- Underarm to start service
- Use badminton scoring system
- Only catch with your racket hand

STATION 3 - TARGET TIME



Equipment

- Hoop x 6
- Cone x 10
- Shuttle x 6
- Throwdown marker x 2

Fundamental: Racket leg (step as you throw)

Have a go: Underarm throw into a target area (hoop or cone)

STATION 3 - TARGET TIME

1. Split players into two teams and line up on service line facing back of the court
2. Player 1 moves to the cross and throws three shuttles, one at a time, underarm (same racket hand and leg) at the targets.
3. Player gets one point for every shuttle that lands in a hoop and two points for every shuttle that lands in a cone.
4. Player collects shuttles, puts on the spot and the second player does same, until all players have had a go

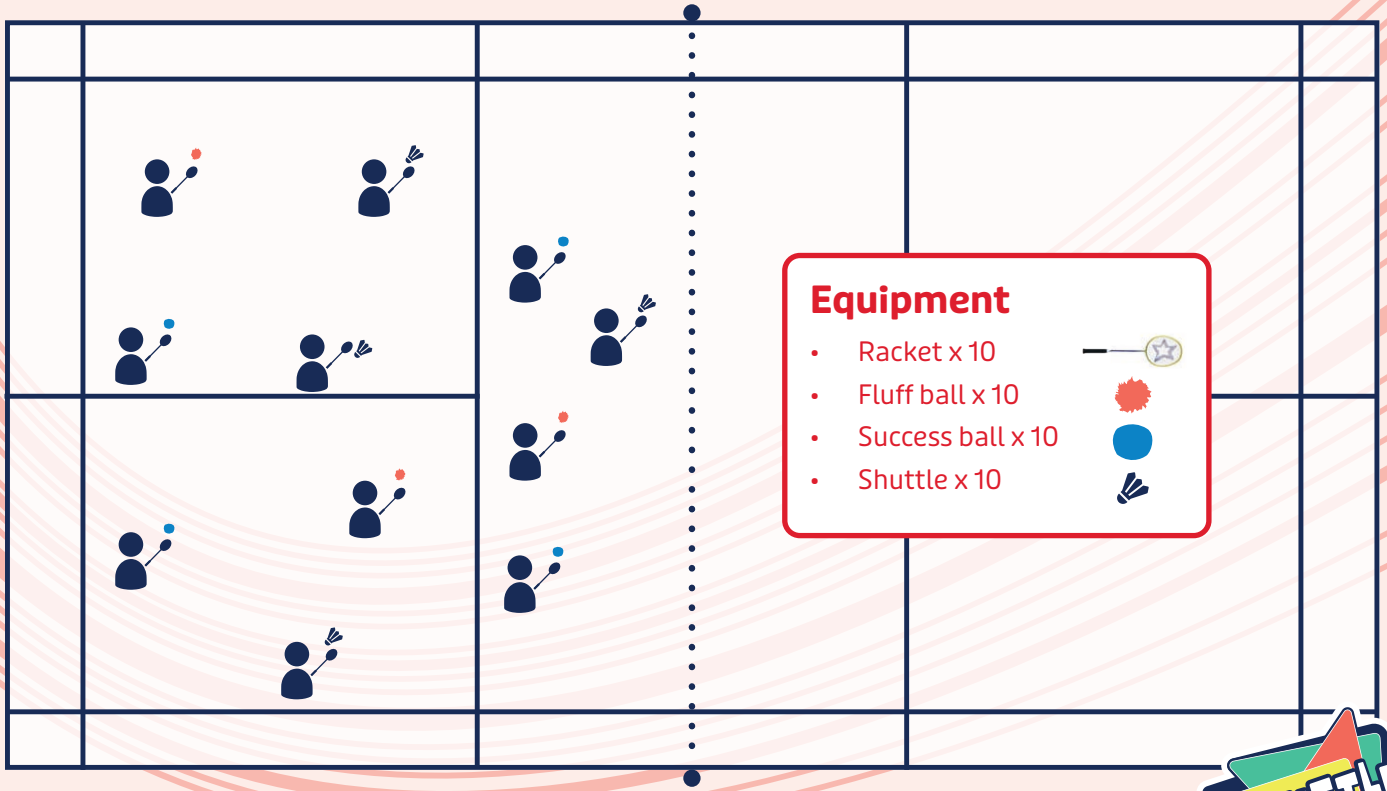
Adapt

- Throw shuttles from a seated position
- Use larger targets

Stretch

- Add time pressure by making it a race
- Get players to pick up targets they have hit until the team has accurately hit all the targets

STATION 4 - TAP UPS



Equipment

- Racket x 10
- Fluff ball x 10
- Success ball x 10
- Shuttle x 10

Fundamental: Forehand, backhand grips

Have a go: Start with forehand, change to backhand, 10 tap ups

STATION 4 - TAP UPS

1. Ask players to get a racket and a fluff ball and find a space
2. Do 10 tap ups using a **forehand grip**
3. Once successfully achieved 10 forehand tap ups, do 10 **backhand** tap ups
4. If players can achieve success, swap fluff ball to success ball and finally shuttle

Tip! When tapping a shuttle, the higher the shuttle is hit the easier it is to tap!

