



Speedminton® at school

Guide for teachers and coaches (2016 revision)

"Kids and staff love Speedminton! All have been in-serviced and equipment is regularly being used in sport sessions. Have seen huge skill improvement since we started doing Speedminton."

Katheryn Perks, Parkfield Primary School WA



Foreword

Dear P.E. Professionals,

Have you ever thought about the perfect sport for schools? What would it need to be like?

How about a high-energy game, easy and fast to set up, simple rules, durable equipment, playable indoors or outdoors on every surface with groups of any size? If this game offered access for beginners as well as great fun at competitive levels and improved both conditioning and co-ordination skills, wouldn't that be exactly what a P.E. teacher is looking for?

Speedminton® is a new racquet sport which combines all these important elements. This guide has been written to facilitate a racquet sport program for every age and skill level. There are drills to build racquet skills in beginners through to advanced exercises and 'match play' for older students.

You will learn all about the equipment and format that makes Speedminton® the most flexible new schools sport resource of recent times. Coaching techniques, games, drills and match rules are laid out with accompanying images. It also provides ideas for introductory lessons, rubrics, as well as the variations to match the skill and enthusiasm levels of your students.

Have fun and happy Speeding!



Markus Frieling
Qualified P.E. teacher from Germany

2016 Version revised and updated by

Geoff Bannister

CEO Speedminton Australia



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Teacher appraisal of Speedminton

I have just finished a 5 week Speedminton program and it is a fantastic topic to teach.

I was lucky enough to trial it at the ACHPER conference during the term 1 holidays and knew (hoped) it would be a great topic to teach which would engage all the students.

I have been teaching 14 classes from years 3-7, approximately 420 students.

As with any topic there will always be student who just do not want to participate, or engage, but not Speedminton! From the first lesson there has been a huge buzz of excitement with every class. I have had very few behaviour issues which is a first.

I started of my first lesson in our small hall with 30 racquets and 15 speeders with no issues or injuries. We have now progressed outside. There are so many activities to keep the students moving and active. I have even had students make up a 4 square style game with cones on the oval which became infectious with other classes.

When we progressed to both pairs or singles competition the students then realised how much they learnt and the fun they were having. The lessons just flowed to the point of the students becoming shocked at how quick the lesson went.

This is a great product which will last many years and worth every cent.

Darren Martin
Aldinga Beach B-7 School
South Australia



1 Speedminton® for P.E. classes

Speedminton® was first developed in Germany in 2001. Some pioneering sportsmen put together the best elements of tennis, badminton and racquetball, creating a new game, with innovative equipment and a radical no net format.



What

Though Crossminton is one of the world's fastest racquet sports at competitive levels, it offers good access for beginners and the skills are easy to acquire.

The durable racquets are light with a huge hitting area close to the hand, allowing longer rallies. The accurate flight of the Speeders provides wide and controlled shots with less effort.

Speeders of different velocities suit various skill levels and playing areas. The official match rules are straight forward (see chapter 3), but are modifiable to suit the area, lesson times and to provide a range of interesting variations.

The equipment can be used from Kindergarten upwards. It is a flexible resource that builds hand/eye co-ordination and encourages cardio activity. All the various striking, hitting and target games are more rewarding due to the user friendly nature of the gear. Students quickly discover the activities or match set ups that they like.

Where

Speedminton® can be played on any open space without a net. Matches are between 2 squares with the distance between acting as the net. These are easily be marked on the ground with ribbons (Easy Courts), cones or chalk. Existing markings work well for modified matches and one tennis court converts into exactly 2 Speedminton® courts. Whole classes can play on a grass field, a quadrangle, or indoor area.

The 'Speeders' were developed for outdoor fun. Smaller and heavier than Badminton shuttles, they fly straighter and further due to better wind resistance. Special Wind-rings give added stability on breezy days. The bright colours were chosen to enhance visibility in a range of conditions and Speed-lights in the Night Speeder even allow for play in complete darkness.

**How**

Speedminton® is a highly motivational game improving both conditioning and co-ordination skills. The instant success students experience, stimulates and motivates them. They expend energy because they are having fun. For many, freestyle hit-ups with a partner will be their first experience of extended rallies in a racquet sport. For competitive matches, each player stands in a square that they defend. Hitting back and forth, they try to get the Speeder on the ground into the opposite square.



In addition, the equipment can be used for a variety of fun games and exercises that will be discussed later in this guide.

Recap

The main reasons for Speedminton® at school are:

- High motivation of the kids
- Play indoors or outdoors
- Fun and effective way to improve physical condition
- Improve co-ordination skills
- Easy access for beginners
- Different Speeders for various levels of play
- Fast and simple set-up – no net assembly
- High quality and durable equipment for a long lifetime
- Simple rules
- Play on any surface
- One tennis court can become two Speedminton® courts
- Numerous variations for training and fun games



2 Equipment

RACQUETS

Speedminton® currently offers two kinds of school racquets, a senior version for high school and a junior for primary students. With their unique shape, weight (180 and 160 gr.) and tennis string (12kp) they are specifically designed for the requirements of Speedminton®. Being shorter than tennis or badminton racquets, they bring the hitting 'sweet spot' closer to the hand and allow beginners to make successful initial contact. This 'immediate success' encourages further effort and improvement. The racquet design also provides the optimal vibration characteristics for arm protection and makes the equipment very user-friendly.



Speedminton® Senior Speed racquet

Durable power play racquet of hardened aluminium. These high-grade racquets are light-weight and are perfectly suited for beginners, school classes and recreational play.

Material: aluminium
Weight: 180 gr
Length: 59 cm
String tension: 12 kp horizontal, 12 kp vertical

Speedminton® Junior Speed racquet

Shorter in length and broader across the head, a larger 'sweet spot' is situated the ideal distance from the hand to allow easy hitting and increased control. A protective hardened plastic cover on top of the racquet protects from impacts on hard surfaces.

Material: aluminium
Weight: 160 gr
Length: 54 cm
String tension: 12 kp horizontal, 12kp vertical



SPEEDER®

The secret of Speedminton® is the new shuttles, called Speeders. Designed to play a badminton type game outdoors, they are made under patent in Germany. Compared to traditional shuttles, they are heavier and made of special compounds that provide a maximum trampoline effect and control off the strings. The golf ball dimples in the head also reduce air resistance. This provides more distance, accuracy and a steady flight. Each Speeder has a hole in its head, stabilizing its flight path as the air is funnelled to the tail flutes.

High quality synthetic materials make the Speeders durable to playground and competition use. They are not a consumable item like a badminton shuttle. The material also transforms the invisible ultraviolet part of natural light into the visible range, increasing the visibility of the Speeders.

The MATCH Speeder suits most high school students and is used for competition play.

The FUN Speeder is slower and travels less distance, making it ideal for indoor areas and younger students.

In breezy conditions, the wind ring can be rolled over the Speeder's head to increase its stability in the air. The additional 2 grams of weight will also extend the range by a few metres, thereby a Fun Speeder can be made to fly like a Match Speeder.

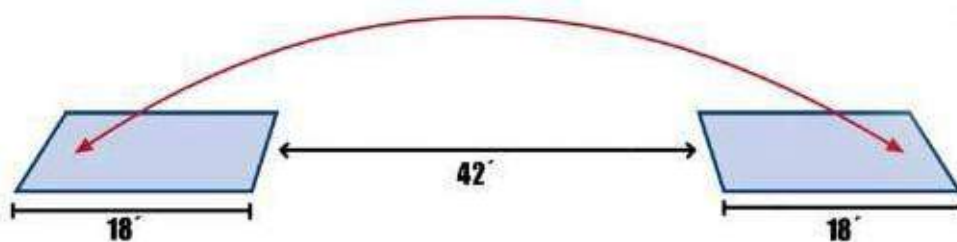


FUN Speeder	MATCH Speeder	Wind Ring
For beginners and smaller children - optimal for shorter distances and indoors	For advanced players – ideal for long distances and competitive playing	Add a wind ring over the Speeder's cap for more wind resistance
Weight: 7.0 grams Ideal range: 8-14 meters	Weight: 9.0 grams Ideal range: 12-20 meters	Weight: 2.0 grams



COURTS

A Speedminton® court consists of two squares (5.5m^2) which are set up 12.8m apart. These are the specifications for competitive play as per the international match rules governed by ICO (International Crossminton Organisation). For School Speedminton® the courts can be adapted to the children's individual age and skill level.



Speedminton® offers several fast and easy ways to mark courts on various surfaces.



