I Got Your Back

Learning Objectives
- Students will demonstrate proper formations and recovery skills in game play.
- Students will communicate and work cooperatively.
- Students will participate safely, responsibly, and with good effort.

Learning Targets
- I can demonstrate proper formations and recovery skills in game play.
- I can communicate and work cooperatively with a partner.
- I can participate safely, responsibly, and with good effort.

Teaching Cues
- “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.

PREP
- 1 badminton court or 6 spot marker (to create courts) per pair
- 1 racquet (badminton or racquetball) per student
- 1 shuttle per 2 students
- 1 Practice Plan (#4) and Scorecard (optional) per team

SET
- Create 1 badminton court per 2 pairs (15 x 10 paces) with a midline (net).
- Place 1 shuttle, 4 racquets, Practice Plan and Scorecard per court.

TEACH
1. Lesson Objective
   - The object of I Got Your Back is to work as a team to score points using a front-to-back formation.

2. Instructions
   - In front-to-back, 1 player is responsible for the front court, the other for the mid- and back court.
   - The formation is offensive- it provides opportunities to use attacking shots (drop and smash).
   - Communicate and recover to the center of your side to maximize success and avoid faults.
   - (Practice before or after game, or both, and use Practice Plan.)

3. Game Format
   - (Demonstrate game while explaining format.) After each game team with the most points rotates up.
   - 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 complete a 10-hit rally before earning points and remain in front-to-back formation.
   - After each point rotate positions (F and B) and rotate serve.

4. Cues
   - 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.
   - Target & Trajectory Cues
     - (Front) Drop shot – Trajectory: Low (just over net). Target: Front court (near net).
Reflection Questions
• 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?
• How did you and your partner communicate effectively?

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.).

Teaching Suggestions
• 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.

Integration
Keeping it "Official Dizzle" (nontechnical 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?

SEL Competencies
Self-Awareness
Peer interaction
Self-Management
Self-discipline
Self-motivation
Social Awareness
Working with others
Relationship Skills
Communication, cooperation
Responsible Decision-Making
Analyzing situations

Teacher Reflection