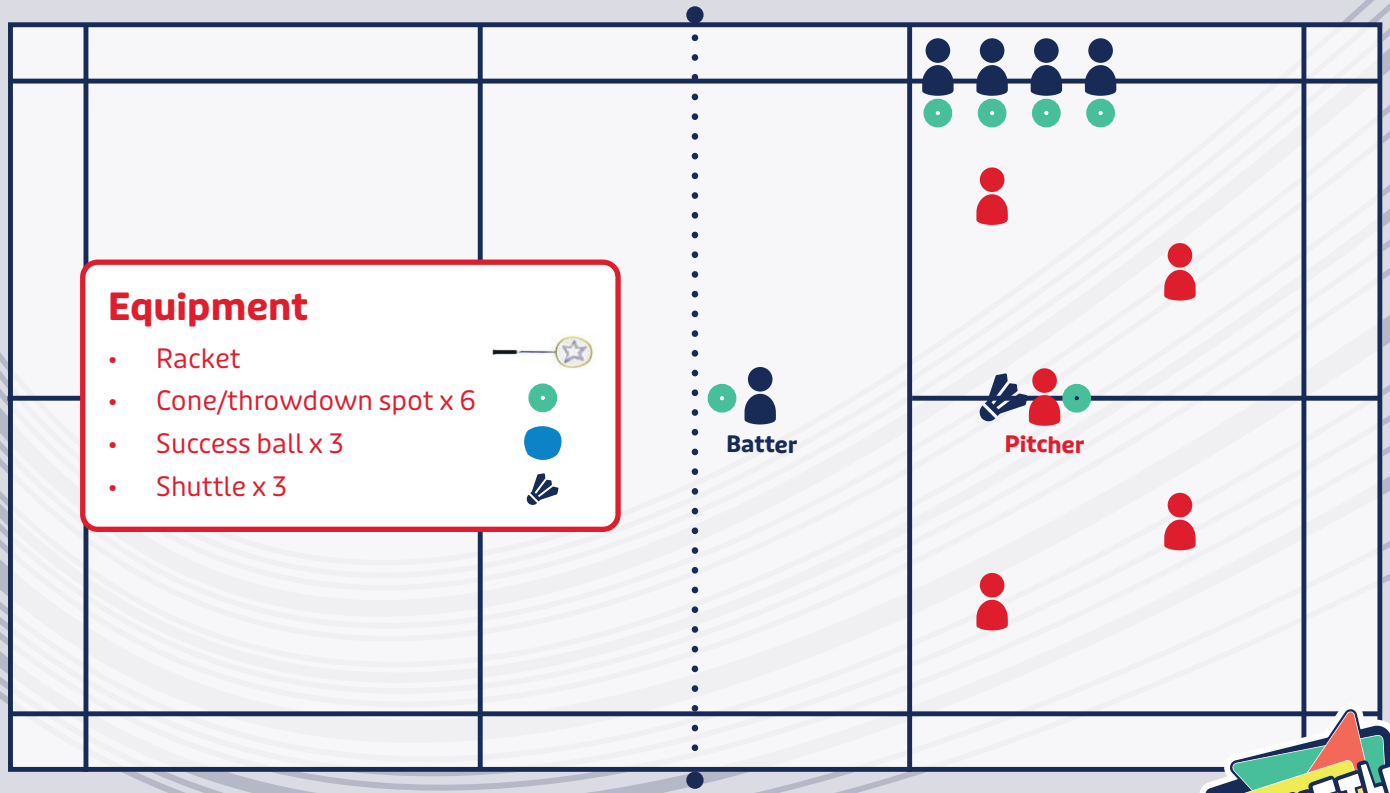
Adapt

- Consider using a balloon and the palm of a hand/ paddles

Stretch

- Alternate the grips
- Increase the number of taps

STATION 5 - BADDERS BASEBALL



Equipment

- Racket
- Cone/throwdown spot x 6
- Success ball x 3
- Shuttle x 3

Fundamental: Backhand grip, one hand on the racket, step with racket leg for pitcher

Have a go: Batter has 3 strikes, points awarded to catching team, pitcher uses underarm throw

SHUTTLE STARS

STATION 5 - BADDERS BASEBALL

1. Split players into two teams- batters (blue), fielders (red)
2. Select a pitcher from red team
3. Pitcher feeds underarm to the hitter three times
4. Batter uses **backhand grip** to try and hit shuttles
5. Catchers try and catch shuttles. Catchers receive a point for every shuttle caught
6. After three hits, batter changes position with teammate until all team have hit
7. Change roles (batters become fielders and fielders become batters)