Speedminton® Easy Court Pro

The Easy Court can be set up quickly to mark a court with the official international specs. Fix the court by using stakes on grass, sand anchors on sandy soil or taping it down on a hard surface.

Cones

Cones let you mark out squares of any size and distance for playing a friendly match. Ideal for P.E. lessons and training programs.

A tennis court easily becomes two Speedminton® courts by dropping the net (not absolutely necessary) and playing from T-line to T-line. Existing markings work well. (eg a Volleyball court (with or without the net) for 6 versus 6 using Fun Speeders. With chalk you can simply draw a court on asphalt or cement.

The various ways of marking a Speedminton® court is the key for playing the game on any surface. This allows almost every school to add Speedminton® to their curriculum and to play with classes of any size and kids of every age and skill-level.



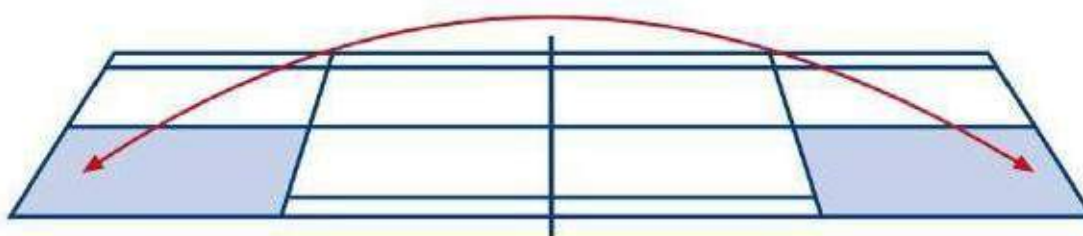
Set up possibilities



Using cones it is easy to mark a court on any kind of surface.



In addition you can use chalk on a black top or draw the court on the sand.



A tennis court becomes 2 Speedminton® courts by playing from T-line to T-line



SPEEDMINTON® SCHOOL SETS

Speedminton Australia offers a range of special sets for schools and groups (8, 16, 24 and 30 Racquets). Sets can also be customised to suit individual school needs.



16 racquet set

- 16 Speed racquets
- 16 Speeders
- 16 Wind rings
- 1 Speedminton® Bag
- 2 Easy Courts
- 6 Speed-lights

30 racquet set

- 30 Speed racquets
- 30 Speeders
- 30 Wind rings
- 2 Speedminton® Bags
- 2 Easy Courts
- 6 Speed-lights



What the Teachers are saying about Speedminton:

" Kids and staff love Speedminton. All have been in-serviced and the equipment is regularly being used in sport sessions. Have seen huge improvement since we started Speedminton."

Katheryn Perks - Parkfield Primary School WA

"...it seems like a better way to teach racquet skills as the average rally last longer than a tennis rally."

Chris Zielinski – Shelford Girls Grammar School Vic

" Speedminton is instantly successful, motivating and different, and accommodates our variety of ages and abilities so well. It ticks all the boxes."

Bronwyn Annetts – Principal Nangus Public School NSW



3 Match rules

Each player stands in their square and has to defend it. Hitting back and forth they aim to get the Speeder on the ground into their opponents square.



Below are the official rules for Crossminton as defined by the International governing body ICO.

They form the basis for a range of variations that may better suit the playing areas in your school, the class times and the skill levels of your students. Modifying and finding new rules will stimulate students and add a cognitive element to P.E. lessons.

The game

A set ends when one player reaches 16 points. If the score is tied at 15 or greater, the play continues until one player has a two-point advantage. A match consists of best of three sets.

The serve

The players toss to decide who serves first. Service then alternates after every three serves. Every serve counts. If the score is tied at 15:15, service alternates after each point. You serve under-arm from the center of the court. You let the Speeder drop from hip level and hit it as it falls.

The losing side always has the first service in the next game.

Changing Ends

Players change ends after each set to ensure equal playing conditions (eg. wind and lighting advantages).



Scoring

Every volley counts. Points are awarded in the following cases:

- Service fault (short, long or to the side)
- Speeder lands inside court (or on one of the lines)
- Speeder lands outside of the court
- Speeder is hit twice by same player in sequence
- Body contact with the speeder

If a player returns an "out" Speeder, it is "accepted" and play continues.

Players may leave their square if they choose to do so.

Doubles match

Scoring, serving sequence and changing ends all work as per the singles matches.



Whilst Crossminton tournaments worldwide adhere to the above rules, there are numerous variations for school Speedminton® (**see page 42**).

They should always be designed to suit the skill and enthusiasm levels of the students and maximise the fun component.



4 Playing Speedminton®

Crossminton is only a decade old. As it grows, there are influences from other racquet sports coming together. Techniques and tactics are evolving. As with all sports, there are some basic essentials in order to have fun and be successful.



BASICS

The Grip

The “middle grip” is the recommended way to hold a Speedminton® racquet. This can best be demonstrated by “shaking hands” with the lower end of the racquet. Top spin is not an important factor in Speedminton®. It is more a case of aim and ‘fire’ the Speeder directly at your target area (one reason the no net format evolved). This means the one “middle grip” works for all types of shots, making forehand, backhand and over head shots easy to learn.

correct



The “middle grip” provides the best control.

incorrect



Holding the racquet in the center of the grip decreases leverage and will reduce power and distance.

incorrect



Holding the racquet parallel to the flight of the Speeder makes over head shots easier initially, but reduces power and is ineffective with forehand or backhand strokes.



The basic position

Waiting for the Speeder in the basic position guarantees the optimal flexibility and agility for your upcoming move.

- Spread your feet slightly (shoulder width).
- Bend your knees slightly.
- Hold the racquet in front of your body. Right handed players put their left foot a little in front (any further explanations will always be for right handed players). Keep your body loose and ready.
- Be ready to step forward to meet the approaching Speeder. You should always stay in the basic position (applies to both the serving player and the returning player).

Tip: Orient yourself on the front line and resume the basic position after every hit.



Frequent mistakes:

- Stiff body position: you can't react properly in this position.
- Your feet are too close together: you lose your balance and slows your reaction times
- Knees aren't bent: this makes it difficult to react quickly and reduces power. Judge the flight of the Speeder and move into position early.
- Many players stand exactly in the center of the field. If your forehand side is more effective than your backhand, you should stand slightly to the left.



The split step:

Make a hop or a small jump and land on the balls of your feet the moment the opponent hits the Speeder. This optimizes your reactions and brings more agility to your next move.



TECHNIQUES

Service

The serve is the most important stroke to learn. A whole range of target games and hitting drills are possible once the serve is mastered, and the user friendly equipment makes this relatively easy for beginners.

Playing competitively, a good serve will put your opponent under pressure right from the start.

In Speedminton® you serve underhand from the middle of the square.

Starting Phase:

- standing side on, the left foot is in front and the right foot in the back at a slight angle
- knees are slightly bent
- upper body is slightly rotated towards your opponent
- hitting arm is moved backwards
- the left hand holds the Speeder “head-down” by the tail between thumb and pointer finger

Hitting Phase:

- you drop the Speeder from a low starting position
- simultaneously you swing your hitting arm to the Speeder while rotating your upper body towards your opponent
- hit the Speeder in front of your body to the right
- shift your weight to the left foot
- move your left arm backwards to provide more stability

Finishing Phase:

- hitting arm swings out
- right foot is set forwards to get into the basic position



Starting Phase:

Speeder is held with the left hand between thumb and pointer finger. Standing side on with a slight angle, the left shoulder points to your opponent.

Hitting Phase:

The swing of the hitting arm works together with the rotation of the upper body. Additional wrist action can increase your service speed.

Finishing Phase:

The racquet swings out. The right leg follows the rotation of the upper body and the player goes to the basic position.



Frequent mistakes:

- Throwing the Speeder: many kids try to throw the Speeder up before hitting it. Dropping it out of the hand makes it a simple action, limits the effect of any breeze and ensures the strings hit the Speeder's head first.
- Lack of concentration: because service from the waistline seems simple, some students don't take it seriously.



Forehand

The forehand is the most frequently used shot that players will generally find easier than backhand.

The forehand can be played low, waist high and high. A long swing towards the Speeder makes it easier to control it. For precise control, you have to move your body in the direction you are aiming at. Always try to hit the Speeder in front of your body.

