

Striking Skills: “It’s Quite a Racket!”

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Balloon Striking

- Best Hand
- Flip Flops Best Hand
- Opposite Hand
- Flip Flops Opposite Hand
- Hit Up and Turn
- Side to Side Hits
- Moving and Hitting

Doinkit Striking Activities:

- Best hand up
- Best hand down
- Up flip flops
- Partner rallies
- Partner 1 bounce rally

Badminton Striking Skills

- Ups
- Flip Flops
- Flick and Hit
- Forehand
- Backhand
- Serve – Long
- Serve - Short
- Clear – Overhead
- Clear – Underhand
- Drop Shot – Overhead
- Drop Shot – Underhand
- Smash At
- Smash Away

Badminton Skills:

- Short Serve
- Long Serve
- Forehand Overhead Clear
- Backhand Overhead Clear
- Underhand Clear
- Overhead Drop
- Underhand Drop
- Smash At
- Smash Away

Games:

- 1 on 1
- 2 on 2
- 3 on 3
- 4 on 4
- Ladder Up
- Winner Stay
- Switching Sides
- Rotating Hits