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| **Directions: Your partner will watch you serve 5 times. If the cue is performed then check “can do”; if not check “needs practice”. Your performance need to be to the best of your ability and hit the target from a distance that is most challenging for you.** |
| **FORCE** | **Instructional Cue** | **Image** |  | **Attempt #** |
| **Starting position: Feet in stride position with left foot in front for right handed players.** | http://www.badmintoncharleston.com/files/images/good%20concentration%20whilst%20serving.preview.JPG |  | **#1** | **#2** | **#3** | **#4** | **#5** |
| **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **Body weight is shifted to the rear (back leg), then forward as racket comes forward.** | http://usscouts.org/usscouts/bbugle/bb0602/bb0602_files/image064.gifhttp://t2.gstatic.com/images?q=tbn:ANd9GcTX7YOCR0BaLCz3BLU2XJyQT9-2JKkfLRjxG3Iy24xW_dJmaanBMAhttp://t2.gstatic.com/images?q=tbn:ANd9GcTX7YOCR0BaLCz3BLU2XJyQT9-2JKkfLRjxG3Iy24xW_dJmaanBMA | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **MOMENTUM** | **Uses underhand serve. Shuttle contact is made well in front of the body, not at the side and is below the waist.** | http://www.teachpe.com/badminton/serves/serve180.jpg | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **Follow-Through: on the underhand stroke, the racquet carries over the left shoulder for right handed players.** | http://farm4.static.flickr.com/3034/2349148812_3bd2e8f897.jpg | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
|  | **Hit the Target Area** | **service_courts.GIF** | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **After each person has made five serves, please identify one suggestion to improve their serving technique. Please list three positive comments about your partner’s serving technique.** |
| **List one suggestion to improve your partner’s serving technique:****#1:** |
| **List three positive comments about your partner’s serving technique. Please use instructional cues and science terminology:****#1:****#2:****#3:** |