Starting Phase:

- middle grip
- move upper body against the hitting direction (left shoulder goes forward)
- hitting arm goes backward
- body weight shifts to the right foot
- knees are slightly bent during the whole movement to guarantee the optimal balance

Hitting Phase:

- racquet faces the Speeder in horizontal position
- body weight shifts to the left foot
- upper body rotates in the hitting direction
- hitting arm is extended and swings forward making contact with the Speeder in front of the body
- to add more speed you can roll your wrist at impact

Finishing Phase:

- racquet swings out with short follow through
- turn back to basic position as soon as possible



Starting Phase:

Player moves towards the Speeder. Eyes are on the Speeder. Hitting arm swings backward and upper body rotates against the hitting direction.



Hitting Phase:

The rotation of the upper body together with the swing of the arm and the swipe of the wrist provides optimal speed.



Finishing Phase:

Keep this phase as short as possible and move back to the basic position to be prepared for the next stroke.



Frequent mistakes:

- Not enough bending of the knees: makes you lose flexibility.
- Arm not extended: you hit the Speeder too close to your body.
- Not moving feet into correct position early (being lazy).



Backhand

Whilst not a natural shot for most beginners, the lack of any top spin requirement makes the Speedminton® backhand easier to learn.

The player needs to recognise early that the Speeder is coming to the back hand side and turn their body first (pointing the right shoulder at the opponent). Thus you need to change your position before making your stroke.

Starting Phase:

- middle grip
- move upper body against the hitting direction (right shoulder goes forward)
- hitting arm is slightly bent and goes backward
- body weight shifts to the left foot
- knees are slightly bent during the whole movement to guarantee good balance

Hitting Phase:

- present the full racquet face to the Speeder in horizontal position
- body weight shifts to the right foot
- upper body rotates in the hitting direction
- hitting arm swings forward and hits the Speeder in front of the body
- to add more speed you can flick your wrist

Finishing Phase:

- racquet swings out
- turn back to basic position as soon as possible



Starting Phase:

Player moves towards the Speeder. Eyes are on the Speeder. Hitting arm swings backward and upper body rotates against the hitting direction.



Hitting Phase:

The rotation of the upper body together with the swing of the arm and the swipe from the wrist provides optimal speed.



Finishing Phase:

Keep this phase as short as possible and move back to the basic position to be prepared for the next stroke.



Frequent mistakes:

- Legs remain in basic front-on position. Failure to judge position of Speeder early
- Not enough body rotation.
- Arm not extended: you hit the Speeder too close to your body.



Overhead strokes

High and long shots from your opponent have to be played overhead.

These shots make up the high arcing rallies that beginners will find easy and fun to play.

This guide only presents the overhead forehand because the overhead backhand is a seldom played and difficult stroke. An upcoming Speeder in a high position will usually be played with the forehand.

Starting Phase:

- middle grip
- standing side on, left shoulder in front
- hitting arm is lifted and bent and the racquet is behind the head
- body weight shifts to the back placed right foot
- knees are slightly bent during the whole movement to guarantee good balance

Hitting Phase:

- the elbow of the hitting arm moves towards the upcoming Speeder
- upper body rotates towards the basic position
- the hitting arm is stretched and the under arm rotates counter-clockwise
- body weight shifts to the left leg
- left arm moves backwards to provide an even balance

Finishing Phase:

- racquet swings out down to the left
- right leg moves forward
- turn back to basic position as soon as possible



Starting Phase:

Eyes are on the Speeder as long as possible. Hitting arm swings backwards and upper body rotates against the hitting direction.



Hitting Phase:

The underarm rotation gives more speed to the stroke. Hitting arm is totally stretched. Left arm goes down and backwards.



Finishing Phase:

Racquet swings out. Move back to the basic position to be prepared for the next stroke.



Frequent mistakes:

- No body rotation: the stroke will be unsure and slow.
- Failure to fix on the approaching Speeder: you will not be able to calculate the flight path of the Speeder correctly.
- Not moving feet to correct starting position.
- Failure to outstretch your hitting arm: Speeder will be hit with less power and control.

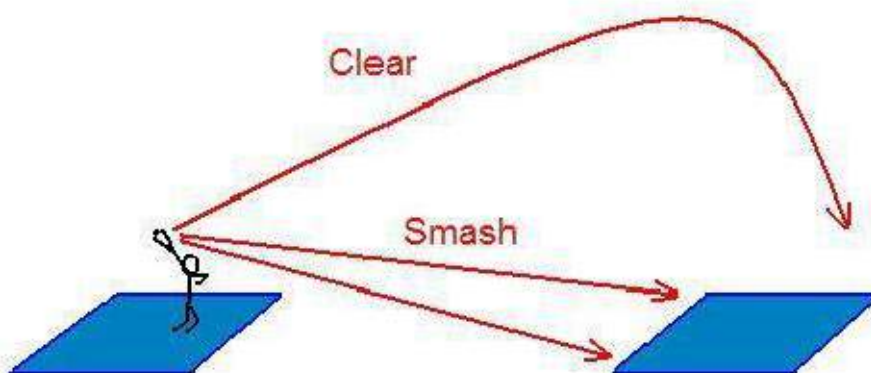


Smash vs. Clear

Playing overhead you can make different strokes with almost the same movement, depending on what you want to achieve.

A clear is a high stroke to the back of your opponent's court. Being under pressure, this stroke helps give you more time, because the Speeder is in the air for a longer time. It drives your opponent to the back of their court and brings you in a good position to score with a smash to the front court. You can also play an underhand clear from the front line to lob the Speeder over your opponent.

A smash is a fast, flat stroke. Playing overhead, you aim to hit the Speeder directly to the ground in your opponent's court. It is the most powerful stroke in Speedminton® and great for making a direct point. A fast smash at the opponent's body can also put them under extreme pressure to return.



Both strokes are played overhead and the movement is almost the same. Playing a clear you have to be careful with your power because you don't want to hit too far. Playing a smash you hit as hard as possible but again, precision is all important. The main difference can be found in the point of contact. A clear is played more towards the back, over or even behind your body, a smash is played in front of your body.

Wrist work:

Rolling or snapping your wrist like a whip can increase the velocity of all the shots in Speedminton®.

Initially, it may be easier to learn the basics keeping your wrist straight. Focus on the movements of the arms, the legs and the upper body while building the fundamental rallying skills. As players become more advanced, this technique to increase power and control will come naturally.



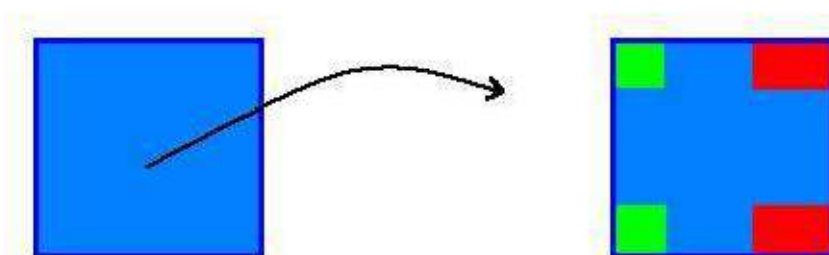
TACTICS

Initially you want your students to enjoy long rallies. As they improve their play and become more competitive, they need to learn some basic tactics in order to be successful.

Targets

The first question is where to place the Speeder in the opponent's square.

Like other racquet sports, the edges of the court are the prime target zones but these are high risk shots as the Speeder can easily fly outside. The best areas for a direct point are the front edges of the court. A fast, well placed shot to these areas will be hard to return. The corners in the back of the court are also good targets. While it is less likely you will get a direct point there (as your opponent has more time to go back for the Speeder), it does drive them to the back court and opens space for your next smash. It also introduces fatigue as a factor in any match.



A third possibility is to fire the Speeder directly at your opponent's body. This cramps the opponent up and these are difficult strokes to return.

Finding the right mix:

It may be the fastest way to score, but it is not all about smashing the Speeder to the opponent's front line. Every fast and precise stroke carries the risk of hitting out.

Often the more patient player wins points from their opponent's errors.

Players who have the greatest variety in their strokes, are more successful.

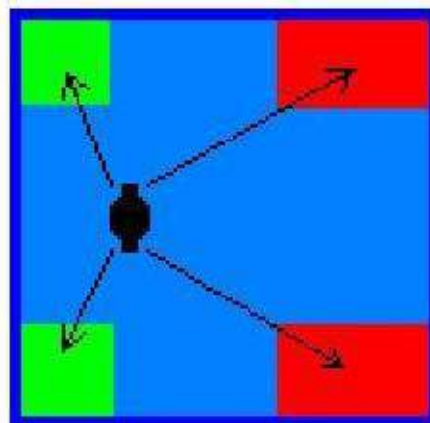
Alternating high strokes with fast, low ones will force your opponent to every corner, making them tired and keeping them unsure of your next move.



