

Long Serve In Badminton: Lesson Plan For Techniques And Tactics In Clil

The long serve is one of the most important strokes in badminton. It is used to start a rally and can be used to put your opponent on the back foot. A good long serve will force your opponent to hit the shuttle up, giving you time to move into position and take control of the rally.



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★★★★☆ 4.5 out of 5

Language	: English
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Lending	: Enabled
File size	: 2259 KB
Screen Reader	: Supported
Print length	: 234 pages
Paperback	: 24 pages
Item Weight	: 2.08 ounces
Dimensions	: 7 x 0.05 x 10 inches



There are two main types of long serves: the high serve and the low serve. The high serve is hit high into the air and travels over the net. The low serve is hit low and travels just over the net. Both types of serves can be effective, but the high serve is generally more difficult to return.

In this lesson plan, we will discuss the techniques and tactics of the long serve in badminton. We will also provide some tips on how to teach the long serve in a CLIL (Content and Language Integrated Learning) context.

Techniques

The long serve is a relatively simple stroke to learn, but it takes practice to master. The key to a good long serve is to hit the shuttle with a clean, powerful stroke. The following are the steps involved in hitting a long serve:

1. Stand with your feet shoulder-width apart and your knees slightly bent.
2. Hold the racket in your dominant hand and place the shuttle in your non-dominant hand.
3. Toss the shuttle into the air in front of you.
4. As the shuttle falls, step forward with your non-dominant foot and swing your racket up and through the shuttle.
5. Follow through with your swing and finish with your racket pointing towards the ground.

The power of your serve comes from the swing of your racket. It is important to swing your racket smoothly and with a full range of motion. You should also try to hit the shuttle in the center of the strings. This will give you the most power and control.

Tactics

The long serve can be used to achieve a variety of tactical objectives. The following are some of the most common:

- To force your opponent to hit the shuttle up

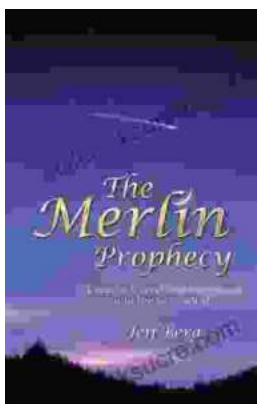
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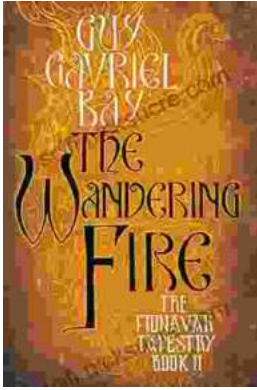
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