

The Racket Pack Festival



Key Stage 2
Ages 7-11



Meet the Racket Pack!

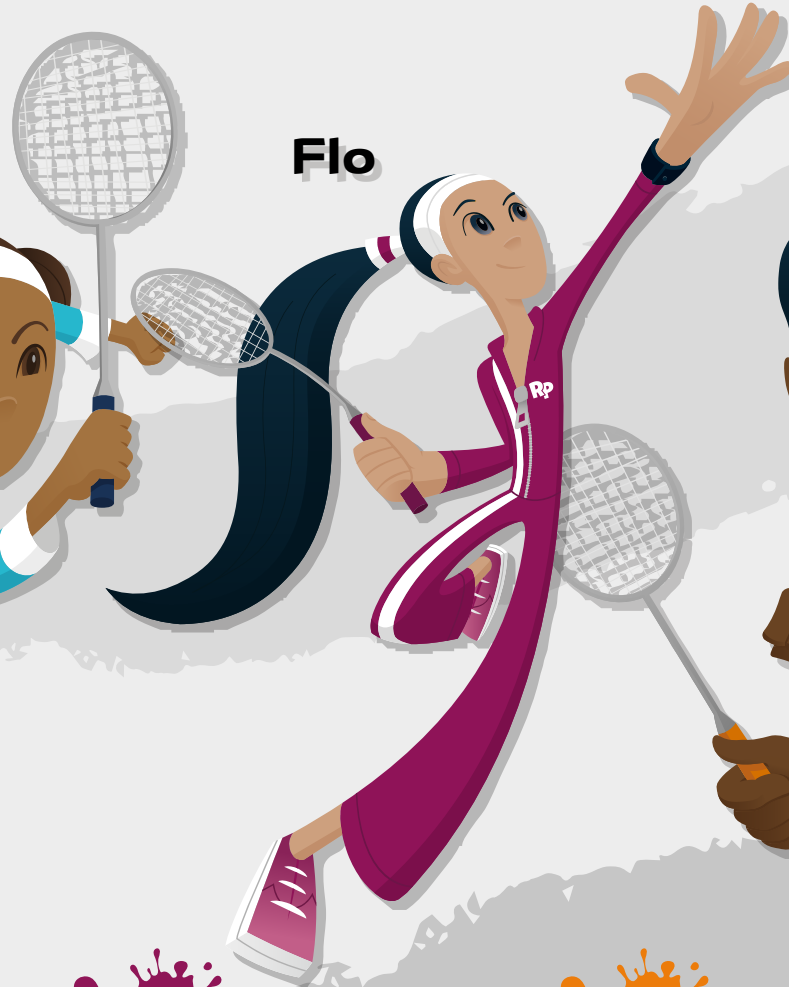
Smash



Tink



Flo



Wise



5-7 Years



7-9 Years



9-11 Years



Club Player

The Racket Pack Competition Overview

The Racket Pack is a new primary age badminton programme tailored to suit young people. With smaller courts, nets and rackets, the Racket Pack offers the ideal environment for young players to develop their skills whilst having fun.

The Racket Pack Festival

For ages 7+, the Smash Festival provides success for all. The festival accommodates up to 80 players and can be easily adapted for varying numbers or different abilities.

The Racket Pack Tink and Flo Tournaments

For ages 7-9 and 9-11, these timed tournaments are played in a round robin format with up to 6 players per team, competing in singles or doubles.

Festival and Tournament templates are available for organisers at www.badmintonengland.co.uk/racketpack



Festival Guide

The Racket Pack Festival is the ideal introduction to badminton. Festival activities are intended to provide success for all and opportunity for differentiation. Hosting a Festival whether within a school or club environment enables excellent opportunities for young people to meet and experience participating in fun activities. This Racket Pack Festival guide has been designed for teachers, coaches and School Game Organisers to aid the administration and smooth running of a Racket Pack Festival.

This Festival has been planned to accommodate 80 pupils (10 teams) in a four court badminton hall and can be easily adapted for varying numbers. Activities are differentiated by outcome and can be refined to reflect the needs of young people with learning or physical impairments. The Festival activities are all included within the Racket Pack session plans, therefore, players should be familiar with them. Young leaders can be used to monitor each of the activity stations.

