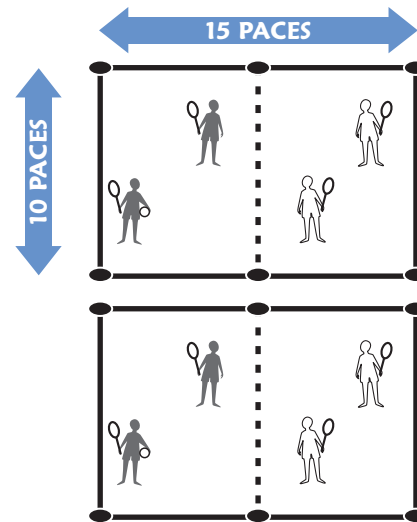


## Prep

- 1 Badminton court or 6 spot markers (to create courts) per 2 pairs
- 1 racquet (badminton or racquetball) per student
- 1 shuttle per 4 students
- 1 scorecard per team (optional)
- 1-2 Sqwhistle per team (optional)
- 1 *Practice Plan* (#4) per team

## Set

- Use or create 1 Badminton court per 2 pairs (15X10 paces) with a midline (net).
- Place 1 shuttle and 4 racquets per court.
- Place a scorecard, practice plan, and Sqwhistle per game area.
- Optional: Assign rotating support roles (coach, official, scorekeeper, etc.) for games.



## Teach

1. In *I Got Your Back* the object is to work as a doubles team to score points. Do this by using a front-to-back formation. In front-to-back, 1 player is responsible for the front court, the other for the mid- and back court. The formation is offensive because it provides opportunities to use attacking shots like the drop and smash. Communicate and recover to the center of your side to maximize success and avoid faults.
2. **Game Format** (*Demonstrate game while explaining format, “Show & Tell.”*)  
*Doubles – Royal Court.* 5 minutes per game. Rally scoring. Play begins from the R service-court using 1 of 3 methods: serve, toss over the net, or self toss and hit. In order to score, players must: 1) Remain in front-to-back formation; 2) Complete a 10-hit rally before earning points. After each point rotate positions (F and B) and rotate serve.
  - After each game the team with the most points rotates up.
3. **Game Play & Practice** (*Practice before or after game, or both, and use Practice Plan.*)
4. **Team Play Cues**
  - “Determine Team Strategy” – Are you a better attacking or defending team?
  - “Adjust as Partner Moves” – Change court position as your partner moves to hit.
  - “Communicate” – Call shots and court positions to avoid faults.
  - “Attack/Defend” – Use front-to-back to attack and side-to-side to defend as a team.
5. **Target & Trajectory Cues**
  - (*Front*) Drop shot – Trajectory: Low (just over net). Target: Front court (near net).
  - (*Back*) Smash – Trajectory: Steep. Target: Mid-court sideline.
6. **Think About...**
  - What is an advantage of the front-to-back formation?
  - When playing a team who is in front-to-back formation, where should you land your shots?

# I GOT YOUR BACK

## GAME RESET

### Rewind

Play original game, but eliminate the pre-score rally-hit requirement.

### FFwd 1

Play original game, but initiate play with the serve only and/or increase the size of the court.

### FFwd 2

Play original game, but points are scored using only a pre-determined shot (e.g., drop, drive, etc.).



## SPORT LITERACY INTEGRATION

Keeping it “*Official Dizzle*” (non-technical term) requires a match made up of the best of 3 games, unless otherwise arranged. A game is won by the side that scores 21 points first (must win by 2), unless otherwise arranged. We’d like to arrange a match with these arrangements. Anyone?



## STANDARDS ADDRESSED

### National PE Standards

#### Movement/Skills:

Serving, clearing, hitting drop shots, smashing, offensive and defensive team strategies

#### Fitness:

Aerobic capacity

#### Personal/Social:

Cooperation, accepting challenges

#### Your State (Write in here)

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## TEACHING TIPS

- To use all available time for learning, remind teams to “strategize” when transitioning between games.
- Use the 80/20 Rule. Assume most students get it. Spend your time as a “plumber” and “fix” the leaks.

### NOTES

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