

# Clear and Tip Rally

*Activity*

**Resource:** PlaySport

**Division(s):** Intermediate Senior

**TGfU Category:** Net/Wall Games

**Locations:** gymnasium, multipurpose room, outdoor space (e.g., field, tarmac)

## Game/Sport Connections

Net/Wall games are activities in which players send an object toward a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object. By playing these games, participants develop skills and tactics to play other net/wall games or games that require the application of similar skills, concepts, and strategies (e.g., sitting volleyball, tennis, badminton, squash, racquet ball, volleyball, Sepak Takraw, wheelchair tennis).

## Activity Overview

Participants learn about and practise sending and receiving a shuttlecock over a net while working together as a group.

# Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies for effectively sending an object over the net. Note that this list is not exhaustive and further learning opportunities may arise during the task.

## Movement Skills and Concepts

- Locomotion and relationship: knowing where to move to be successful at sending and receiving an object over a net (e.g., moving toward the back of the court when the shuttlecock is coming from high in the air, returning to the centre of the court, in a ready position, to prepare to receive).
- Manipulation skills and effort awareness: applying a controlled force with a racquet to send an object over a net (e.g., being able to control how forcefully to swing the arm when sending the shuttlecock over a net).
- Body awareness: knowing what parts of the body move and how to move them (e.g., standing with the body and racquet in ready position, preparing early to transfer weight and rotate through the shot, tracking the shuttlecock with the non-dominant hand, high contact with an open racquet face, and following through).

## Movement Strategies

- Tactical awareness: developing an understanding of the principles of play (e.g., knowing where and how to send the shuttlecock over the net to create a successful rally).
- Performance: demonstrating appropriate skills, techniques, and tactics to send and receive an object over a net (e.g., clearing the shot high and deep to make it easy for an opponent to receive the shuttlecock).

## Considerations

- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the diverse backgrounds, identities, needs, and interests of participants and maximize the fun, inclusion, participation, and success of everyone.

- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, meaningful participation, and success for everyone. Encourage participants to add any variations of their own.

## Equipment

- 1 badminton net or simulated net per game (e.g., portable net, chairs, skipping rope, pylons, benches)
- 1 badminton racquet (or alternate type of racquet) per participant
- 1 shuttlecock per game
- 8 pylons per game
- Protective eye wear for all participants

## Safety

- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## How to Play

- Divide participants into pairs. Two pairs form a group.
- Set up badminton nets (or simulated nets) in the activity space to create the badminton court. Position 2 pylons in the middle of each side of each court to form a line parallel to the net. Position 2 pylons at the back of each court to mark the baseline.
- Assign each group to a badminton court (one pair per side).
- Each pair positions themselves on the baseline of their respective side of the court.

- One of the pairs uses an underhand clear to send the shuttlecock to the opposing pair.
- The goal is to send the shuttlecock past the pylons on the other side of the court and toward the back of the court.
- Groups work together to try to sustain a rally using a series of both underhand and overhand clearing shots until the shuttlecock is hit out of bounds or is unable to be returned and hits the ground.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.
- Consider having groups share their variations and select another variation to try with their group.

## Video: Visual Depiction of the Activity Instructions

[Video link](#)

## Pause for Learning

Throughout the activity, ask open-ended questions to help participants refine their movement skills, strategies, and tactical solutions. Examples include:

- How do you hit the shuttle so the opposing team has a greater chance to receive the pass successfully?
- How can you use movement principles in order to refine your skills?
- What movement principles and strategies can you use to successfully receive and send an object?
- Where do you stand on the court to ensure that you are ready to receive the shuttlecock?
- Why is a ready position important in this game?
- What do you have to do to move your opponent around the court?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

## Variations

- Remove the pylons to eliminate the distance component.
- Move the pylons farther back.
- Substitute a larger and/or lighter object to send over the net (e.g., balloon, beach ball).
- Remove, increase, or decrease the height of the net.
- Play one on one.
- Play in a seated position, maintaining sufficient distance between other group members to safely follow through with the racquet when sending/receiving the shuttlecock.
- Experiment with a variety of shots (e.g., underhand clear, overhand clear, drop shot, net shot) to try to maintain the rally.