Position and Footwork

Compared to other racquet sports, a Speedminton® court may seem small at first. But with the increased speed of the game, a 5.5m² square is a big area to cover. Starting and returning to the central position is essential to respond to your opponents strokes.

The most effective stroke for a direct point is a fast hit to the edges in the front. Thus the **central position** of the player is not in the middle of the square but shifts towards the front line. You have more time to move back for the long and high strokes, but you need to be quick to return the short, low ones.



Always start from the central front position as you want to cover the court in the shortest time, using as few steps as possible.



You can defend attacking short strokes to the front line by making a lunge step. Hit a quick short return to your opponent or play a high clear stroke to win time if you are under pressure. After the shot you use your front foot to push back to the central position.

Returning strokes from your back court will mostly be overhead shots. In completing an overhead, shift your weight to your front foot pushing from your back foot. Use this forward momentum to move back into the central front position every time. You must be there to prepare for a short attacking return.



Recap

Reading through the basic techniques and tactics is one thing, transferring it to the court is another. The Speeders won't always fly where you want and your feet may not be willing to move as quickly as you like.

But understanding the basics is important in every sport, and the following summary will help your students remember the most important things in playing Speedminton®.

Never forget that it is all about having fun!

Everything else will come – sooner or later.

10 things to remember:

- a good service starts the game
- watch the Speeder and move early
- always return to the central front position
- stay light on the balls of your feet
- cover the court with a few quick steps
- mix up your shot selection and stay patient
- control defence and take the offensive shot when it comes
- stretch and fight for each point
- be self-confident and fair
- HAVE FUN!



5 Teaching Speedminton®

So far we have examined the different format and equipment of Speedminton® and the many characteristics that make this game perfect for physical education. However, it remains in your hands how to use Speedminton® for your classes. We can suggest some lesson plans, but every class is different. Only the teacher knows the needs of each group of students and how to maximise their enjoyment and development from the equipment. Here you will find lots of exercises, fun games and drills, but it is up to you to create the right mix for your students.

Speedminton® is fun and this should be a primary aim for every session. The best learning environment is when children are playing and enjoying themselves. Don't bore your students with long explanations and technique training. Let them discover things themselves and always try to integrate exercises through little games and competitions.



Whilst the younger kids may be using the equipment in ways that will have little to do with the sport of Crossminton, it is useful to remind them that it has developed into a fully accredited international sport.

Kids like to know that there is a game and purpose behind the things they learn and that they can aspire to representing their country in future World Championships.

During the course of a Speedminton® program, high school students should not only be able to hit the Speeders back and forth. Improvement in all aspects of the game including physical conditioning, hand-eye co-ordination, knowledge of the rules, techniques, tactics, competition and fair play should be fostered.

(See pages 53 and 54 for primary and secondary Speedminton® rubrics)



INTRODUCTION OF THE SPEEDER

Often the children have not played a racquet sport with a shuttle before, or perhaps they have experienced badminton. It is worth taking some time to introduce the Speeder.

- What components does a Speeder have? (head and tail)
- How does it fly? (head in front)
- How is it different from a badminton shuttle? (colour, size, shape, weight, material, speed, range)
- What is the difference between the Fun and Match Speeders? (weight, range, speed)

Advise the children not to squeeze the tail section of the Speeder out of shape. Tell them to handle the Speeder by the head and not put them in their pockets for the same reason.

Good advice:

The Speeders are very durable and can last a long time. Be sure to keep them together. Count the Speeders while giving them out to the students and do the same at the end of the lesson.

The new Cross Speeder (left), heavier and even more wind resistant.



Small tasks

Before giving out the racquets you can ask the children to do little exercises only with the Speeder. It is a good warm up and trains co-ordination.

Pass one Speeder to every kid, (or have them spread out and hit them in the air for them to catch). Ask them to throw the Speeder in different ways, so they get used to the way the Speeder flies and reacts. Tell them to try the following:

Throwing the Speeder (alone)

- throw the Speeder straight upwards and catch it with two hands
- now try catching it with only one hand (first the strong hand, then the weak hand)
- change hands by throwing the speeder in an arc over your head
- throw the Speeder straight upwards, turn 180° and catch it (try 360°, 520°, ... how far can you get?)
- throw the Speeder straight upwards, sit down and catch it
- throw the Speeder straight upwards, lie down and catch it



Throwing the Speeder (2 children with one Speeder)

Tell the children to stand 3-5 m apart and throw the Speeder to their partner. For juniors, let them take a step back if they catch it and a step forward if it is dropped. Try different kinds of throwing.

- from the bottom
- over the head
- in a high arc
- on a low line
- change hands
- change distances
- jump and throw while being in the air
- turn around and throw the Speeder backwards to the partner
- sit down and pass the Speeder by sitting on the ground

You also may hand out 2 Speeders to the students and ask them to throw them at the same time.

Hitting the Speeder with the hands (alone)

By making a flat hand the children can use their hands first to get used to hitting the Speeder. This might be easier than using a racquet in the beginning.

- try to keep the Speeder in the air by hitting it again and again
- how high can you go, how low can you go?
- change hand or use your hands alternating
- try to turn around while hitting the Speeder
- try to walk around while hitting the Speeder

Serving the Speeder with the hands (alone)

Teach them how to serve with their hands first. Tell them to hold the Speeder in their left hand by the tail. With the right hand they tap the Speeder from the bottom while counting one, two three. After the count of three, tell them to drop the Speeder and let it fall slightly to hit it with the right hand.

Playing Speedminton® with the hands (2 children with one Speeder)

After teaching the children how to hit the Speeder and how to serve it, you can start the first little game playing with hands. Tell the children to stand 1 or 2 m apart. You can use the cones to set up a first court about 2m².

Let the children count their hits and find out who can do the longest rally.



INTRODUCTION OF THE RACQUETS

Some kids may have never played a racquet game before. Take some time to introduce them to the Speed Racquets. Explain how a Speedminton® racquet works.

- How is it different from other racquets? (lighter, shorter, isometric head)
- Why is it shorter? (faster reactions)
- Why is the string thicker than a badminton string? (heavier shuttles)

Tell them to handle them with care and spread out when doing individual drills; a 'wagon wheel circle' between each person should be the minimum. Also show them the correct middle grip.

Take care:

Though the racquets are made of very light material, the kids must always take care when using them. Tell them to look around before swinging the racquet and to keep it next to their body while running so they do not hurt others.



Give the kids time to discover how the Speeder reacts in combination with the Speed racquet before their first play. Pass one Speeder and one racquet to each kid. To get a better feeling for the equipment they can do the following things:

Tell them to run around the playground while balancing the racquet on their palm or pointer finger. Ask them to balance the Speeder on the racquet. Egg and spoon relays are fun for juniors. Demonstrate the trampoline effect the Speeder has with the string by throwing it against the racquet face and catching it. Swap hands and try that again.

Now ask the kids to spread out all over the playground and do the following:

- put the Speeder on the racquet, flip it up and try to catch it with the racquet, then their hands. Try forehand and backhand
- try to lift the Speeder from the ground just using your racquet
- try to keep the Speeder in the air by hitting it again and again
- how high can you go, how low can you go?
- change hand or use alternating hands



- try to turn around while hitting the Speeder
- try to walk around while hitting the Speeder
- sit down and stand up again while hitting the Speeder
- lay down on your belly while hitting the Speeder
- count the number of hits, who can do the most?

The last step for the kids before they can start playing is to learn how to serve. Tell them to pinch the Speeder tail with their thumb and forefinger.

Turning to the side on to the target with the racquet arm towards the back, slowly swing the racquet up and tap the Speeder from the bottom while counting one, two, three. On the count of three, tell them to drop the Speeder and let it fall slightly to connect with the upward moving racquet.

They should try this on their own for a time collecting the Speeder each time and learning the timing required to make a solid hit.

You may also put two kids together standing face to face 6 m apart. Let one serve while the other one has to catch the Speeder. Find out who can serve the longest distance or line them up across the field and ask them to hit to the far end and back and count the number of serves. Who can do it in the fewest hits?