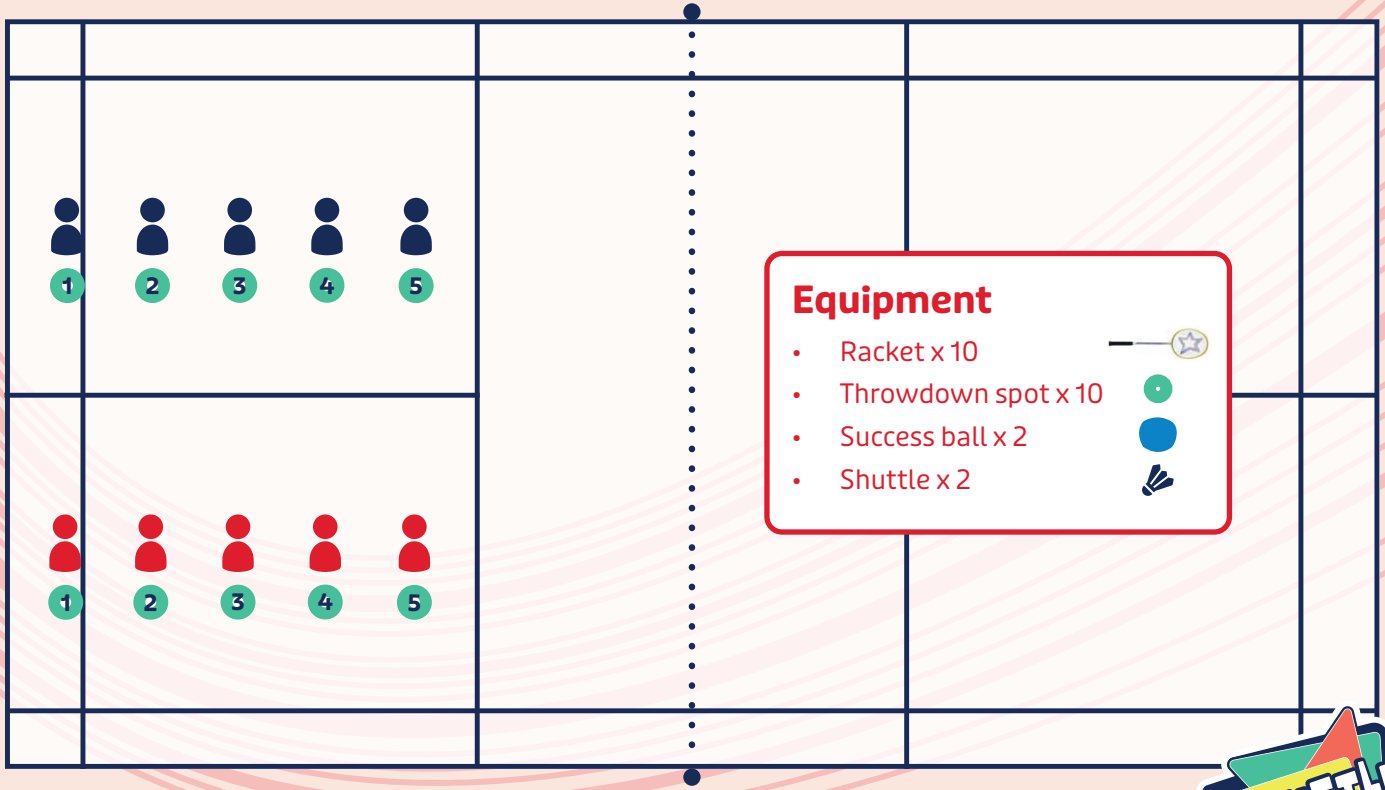
Adapt

- Batter can stand and throw shuttle
- Batter can hold shuttle on racket and flick into the air
- Serve it to start

Stretch

- Can batters find space away from fielders?
- Shuttle if using balls
- Adjust grip to **forehand grip**

STATION 6 - CATERPILLARS



Equipment

- Racket x 10
- Throwdown spot x 10
- Success ball x 2
- Shuttle x 2

Fundamental: Forehand grip (holding racket in one hand)

Have a go: Transfer ball across the caterpillar using forehand grip, without dropping it or using hands

STATION 6 - CATERPILLARS

1. Split players into two teams
2. Each player needs a racket and to stand on spot facing forward
3. Player 1 starts with a fluff ball on their racket using forehand grip, the ball is passed down the line to player 2, then to player 3, to player 4 and to player 5
4. Player 5 moves behind all of the players to position 1 and everyone moves down a position
5. Start with a forehand grip and have a go without dropping the ball and while using only their racket hand