This Festival Guide contains

Activity plan:	Layout for a four court badminton hall
Activity station cards:	These include the activity description, scoring instructions and equipment required for the activity
Activity station titles:	Can be positioned adjacent to activity area so participants know where to go
Score card:	Teams take their score card to each activity station
Festival results table:	An overall record of each team's scores
Festival certificate for participants	

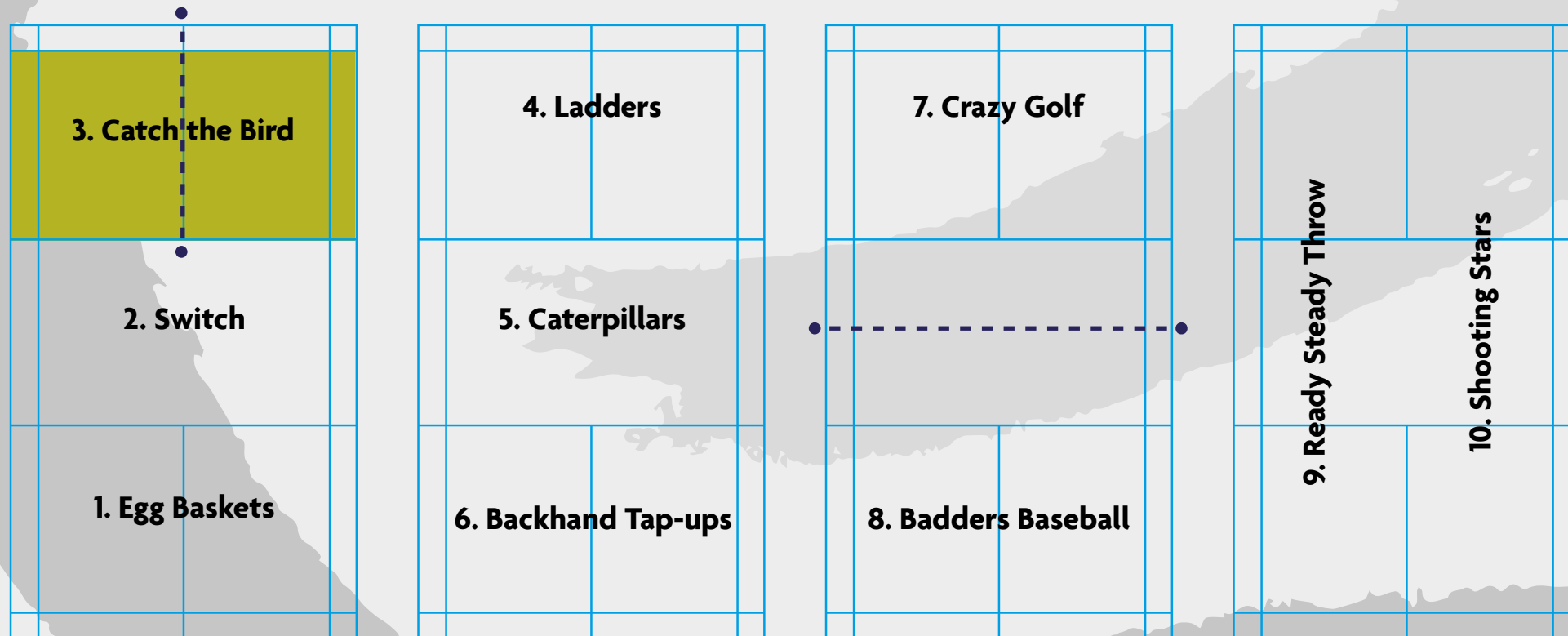
Recommended Festival Timings

Festival time:	One hour and 30 minutes
Introduction:	10 minutes
Activities:	Each activity runs for four minutes One minute changeover Two minutes familiarisation with new activity
Presentations:	10 minutes

Equipment

Rackets	Buckets/targets
Shuttles	Giant shuttle
Throw-down spots	Fluff balls
Throw-down lines	GetNets
Hoops	Cones
Net or bench	Fluff balls

Sports Hall Activity Plan



Smaller nets can be put across the court as shown in the diagram above.
We recommend that you lower the net to 130cm if this is possible.

Activity 1: Egg Baskets

1. Ask the team to line up on the start line.
2. Position target hoop on the other side of the court with a throw-down spot 1 metre in front of it.
3. With 1 racket and 1 shuttle per team, the first player balances the shuttle (cork up) on their racket, using an appropriate forehand grip, and walks across to the throw-down spot. They then stop and lunge with their racket leg to place the shuttle into the hoop.
4. The player then retrieves the shuttle with their hand and runs back to their team and passes the racket and shuttle to the next player who repeats the activity.

