

# OBA Kids Program Syllabus



## 1 COURSE DESCRIPTION

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This course is designed to introduce the fundamental skills, rules and strategies of badminton. The game is an excellent addition to recreational activities, as it improves cardio respiratory endurance, muscular endurance, and agility. During games the students will learn essential team playing skills and etiquette. This course will enable students to enjoy badminton as a recreational lifetime activity.

## 2 PREREQUISITES

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- 6 year and older
- Bring your own badminton racket
- non-marking shoes are required for your performance and safety

## 3 COURSE FORMAT

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Activity (drills, skills, strategy), ----- Lecture (rules, strategy), -----Demonstration (drills, skills)

## 4 GOALS AND OBJECTIVES

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By completing the course, the students will

- learn the basic skills necessary to participate in the game of badminton
- learn the proper techniques for fundamental shots and serve
- develop neuromuscular coordination, agility, and overall vitality through
- exhibit knowledge of the rules, terminology, strategy and etiquette of badminton

## 5 COURSE OUTLINE

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1. Introduction to the game of badminton: history, equipment, rules, etiquette and court set up
2. Grips - drills of racquet handling
3. Forehand drive/backhand drive; clear – drills – game
4. Serves – drills – game
5. Drop shot – drills – game
6. Smash – drills – game
7. Strategies (doubles/singles) – game
8. Games
9. Evaluation