SKILLS & DRILLS

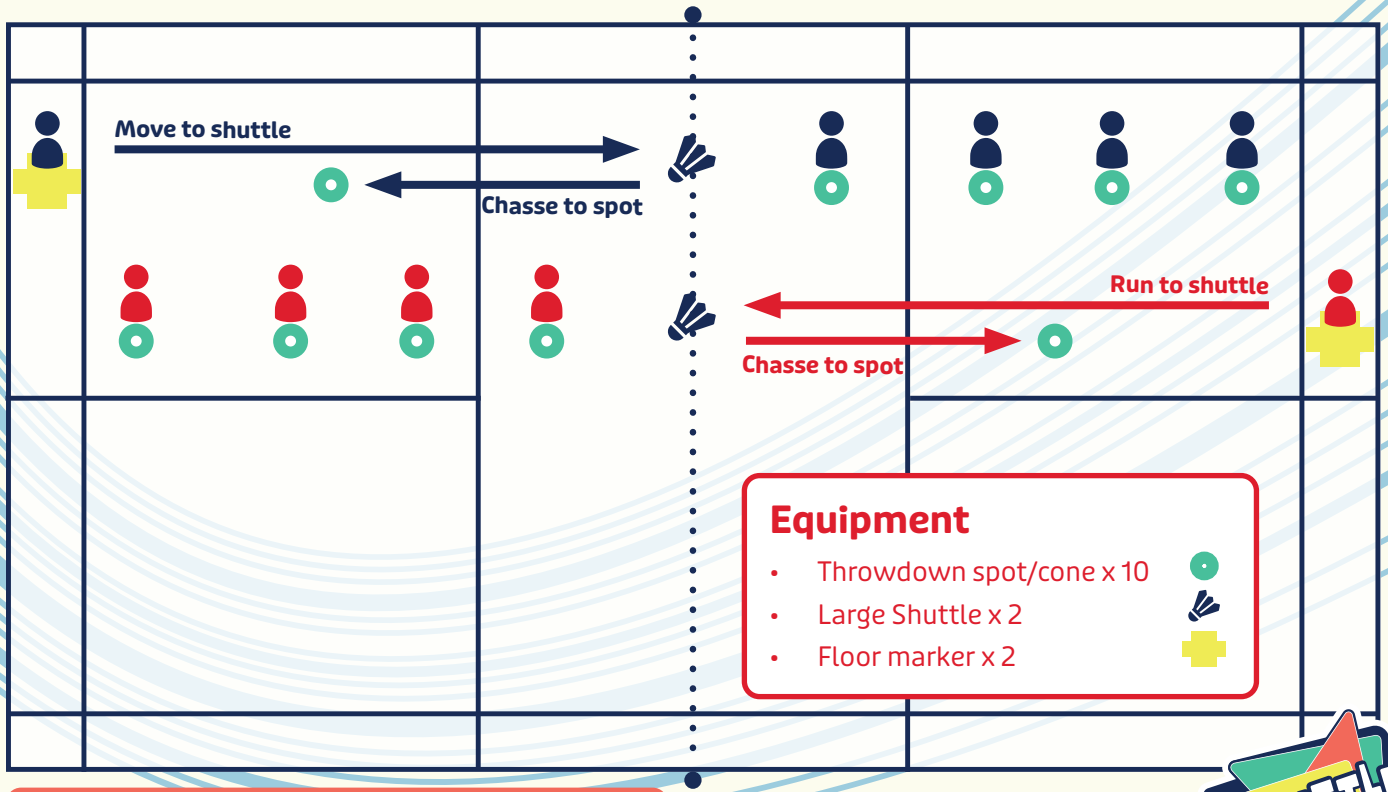
Adapt

- Remove racket and pass/throw ball/shuttle
- At point of transfer lift ball/shuttle on next players racket

Stretch

- Replace fluff ball for a shuttle
- Pass the shuttle by flicking it to the next person to catch it on their racket
- Attempt to pass the shuttles between the legs to the next player

STATION 7 - READY STEADY GO



Equipment

- Throwdown spot/cone x 10
- Large Shuttle x 2
- Floor marker x 2

Fundamental: Usain Bolt (Overarm) **throw)**

Have a go: Over arm throwing, understanding of accuracy, power and distance, task 1 is 4 throws one to each sport in distance order

STATION 7 - READY STEADY GO

1. Split players into two teams
2. Put 4 players on throwdown spots and a player on the yellow cross (player X)
3. Player X moves to large shuttle, picks it up and chasse* to green spot/cone and throws shuttle using **Usain Bolt** action to players on spots/cones on their team
4. If a player catches it, they return shuttle to net and sit down on their spot
5. Player X has 4 goes trying to throw to all 4 players on their team
6. Rotate players to have a new thrower and change spot position