Points: 1 point each time a shuttle lands in the target hoop.

Equipment: 1 hoop
1 throw-down spot
1 racket
1 shuttle



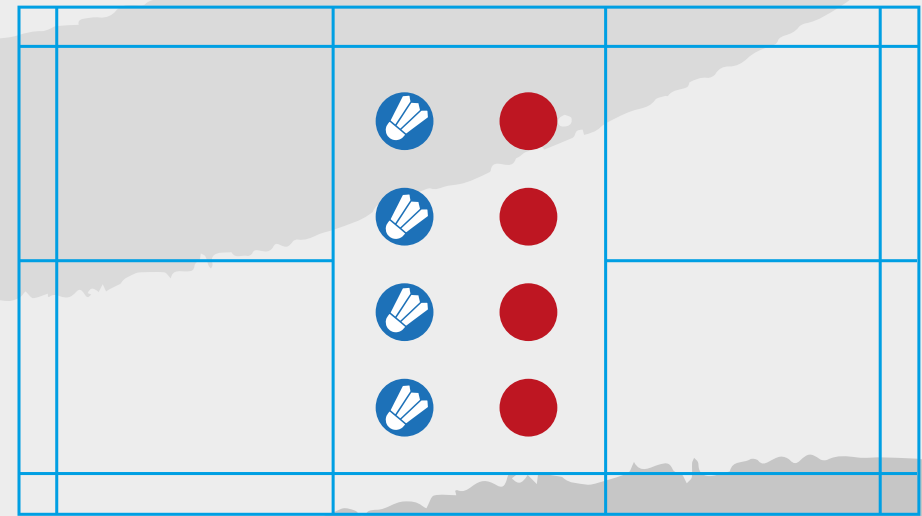
Start line

Activity 2: Switch

1. Set out cones as shown in the diagram, and place a shuttle on top of each of the blue cones.
2. Players start the activity by moving to the first blue cone, picking up the shuttle and placing it onto the first red cone.
3. They then move to the second blue cone, pick up the shuttle and put it onto the second red cone and so on.
4. Encourage players to face the same direction throughout the activity.

Points: 1 point is awarded each time a player completes the sequence. Count the number achieved within the set time

Equipment: 4 blue cones
4 red cones
4 shuttles



Start line

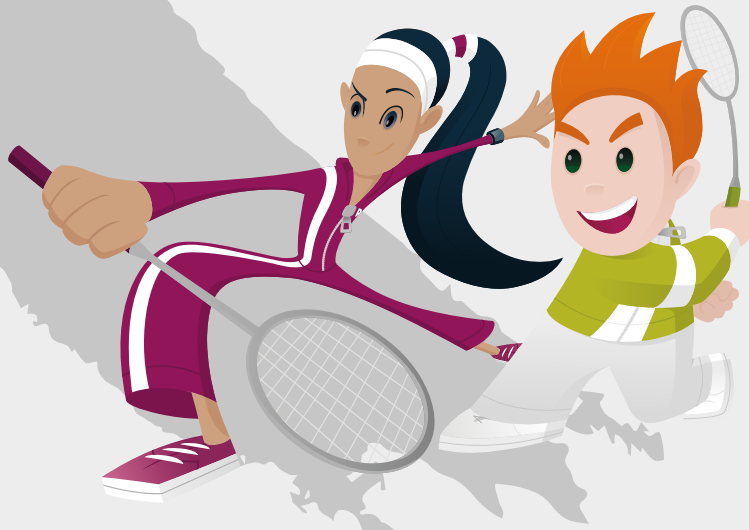


Activity 3: Catch the Bird

1. Split the team into 2 groups on opposing sides of a lowered net or bench.
2. Group 1 forms a line and takes it in turn to do a backhand serve over the net.
3. Group 2 spreads out on the opposing side of the net and tries to catch the shuttle with a GetNet or with their hands.

Points: 1 point is awarded each time a shuttle is caught.

