|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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.gif[http://t2.gstatic.com/images?q=tbn:ANd9GcTX7YOCR0BaLCz3BLU2XJyQT9-2JKkfLRjxG3Iy24xW_dJmaanBMAhttp://t2.gstatic.com/images?q=tbn:ANd9GcTX7YOCR0BaLCz3BLU2XJyQT9-2JKkfLRjxG3Iy24xW_dJmaanBMA](http://www.google.com/imgres?imgurl=http://peiwebstore.com/images/1296610786679-1027905487.gif&imgrefurl=http://peiwebstore.com/Baseball-Pitcher-vd-baseb03.htm&usg=__xcXl-3m1sGfB7P1NlwQGYN5ukZM=&h=280&w=330&sz=5&hl=en&start=2&zoom=1&tbnid=GgOeeO6_ZzkM_M:&tbnh=101&tbnw=119&ei=nByBTd7cFISatwfn1dzZCA&prev=/images?q=bseball+pitcher&um=1&hl=en&safe=active&rls=com.microsoft:en-us&rlz=1I7GGIE_en&biw=1035&bih=618&tbs=isch:1&chk=sbg&um=1&itbs=1) | **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:** | | | | | | | | |