*A gliding step in which one foot is kept in advance of the other

DISCOVER BADMINTON

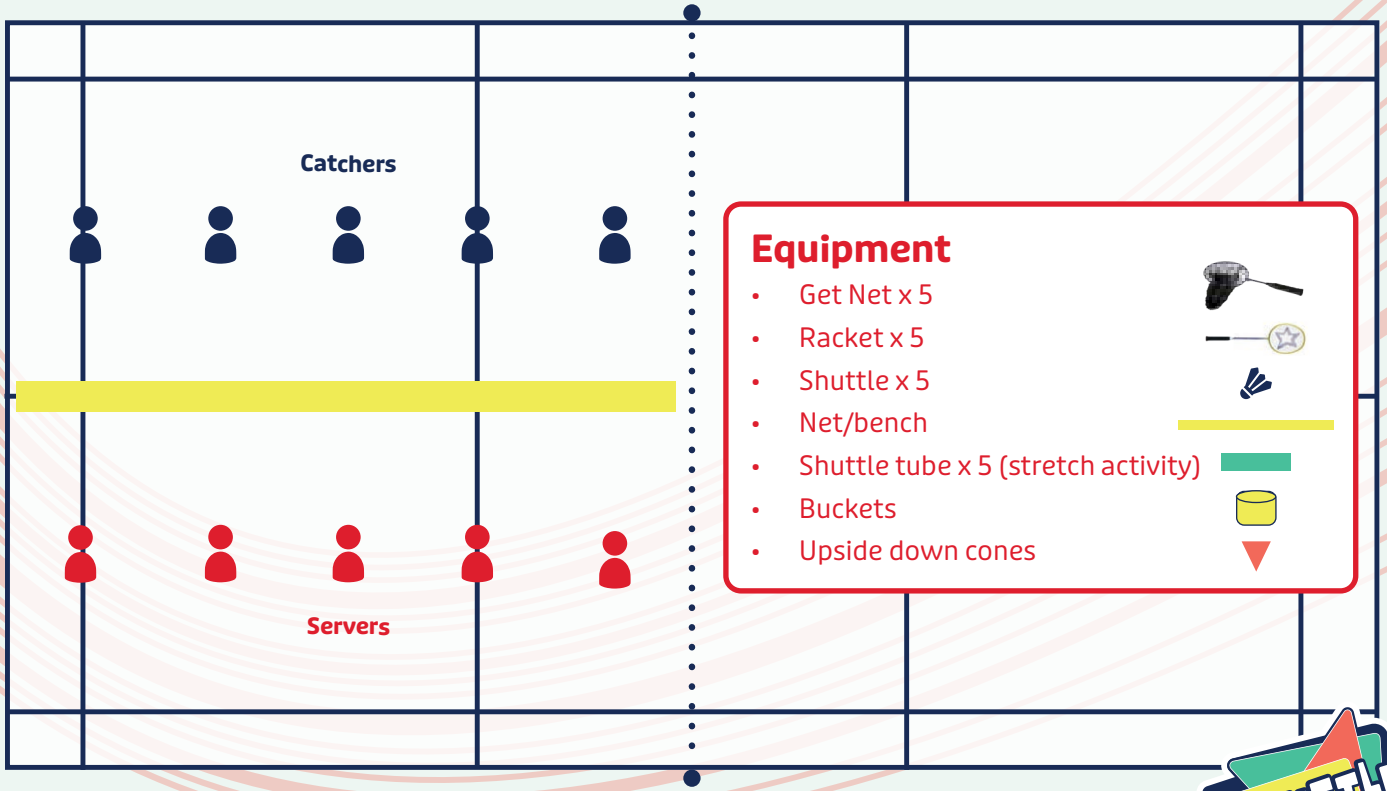
Adapt

- Lower net
- Reduce throwing distance
- Replace players on spots with scoring distances or remove scoring distances altogether

Stretch

- Move cone further away from the net to increase distance for the thrower
- Spread out the players on their spots to stretch accuracy

STATION 8 - CATCH THE BIRD



Equipment

- Get Net x 5
- Racket x 5
- Shuttle x 5
- Net/bench
- Shuttle tube x 5 (stretch activity)
- Buckets
- Upside down cones