WARM UP EXERCISES

In general, all the exercises for introducing the Speeders and the racquets are good warm up drills. Here are some more ideas:

Racquet aerobics

There are a lot of different exercises students can do to warm up their entire body using just the racquet. Hand one to every child and ask them to do the following:

- Lay down the racquet and jump back and forth over the grip.
Use both legs or just one leg and then switch.
- Lay down the racquet in front of you and make a big lunge step over it. Use both legs in turns.
- Place the racquet upright on the grip (only at hard tops) and jump over it.
- Take the racquet with both hands (one hand on each side) and step over it through the hands to the front and back again.
- Sit down on the ground, take the racquet with both hands (one hand on each side) and squat through the racquet. Stretch your legs alternately over and under the racquet.
- Hold the racquet in both hands over your head and lean forward as far as possible (lean backward as far as possible).
- Hold the racquet in your right hand over your head and lean left as far as possible (same thing with the left hand to the right side).
- Hold the racquet alternately in both hands and make small and large circles in both directions (backstroke and butterfly motions)
- Lean forward and run the racquet through your legs in the shape of a figure 8.
- ... be creative

All against one

The teacher stands in front of the group, everybody has a racquet in his hand and is well spaced from the next person. The teacher plays an imaginary game against the students. Swing the racquet and shout the kind of stroke you are pretending to play. Everybody has to respond with the movement of a certain stroke. For example:

- Smash! : the students have to make a big lunge step to the front and swing the racquet
- Clear! : the students have to jump and swing the racquet
- Forehand! : the students have to step right and make a forehand stroke
- Backhand! : the students have to step left and make a backhand movement
- Slip! : everybody sits down and stands up again quickly

You may ask the students to run on the spot doing small, fast steps between the strokes. Music can make this exercise even more fun.



Man in a mirror

Two students are facing each other on the court with racquets in their hands. Without hitting a Speeder one student makes various strokes running all over the square like they would do in a real match. The other one has to imitate every move like their mirror image.





CO-ORDINATION EXERCISES

Partner exercises

Hand out two racquets and one Speeder to each pair and ask them to try the following:

- keep the Speeder in the air by hitting it upwards in turns
- one throws the Speeder, the other one has to catch it with the racquet
- one throws the Speeder and catches it again when his partner hits it back to him
- play back and forth with two Speeders at the same time (can you make the Speeders crash in the middle?)
- play back and forth and hopping on one leg
- play back and forth while sitting

Extra work

Two students have to play back and forth, but at the same time they have to master different tasks after each stroke:

- turn 360°
- crouch down
- jump
- touch the front line with one foot
- retrieve Speeders from the perimeter of the court

Be creative

Who's next?

All the students are standing in a tight circle and have their racquet in front of them on the ground placed on the grip in a upright position. They are holding it on the top so it does not fall down. At a clear signal everybody leaves his racquet to grab the racquet of his neighbour to the right. There should be no racquets falling down. Try also to the left side and change hands.

Last man standing

On a sign everyone starts to hit the Speeder straight up and tries to keep it in the air. If the Speeder hits the ground they have to sit down next to it. The last person hitting wins.

Obstacle relay

The students line up in teams. Each child has a racquet. The Speeder is placed on the racquet and the student has to pass an obstacle course while balancing the Speeder on the racquet. Then they turn and run back to the



start, where the Speeder is passed to the next child in line (no hand allowed). The team completing the course first wins.

Tip: The easiest option is a slalom course with cones, but you can also ask them to climb over a bench or go along a balance beam. Create a demanding course.

Jack in the Box

The students make 2 teams and line up. Each child has to run around a cone about 20ft apart while having a Speeder like a hat on his head. They always pass the Speeder to the next child. If the Speeder falls down during the run the child has to make 3 penalty push ups (from the knees). Hitting the speeder out to a cone and back (practising the serve) is a similar relay race.

Two at a time

The students make two teams. Each child has to run around a cone about 20m away while balancing a Speeder on his racquet and dribbling a basketball with the other hand (or a soccerball with the feet). They always pass the racquet, Speeder and ball to the next child. First team completing the course wins.

Speeder chase

The students have to stand in a circle, every student has a racquet. One student starts to pass a Speeder on the racquet to his left side neighbour without touching it. The Speeder moves round the circle clockwise. At the same on the opposite side of the circle, a student starts to pass a Speeder to their right.

The aim is for one Speeder to catch up to the other.

Your turn

Three students have to keep the Speeder in the air. The student hitting the Speeder up shouts the name of the student who has to hit next.

Circle work

Expand the circle (split up the class into teams of boys vs girls). See which circle can keep the Speeder in the air the longest. Add extra Speeders to make it more challenging. Teach the kids to respect each others call and space, and also to keep their eyes upwards.

Sharp shooting

The Students have to fire a serve into a basket or a hoop from a certain distance: best of five. In the gym you can also use the basketball hoop.



Take the risk

The students have to hit the Speeder from a suitable distance into different coloured hoops spread on the ground. Hitting in closer hoops they get less points than hitting to the further hoops. They have 10 hits and have to decide if they want to make the easy close shots or take the risk to go for the difficult ones.

Who can make the most points? (Introduces numeracy skills for the younger students)

In the hoop

Two students are playing back and forth while standing in hoops. They must work as a team and are not allowed to leave the hoops whilst rallying as long as possible. What team can play most precisely and have the longest rally?

TIP An excellent indoor drill when space is limited. Using the Fun Speeders would allow a class of 30 to fit on a basketball court sized hall.





CONDITIONING EXERCISES

Bring them home

Teams are lined up behind two baskets. All over the playground there are Speeders lying on the ground. One team is responsible for the Match Speeder, one for the Fun Speeder, one for the Night Speeder (or differentiate the Speeders with the Wind rings on or off).

At the signal the first runner has to collect a Speeder and return it to the team. When the Speeder hits the ground the second player runs to bring one in. The team who has all the Speeders home first wins.

Variation:

All students have to run at the same time and collect as many Speeders as possible for their team (no matter if Match or Fun Speeder). The team with the most Speeders in the basket wins. One child can only bring in one Speeder at a time.

In and out

The students make two teams and line up in Indian file. Everybody has a Speeder. In a suitable distance is a basket or hoop. The first one runs to the basket and drops her Speeder. When she is back the second child can run to drop her Speeder.

After everyone has dropped their Speeder, the first one starts again to bring the Speeders back. The game ends when every Speeder of a team is home again.

Tag

Tag is a great game to keep the whole class moving. There are several variations of this game using the Speedminton® equipment:

- A student tries to tag the others. Whoever has been tagged becomes the new hunter. There are some racquets placed on the playground. If a student can reach a racquet he cannot be tagged. He only can stay 5 seconds at a racquet.
- A student tries to tag the others. Whoever has been tagged becomes the new hunter. The other students have some Speeders which they throw around. Whoever has a Speeder in his hand cannot be tagged, but he must pass the Speeders after at least 5 seconds.
- A student tries to tag the others by throwing a Fun Speeder at them. Whoever gets 'branded,' joins the tagging team. The tagging team can also pass the Speeder to each other. The game ends, when everyone is tagged by the Speeder.
- A student tries to tag the others. The one who has been tagged must stand still with wide legs. There are some Speeders in the game owned by the group. A tagged person can get free again, if somebody throws a Speeder through his legs.

If you have a larger group start with more than one person as the tagger.



Don't crash

Two students are standing in front of each other. Each one has the racquet standing on the ground in a vertical position and hold it on the top. At a sign they both lunge and try to grab their partner's racquet before it falls down. Which team can cover the largest distance? Don't crash together!



Year 2 kids playing a game of *Jail*



TRAINING TECHNIQUES

Hitting sequences

To focus on certain strokes it is helpful to ask the students to play fixed sequences. The easiest way is to ask them to only play one stroke. One set up is two lines: evens and odds. Evens play only forehands and odds only backhand. Player 1 serves to player 2's backhand who returns to player 3's forehand and so on, thus the Speeder moves "along the line". Can they make it to the end of the line and back.

Playing back and forth in pairs with certain sequences helps you to focus on your stroke, and to return precisely to allow your partner best position for his stroke. More complex sequences could be:

- Player A always plays a short smash, Player B returns with a long underhand stroke.
- Two high and long strokes are followed by one short stroke (repeated as long as possible).
- Two forehands are followed by two backhands (repeated as long as possible)
- Player A can play free but has to hit the Speeder continually to a certain point in Player B's court, making them repeat only one stroke (for example: Player A plays only a short stroke to the right and Player B returns with a forehand out of a lunge step)

Longer rallies

To develop longer rallies you can ask the students to modify the rules:

- they must play back and forth at least 5 times before they can make a point.
- they are not allowed to play a smash, only a high clear
- you cannot make a direct point but only lose a point if you do not hit into the square
- play as a team and count the longest rally possible

Mark targets

In order to practise precise strokes to the high reward areas of your opponent's court, you may mark those spaces with cones or mats. This highlights the target area and you can see how precise the stroke was. For example Player A has to return 10 forehand strokes into the 1m² corners at the front of Player B's court. How many can they get in?