Equipment: 1 net or bench
2 GetNets
1 racket
5 shuttles

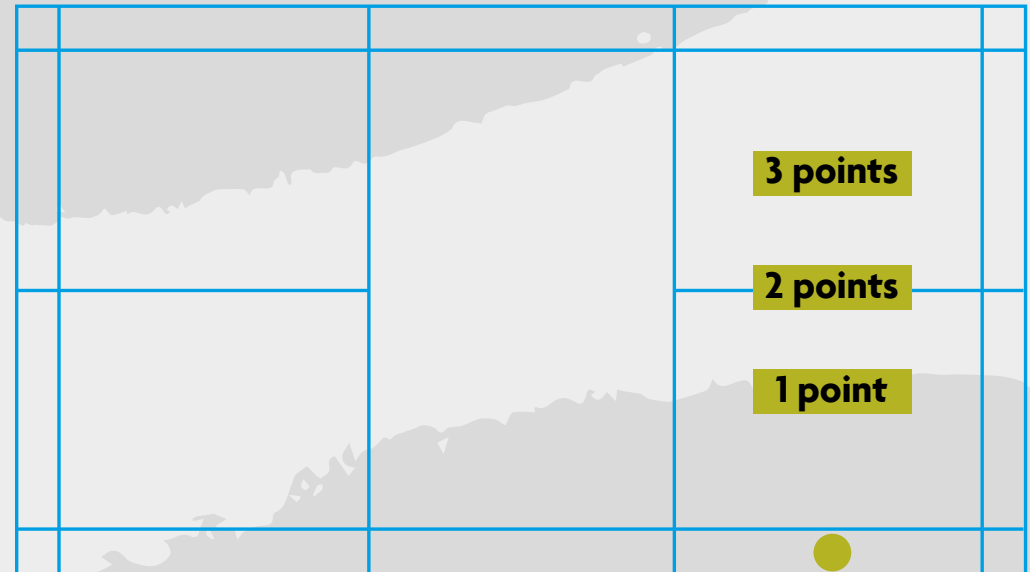


Activity 4: Ladders

1. Split the group into teams, 1 player is the feeder, the other team members are the hitters.
2. The feeder stands on a throw-down spot with a fluff ball, whilst the hitter stands 1 metre away on the 1 point throw-down line with a racket using an appropriate grip.
3. The feeder throws the fluff ball underarm for the hitter to perform a forehand or backhand underarm hit for the feeder to catch. If successful, the hitter moves back to the 2 point throw-down line situated 1 metre further back and repeats the exercise. If the feeder successfully catches again then the hitter moves back once more to the 3 point throw-down line situated 1 metre further back. The next team member then takes their turn.

Points: 1, 2 or 3 points are scored depending on which line the hitter is standing on. The feeder needs to catch the fluff ball for the points to count.

Equipment: 1 throw-down spot
3 throw-down lines
1 racket
1 fluff ball

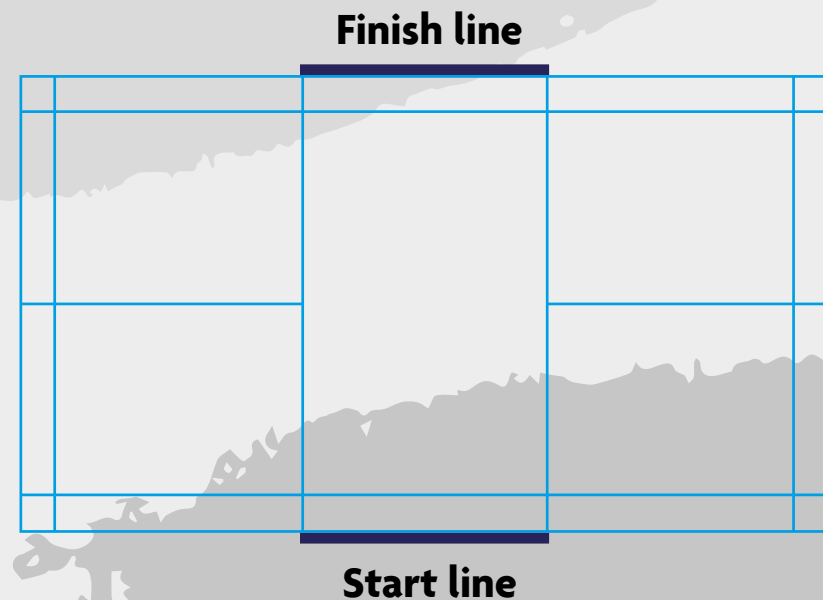


Activity 5: Caterpillars

1. Players to form a line facing forward – each player will need a racket.
2. Player 1 starts with a fluff ball on their racket, which they pass down the line to player 2's racket, before running to the back of the line. Player 2 repeats this by turning to player 3 and placing the fluff ball onto their racket, and so on.
3. The line of players will gradually move down the court. Time how long it takes for the team to reach the end of the court.