Fundamental: Backhand grip, hug the bear

Have a go: Show technique, 5 backhand serves each with person on opposite side with Get Net

STATION 8 - CATCH THE BIRD

1. Split players into two groups on opposing side of a lowered net or bench
2. Red group need a racket and shuttle
3. Blue group need a Get Net
4. Using the **'Hug the Bear'** serve, red group serve shuttle over net/bench for blue group to catch
5. Players work in pairs
6. Once a group has had 5 goes swap equipment and ask blue group to serve



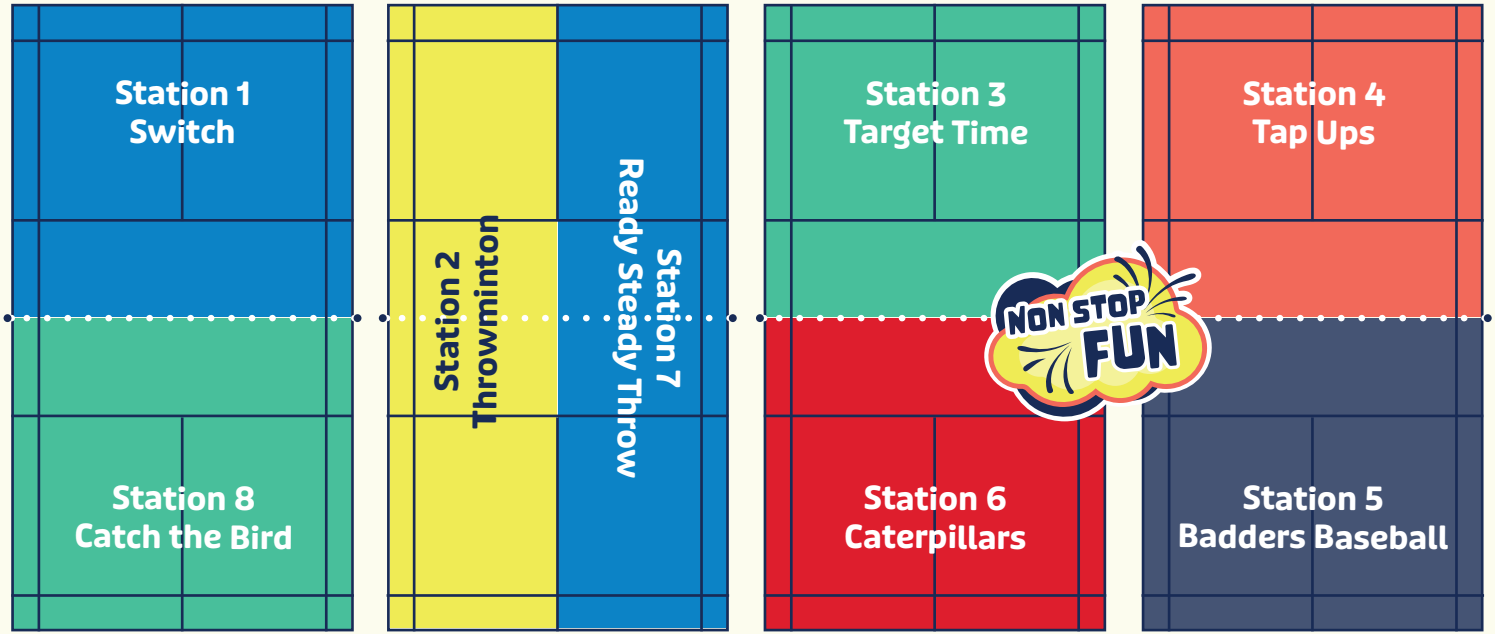
Adapt

- Use paddle/palm of hand

Stretch

- Catcher moves back a pace with success
- Catch it in a shuttle tube

COURT PLAN



All stations are designed to facilitate 8-10 children for 8-10 minutes with a festival taking 90mins.
A drinks station can be added if required, and allows additional groups to take part.

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