You could mark those areas during a match and give double points for if they are hit.



Improve the footwork

Good footwork always starts in the central position. You can mark the central position on the ground and the player has to return and step on this spot after every stroke in the game.

To cover the front of the court with the lunge step is very important. Place three Speeders on the front line and let the students collect the Speeders with a lunge step one at a time during points and return to the central position in between. You can also place Speeders in every corner of the square and the students have to collect them in the same way. This will improve their speed and helps them to find an economy of footwork.

Against the wall

The Speeder bounces from a wall almost like a tennis ball. A gym wall allows for individual practice and warm up drills. In particular the under-arm serve stroke can be improved in this manner. Who can do the most hits?

In pairs, a squash type game is possible, and the uncertain bounce off the wall improves agility and conditioning. Against the wall maximises the use of space in confined indoor areas freeing up space on the court areas for matches or other drills.

Speed it

Not only can the students count their hits back and forth, you can also ask them to count their hits in a certain time. Let 3 students work together, one acts as time keeper and the other 2 try to hit back and forth as often as possible in a given time. It is a compromise between speed and control.

If the rally breaks down, it takes some time to start again.



LITTLE FUN GAMES

Round the world

Split the class into groups of about 8. Set up the courts as for a match with a distance that suits their skill levels. The groups line up in Indian file in both courts. The first person in square 1 must serve into the opposite square, then run to the end of the line on the other side. The kid at the front of the opposite court returns the serve and does the same. The rally continues with each player hitting the Speeder, then running to the opposite square. When a player misses, they get one strike. With three strikes, they drop out of the game. Once only two players are left, they no longer run around but simply play points until one of them has three outs.

Jail

The students line up at an appropriately challenging distance from one court (groups of around 8 -12 are ideal).

Each child gets a chance to serve and land a Speeder in the square.

If it lands in, they are safe and go to the back of the queue. If not, they must go to Jail: ie. they drop the racquet and run to the target square. If they can catch a Speeder hit by another player, they are free from Jail and the player they caught goes to Jail. Normally the numbers ebb and flow until only one player is left. If the last player lands a Speeder or is dropped, they win the game. If they miss outside the court, it's a jailbreak: everyone is free, and a new round begins. The kids may step out the court to make a catch. If they drop the Speeder the hitter is safe.

Tip: Adjust the court size to the number of participating students.

Caterpillar

Divide the group into two teams and let them line up standing with legs apart. The first one has to pass a Speeder back through their legs. When the Speeder reaches the last student in the row they have to crawl through the legs to the front position and pass the Speeder back again. The race is over, when everyone has crawled once. Also try to pass the Speeder sideways or over the head. (Tunnel Ball)



Speed-volleyball

The students play on a volleyball court with the Speedminton® equipment. Teams can be between 2- 6 per side. The rules are the same as volleyball (up to 3 hits possible) with the only difference that instead of a volleyball and their hands, they use a Speeder and the racquets.

Use the Volleyball court to play a one-hit badminton style game. With the net in place, the rallies should go for a long time. This is a great set up for beginners or less 'enthusiastic' students.

Tip Volleyball courts are a great example of using existing markings to modify the Speedminton set up. With the net removed, there are three rectangles. The dead zone in the middle acts as the distance between the 2 courts at each end. With the Fun Speeder, games of 6 versus 6 allow for fast, fun rallies with no set up for the teacher.

Alternatively, using the 3 point arcs on the basketball court as the two courts, the Match Speeder provides a longer game for 5 versus 5. Ask the kids to zone up and protect their areas.

Using the lines marked in most gyms and cones, will allow modified courts to be set up very quickly.

Speeder Golf

Place 9 (or 18) hoops around the perimeter of the playground or school fields. The students have to hit the Speeder, (with a super-sized service action) from the first 'tee' towards the first hoop. They pick up the Speeder and whack it again until they reach the hoop and land the Speeder in it. Who can play a round in the fewest hits?

Introduce some obstacles eg, they must hit through the goalposts on a dogleg or around the big tree at the bottom of the field. Lean the hoops upright on these structures where possible to allow for longer range hole outs.

Match Play Variations

- normal singles, normal doubles, alternate hit doubles
- doubles where one player must always remain in front of their partner
- doubles using only one racquet and swapping mid point
- handicap matches, points start
- must have a 5 hit rally before the point becomes live
- play as a team to tally the highest rally
- vary the court configurations (see Handball Courts page 52)



YOUR FIRST LESSON PLAN (Primary School)

The following is a short suggestion for your first Speedminton® lesson with Primary School kids or absolute beginners.

Time (min)	Activity
1-5	Introduction of the equipment and the ideas behind Speedminton <ul style="list-style-type: none"> • what is special about the Racquets and the Speeders? • what is different about the format? (no net, two squares) • show them how to set up a court (at a suitable distance for their age)
5-10	Throw out Fun Speeders for everyone (feed the chooks!) <ul style="list-style-type: none"> • ask them to throw them in the air and catch them • do it with the opposite hand, spin 360° before catching it, sit down and stand up again before catching it, catch it behind your back • partner up and throw to a partner. Take a step back if you catch it and one forward if you drop it. Who can go the furthest? Throw overhand, underhand, do a spin before catching and use two Speeders at once
10-15	Demonstrate the service motion using the hand only <ul style="list-style-type: none"> • have them hit into a hoop 2 meters away (move the hoop back make it a race between teams out to the hoop and back) • partner up and standing close try and have a little rally. Form triangles with another friend and try and keep one Speeder in the air
15-30	Hand out a racquet to each student. Tell them they need a 'Wind mill' of space around them at all times and to look behind before swinging <ul style="list-style-type: none"> • Spread out and do some <i>Racquet Aerobics</i> (page 32) • Balance the racquet on the hand • Try <i>Obstacle Relay</i>, <i>Who's Next</i> (page 34) and <i>Don't Crash</i> (page 38) • Let them flip the Speeder into the air with the racquet face and start doing little hits to themselves. Play <i>Last Man Standing</i> (page 34) • Form groups and try <i>Circlework</i> (page 35) Which circle can have the most hits
30-40	Show them the Middle Grip way to hold the racquet (shake hands with Mr Racquet) and Explain the underhand service <ul style="list-style-type: none"> • Have them spread out along a line and practice serving up and down the field • Who can reach the end and back in the least number of hits • Serve to a friend and let them catch it then hit it back
40-50	With the courts set up earlier play a game of <i>Jail</i> (page 41) Split the boys and girls if the boys start getting rough in contesting the incoming catches. Groups of 10-14 are ideal.
50-55	With the stage 2 and 3 kids, let them partner up and from an appropriate distance and attempt some rallies. Which pair can have the longest rally? A good finish up to the lesson and an early assessment of where their skill levels are.
55-60	Ask for some feedback on what was fun, new, different? Have someone roll up the courts around one of the rings and check all the gear is back safely.



YOUR FIRST LESSON PLAN (Secondary School)

Time (min)	Activity
1-10	<p>Introduction of the equipment and the ideas behind Speedminton</p> <ul style="list-style-type: none"> • what is special about the racquets and the Speeders? • what is different about the format? (no net, two squares) • show them how to set up a match court with the Easy Courts and Fun courts with the cones or markings (at a suitable distance for their age) • explain the standard rules and play a few demonstration points
10-25	<p>Ask them to spread out and the teacher hits Speeders up in the air. Whoever catches one can come in and pick up a racquet. Explain racquet safety (Wind mill and looking behind)</p> <ul style="list-style-type: none"> • do some Racquet Aerobics to warm up • demonstrate the correct grip of racquet (middle) and Speeder (thumb and fore finger on the tail) • do small and high hit ups to themselves, play <i>Last Man Standing</i> (page 34) • form groups of around 8 and do some <i>Circlework</i> (page 35) Which group can make the most hits • form triangular groups of 3, move close and do short, sharp reflex taps to each other
25-30	<p>Demonstrate the service motion</p> <ul style="list-style-type: none"> • have them hit long serves down the field and back in the fewest hits • serve to a partner who has to catch the Speeder and hit it back
30-45	<p>With the courts set up earlier play a game of <i>Jail</i> (page 41) Split the boys and girls if the boys start getting rough in contesting the incoming catches. Groups of 10-14 are ideal. The serving point into the squares should be from a challenging distance for their skill level and normally down wind</p>
45-60	<p>Partner up in pairs or 4s and try some rallies. Assess what levels of skill and enthusiasm exists within the group</p> <ul style="list-style-type: none"> • for students that find rallying easy set them up in courts and start playing matches • for those struggling or less enthusiastic, set them up on a volley ball court and play <i>Speed-Volleyball</i> (page 42)
60-70	<p>Call them in and ask what was fun, new, different? Ask them for some possible variations of standard Speedminton then try them out</p> <ul style="list-style-type: none"> • doubles, doubles with alternate hits, doubles sharing only one racquet • varying the court dimensions and shapes • change up the scoring for <i>Longer Rallies</i> (page 39) eg must have 5 hits before scoring becomes 'live' • Work as team to get the most or fastest number of hits <i>Speed It</i> (page 40)
70-80	<p>Let them try these variations and also the games or drills they enjoyed the most. Have someone roll up the courts around one of the rings and ensure all the gear is back in the bags safely</p>