Points: 1 point for each successful pass to the next person in the line.

Equipment: 8 rackets
1 fluff ball



Activity 6: Backhand Tap-ups

1. Ask players to find a space away from others within the allocated activity area.
2. The aim is for players to use an appropriate backhand grip and backhand action to tap the fluff ball or balloon repeatedly into the air.

Points: 1 point per consecutive tap-up.

Equipment: 8 rackets
8 fluff balls



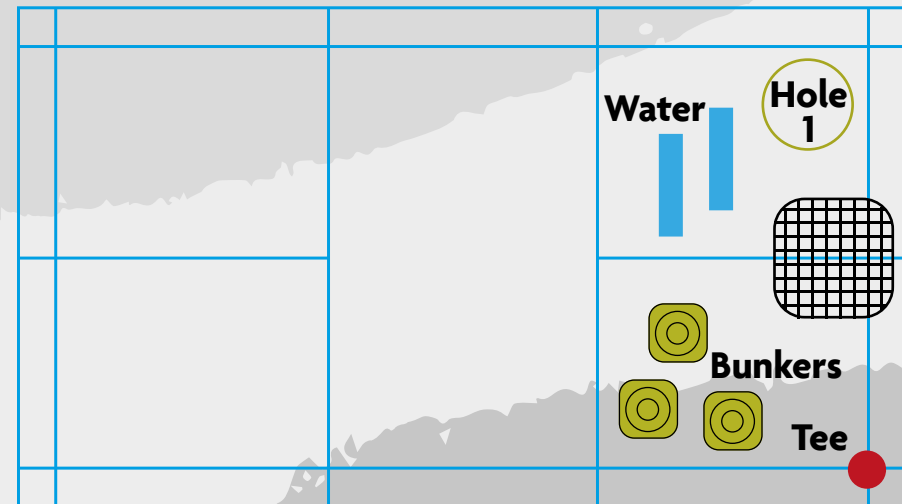
Activity 7: Crazy Golf

1. Create several golf-style holes within the allocated area using throw-down spots, hoops of different sizes, buckets etc. and assign different points to different holes depending on their level of difficulty.
2. Place a throw-down line in front of each hole to indicate where players should stand to perform their shot.
3. Using 1 racket and 3 shuttles, each player takes it in turn to backhand serve towards each target.
4. The player then collects the 3 shuttles and passes them to the next team member.

Points: Assign different points to different holes depending on their level of difficulty.

Equipment:

- 1 racket
- 3 shuttles
- 2 throw-down spots
- 2 throw-down lines
- 2 buckets/targets
- 2 hoops

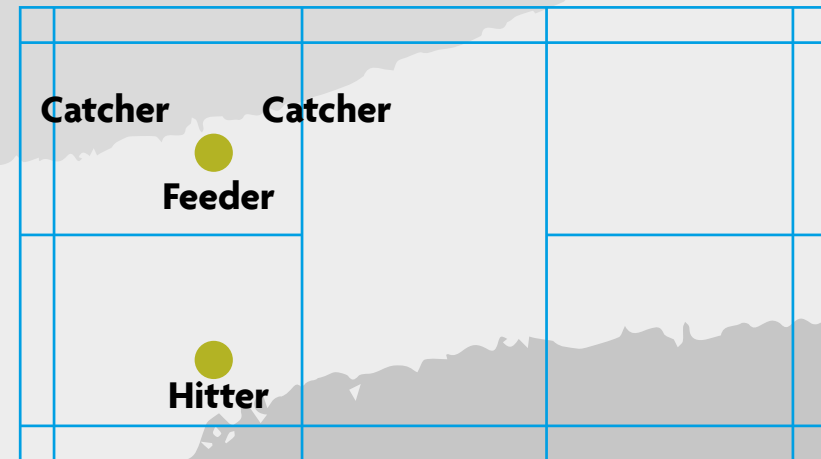


Activity 8: Badders Baseball

1. Split the group into 4s. 1 feeder, 1 hitter, 2 catchers.
2. The feeder throws the fluff ball or shuttle underarm to the hitter who performs a backhand hit using an appropriate backhand grip to either of the catchers.
3. Repeat this several times and then rotate positions.
4. Use throw-down spots to position the feeder and hitter to avoid them getting too close to one another

Points: 1 point per combined throw, hit, catch.