6 Competitions

The ease of setting up courts, the relatively short time frame for matches and the fact the kids can self-umpire, makes Speedminton® a perfect game for running competitions even with larger groups. Keep in mind that a tournament needs some organisation first. Before you start playing, be sure that you can answer the following questions:

- What type of tournament do you want to run?
- How many competitors take part?
- How much time do you have and how many points and sets to win a game?
- How many courts do you have?
- How do you structure and decide the draw?
- How are the results recorded?
- Is it a knockout or round robin?
- Will it be staged on one day or run as a flexi-comp over a longer period?
- Are there prizes for the winner?



FUN TOURNAMENTS

The main goal for a Fun Tournament is that everybody has fun and plays as many games as possible. The following ideas can be integrated as you see fit.

Round Robin Groups

Playing in groups is often the simplest way to organize a large number of students. In a group, everybody plays each other once to come to a final ranking. Do not make the groups too big to keep the rest times shorter. The students not playing can act as umpires.

You can also group students together who are at the same playing level, making the matches more even. After the rankings are set, the winners of the groups play off for the final victory.



Handicap-Doubles

In this tournament you play doubles and give different handicaps to the teams. Handicaps might be a number of points head start, playing with only one racquet and swapping after each shot or carrying a basketball in one hand. Ask the students to come up with some creative handicaps.

Sticker Tournament

For every victory the player gets a green sticker on their racquet, for every loss they get a red one. The person with the most green stickers wins.

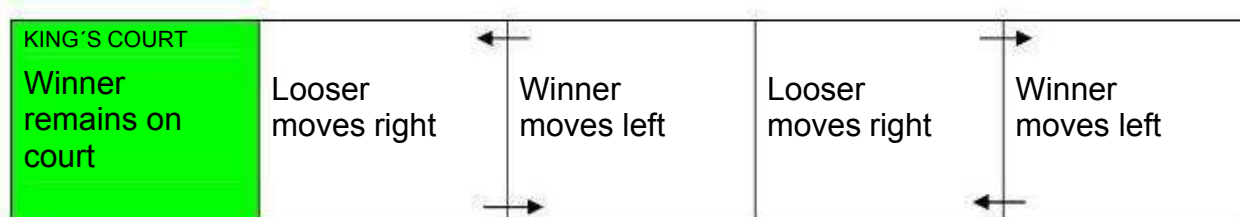
Time-cup Tournament

The game does not end with a certain amount of points but it stops after a certain time. For instance, whoever is in front after 5 minutes wins the match. This gives you control over the period of the games and ensures that everybody plays a similar amount of time.

The King's Court

This version is perfect for whole classes on a large field with the courts set up in rows. The green Pro Easy Courts are set at one end of the line and are the 'King's Court'. Cones can make up the other courts down the line. The match ends after a certain time and the winner moves one way and the loser the other direction.

This way the students play different opponents and after a few rounds the field of players is organized from strong to weak. The better players will challenge each other to remain on the King's Court.





The Speedminton® Athletic Award

This is a great idea for the end of the school year or the Speedminton® program. The students have to master different tasks or skills at various stations. They will get a card to collect points at the stations. For a certain amount of points they are awarded the Speedminton® Athletic Award.
(This can be downloaded from our website www.speedminton.com.au)

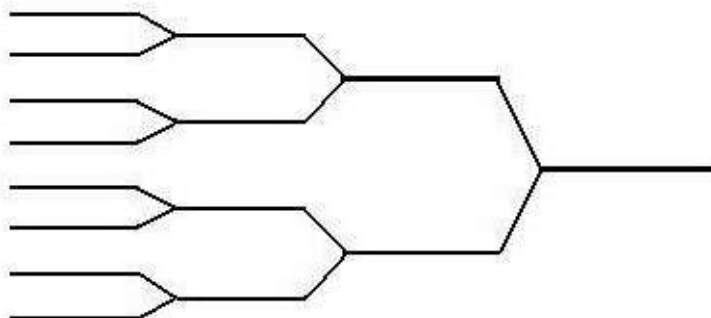
See pages 52 and 53 for suggested Primary and Secondary Speedminton Rubrics.

COMPETITION TOURNAMENTS

The competitive tournament will discover who is the best player, but at the same time should be fun for everyone and encourage the students to give their best in a fair competition. It is important that everybody understands the rules and accepts the referee's decision.

Single elimination

A single elimination tournament, also called a knockout or sudden death tournament, is where the loser of each match is eliminated from the competition. The number of participants in a single elimination tournament is fixed as a power of two; for example, the Wimbledon singles tennis championships have 128 players. This ensures all competitors will face opponents who have played the same number of matches. The full schedule of pairings across all rounds (the bracket) should be allocated before the tournament starts. If playing standards of the competitors is known, you can implement seedings. This allows the best previously performed players to meet in the final if they progress.

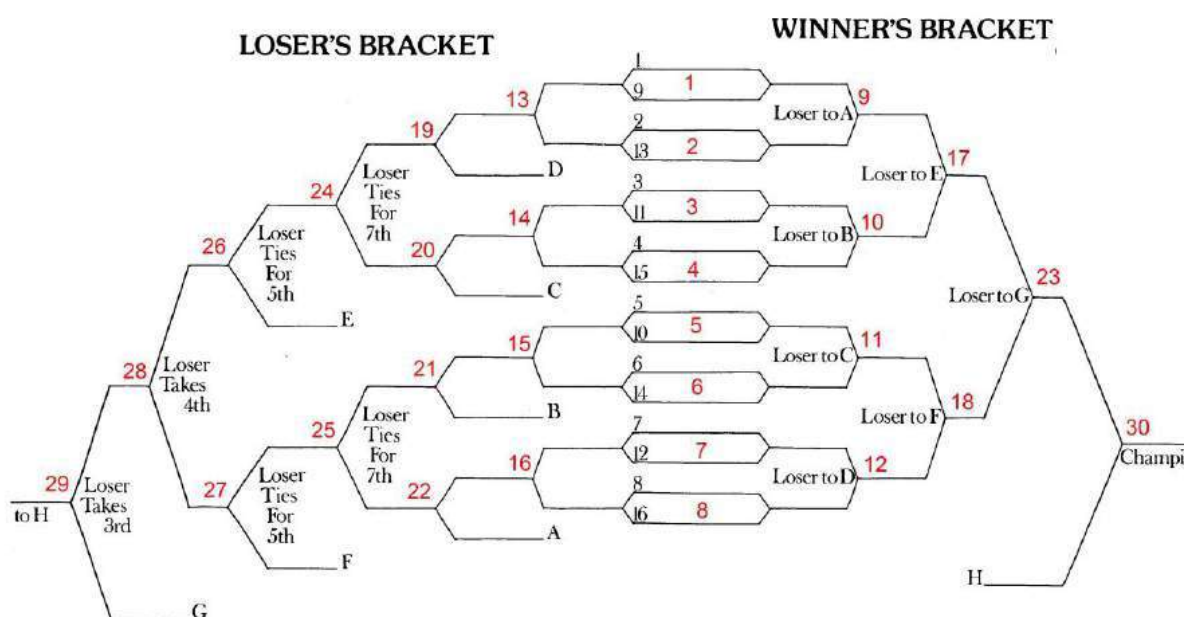


The disadvantage of the single-elimination is that once a player loses a match, they out for the whole tournament. This works perfectly in professional tournaments, but in a school you want to keep all the students active.



Double elimination

A double elimination tournament gives players at least two games before they drop out. After the first round, the winners proceed into the Winners Bracket and the losers proceed into the Losers Bracket. Essentially you have two competitions running after the first round, eg the Cup and the Plate.





7 Speedminton® in the dark

A whole new dimension in racquet sport experience! Perfect for camps, boarders, after-school functions or just having some fun with the staff.