Equipment: 1 racket
1 fluff ball/shuttle

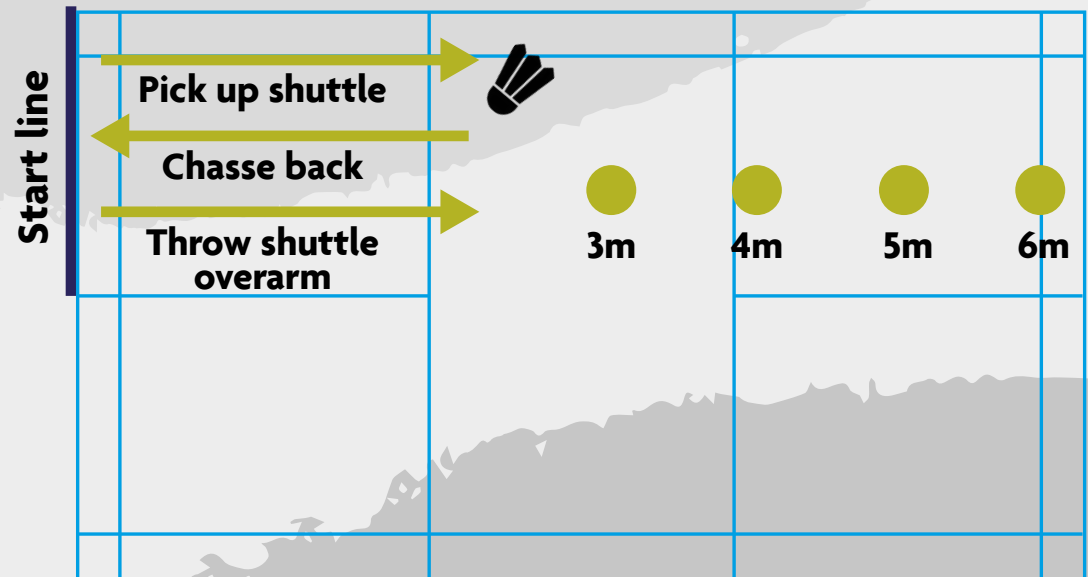


Activity 9: Ready Steady Throw

1. Player to run forward, pick up a shuttle or giant shuttle with racket hand, turn sideways and chasse back over a set line and then perform an overarm throw to throw the shuttle as far as possible.

Points: Measure the distance thrown by laying out throw-down spots at set distances e.g. 3, 4, 5 and 6 metres and the score is determined by which spot the shuttle lands closest to.

Equipment: 4 throw-down spots
1 shuttle or giant shuttle



Activity 10: Shooting Stars

1. In pairs with 1 racket and 1 fluff ball; 1 player is the hitter, the other the feeder.
2. The hitter has their racket above their head ready to hit an overhead. The partner throws a fluff ball overarm for their partner to hit the fluff ball as far as they can. Repeat this several times and then swap roles

Points: Measure the distance hit by laying out throw-down spots at set distances e.g. 3, 5, 7 and 9 metres and the score is determined by which spot the fluff ball lands closest to.

Equipment: 4 throw-down spots
4 rackets
4 fluff balls



Hitters in waiting

Hitter	Hitter			
	Feeder	Feeder		
			3m	5m
				7m
				9m

Team Score Card

Activity Team Score Scoring Instructions

1. Egg Baskets		1 point each time a shuttle lands in the target hoop.
2. Switch		1 point is awarded each time a player completes the above sequence. Count the number achieved within the set time.
3. Catch the Bird		1 point is awarded each time a shuttle is caught.
4. Ladders		1, 2, or 3 points are scored depending on which line the hitting is standing on. The feeder needs to catch the fluff ball for the points to count.
5. Caterpillar		1 point for each successful pass to the next person in the line.
6. Backhand Tap-ups		1 point per consecutive tap-up.
7. Crazy Golf		Assign different points to different holes depending on their level of difficulty.
8. Badders Baseball		1 point per combined throw, hit, catch.
9. Ready, Steady, Throw		Measure the distance thrown by laying out throw-down spots at set distances e.g. 3, 5, 7 and 10 metres and the score is determined by which spot the shuttle lands closest to.
10. Shooting Starts		Measure the distance hit by laying out throw-down spots at set distances e.g. 3, 5, 7 and 9 metres and the score is determined by which spot the fluff ball lands closest to.

Results Table

Team Name

(encourage players to chose their own team name)

**Final Team
Score****Position**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