With the Night Speeder and Speed-lights you can discover the dark side of Speedminton®. The Night Speeder, designed especially for play in the dark, can hold a light stick – the Speedlight – in its head. Simply activate the Speedlight and push it into the hole in the back of the Speeder's head - and you're ready to play.



You don't have to wait until it gets dark outside. Maybe your school gym can be darkened? The Night Speeders fully light up, and the darker it is, the better. You may not even be able to see your racquet, but your hand and your eye amazingly adjust and it feels like you are playing against the invisible man. Night Speeders fly like Match Speeders in the day and come with all High School sets. Complimentary Speed-lights are also included.



8 Wind Variations – using the Speedminton equipment in breezy conditions

Australia is a windy continent and with such a large proportion of our population residing near the coast, the breeze will invariably have an impact on your Speedminton® lessons at some stage.

The equipment was designed to function in a reasonably stiff breeze and by adapting the games and drills you employ to suit the conditions, it is possible to achieve enjoyable outcomes in less than ideal conditions.

The stronger the wind, the more you should lower the technical element of the drill. For this reason most of the Primary school drills are relatively unaffected by the wind. They simply hit it further with the wind when practising their serving skills or playing *Jail*, and have more hits back into it.

Here are some recommendations and variations for windy days:

- **always try and introduce the gear to new groups on a good, still day or indoors.** First impressions are important. If the kids experience the instant success that Speedminton® generally delivers, that feel-good sensation will be a huge factor in delivering a successful program
- remember to use the Wind Rings that come with every Speeder on windy days. They will make the Fun Speeder fly more like a Match Speeder (further), so remove them if playing indoors
- if playing matches, set the courts up across the wind so neither player is at a disadvantage. If the students allow 2 or 3 meters for the cross wind, the Speeder will land in. They tend to aim at the target and naturally the Speeder misses by a small margin
- use drills with a lower technical element like *Jail*, *Speeder Golf*, *Circle Work*, and *Forcie Back*, *Goal Shooting* and *Speeder Cricket* (see following page)
- form teams and line up the down the length of the field with students about 20 meters apart. Have them hit Speeders down the line and back in a relay. If the Speeder is not caught, they must hit it back to where the last hit came from and try again. Start from both ends or use multiple Speeders to make it interesting
- on extremely windy days I have had students bashing the Speeder up and directly into the wind and have it return to them. See who can have the longest rally with themselves!
- be sensible and if conditions are horrendous, take it indoors or run other activities



8 Aussie Variations

The Speedminton® equipment is a flexible resource that can be utilised beyond pure racquet sport confines. Its effectiveness in teaching the fundamental striking movement allows for some typically Australian adaptations.

- **Forcie Back-** think a combination of the old kicking Forcie Back, Hurling, Lacrosse and Australian Rules. From 2 teams and spread out across a field with no offside. The object of the games is to move a Speeder(or more interestingly, multiple Speeders) down the field and through the goalposts or over a line. If a player catches the Speeder they may take 4 large steps toward their goal. The team that last hit the Speeder must wait 5 seconds for the opposition to pick up and return fire. If they are out of position or lazy and do not pick up the Speeder in that time, the advancing team may have another shot. Using multiple Speeders means the teams must strategise, zone up and perhaps sacrifice one Speeder at the their defensive end to lock 5 Speeders in their attacking zone. After a score the Speeder returns to centre field for a re-start by the non-scoring team.

Suggestions – A good windy day option as long as the wind is cross field and does not favour either end. Each team hitting 3 Speeders each to start the game provides an interesting mix for the defensive and attacking strategies. Use a Match Speeder with a Wind Ring to maximise distance and open things up. Make clear it is a non-collision, non-tackle game with the defending team having right of way to catch incoming Speeders if 2 players are in the same area.

Modify the rules and configurations to suit the playing areas and skill levels of the students

- **Speeder Cricket** – the Speeders can be accurately thrown, pitched or bowled, (use Wind rings to increase distance with older students). The relatively large hitting area of the racquet means that the ‘batters’ will again have high success rates of striking the thrown Speeder. Use cones to mark a ring where all shots are automatic sixes or home runs. All the existing versions of cricket, continuous cricket, indoor cricket (where runs are deducted for wickets, but the batters stay in and everyone gets 2 overs of batting and bowling) can be played using the Speedminton® gear. The user friendly nature of the gear, particularly benefitting the younger kids.

Suggestion – let them use the racquets to field with and get extra points for catching on the racquet face. Returns from the outfield can be hit back.



- **Handball Courts** – Some innovative students at Winmalee High School suggested we set up a set of courts in a cross formation. One set ran north/south, the other east/west. Four teams of 3 faced off. The serve had to go in the normal direction and be returned to the traditional opposite square. After that it was game on to any square with 2 Speeders flying. If one Speeder fell out or scored in a court, play continued with the one Speeder. Each team kept score of their winning points until one team hit 16. This idea can be extrapolated with 6 courts in a hexagon fashion. The only change to the rules is that it is prohibited to hit into the neighbouring court on either side, hence each team has 3 courts to target.
- **Brandies** – In true larrikin style all the Tag variations (page 37) have been ramped up in playgrounds across Australia by throwing the Speeders at their friends rather than just touching them. Common sense required.
- **Goal Shooting** – Using the football goalposts at both ends of the ground, one group hits the Speeder as far out as possible (use the Wind Rings). The other group is spread out and if they catch the Speeder, they can take three steps toward the goals. They then try and shoot for a goal. Each team has 20 hit outs and they compare scores. Ideal with Aussie Rules posts and using the goal square for the hit outs or for rugby grounds taking the drop out. The kids will think about allowing for the wind next time they are lining up for a shot with a real football.





Primary School Speedminton® Rubric

Name:

Class:

Task	Points	Completed
Serve a Speeder with you hand into a hoop from 2 meters x 3 times	1	
Throw a Speeder 2.5 meters into a hoop x 3 times	1	
Throw a Speeder 2.5 meters to a partner and catch x 5 each	1	
Demonstrate at least 3 'Racquet Aerobic' warm up drills	1	
Balance the Speeder on a racquet over an obstacle course	1	
Balance the Racquet in the palm of your hand for 5 seconds	1	
Hit the Speeder in the air and catch it x 3 times	1	
Serve a Speeder to a partner 3 times and have them catch it	2	
Keep the Speeder in the air for 6 hits	2	
Serve the Speeder into a court from 4 meters x 3 times	2	
Serve the Speeder out and around a hoop placed 30 metres away in 9 shots or less	2	
Form a triangle with 2 partners and keep a Speeder in the air for 8 hits	3	
Serve a Fun Speeder to a partner and have a 6 hit rally	4	
Serve a Fun Speeder to a partner and play a forehand, backhand and overhead stroke in the rally	5	
Play a rally with a partner and have 15 hits in 30 seconds	6	

Total Points



Secondary School Speedminton ® Rubric

Name:

Class:

Task	Points	Completed
With a partner throw 2 Speeders simultaneously at each other and catch them 6 times	1	
Demonstrate at least 3 'Racquet Aerobics' warm up drills	1	
Demonstrate the correct way to hold the Racquet and Speeder for a serve	1	
Serve a Speeder into a court from 12 meters x 5 times	1	
Keep a Speeder in the air for 12 hits	1	
Hit a Speeder at least 5 meters straight up and catch it x 5 times	1	
Serve a Speeder to a partner and have them catch it x 5 times	1	
Serve a Speeder into the marked right or left front corner 'high reward' zones of a court x 3 times	2	
Form a triangle with 2 partners and keep a Speeder in the air for 12 hits	2	
Serve to a partner and have a 12 hit rally	2	
Serve to a partner and include a forehand, backhand, overhead clear and smash in the rally	2	
Play with a partner and during the rally collect 4 Speeders from the front line of the court and return to the centre position	3	
Play a rally with a partner and have 30 hits in 60 seconds	4	

Total Points



Conclusion

Speedminton® has redefined racquet sports in over 1000 Australian schools and re-introduced racquet sport fun to a whole new generation of Aussie kids.

We owe a huge debt of gratitude to all the teachers, sports co-ordinators and principals who have so enthusiastically embraced the program and allowed their students access to such a fun and flexible resource.

To take Speedminton® to the next level, we again require assistance from you, the teachers of our kids.

Please keep in touch, give us feedback, send in photos or news stories, so that we can continue to promote the sport and eventually develop it to a fully recognised school sport with competitions at all levels.

We are the only importers of Speedminton® equipment into Australia and obviously can best service any needs your school or program may have.

We are always available for a chat or to offer advice and can be contacted at:

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