BADMINTON RECIPROCAL TASK SHEET: FOREHAND CLEAR SHOT AND SERVE

Doer's Name: _____

Tosser's Name: _____

Observer's Name: _____

Directions: This task is performed in groups of three: Doer, tosser, and observer.
The tosser: Throw a high, clear service to the doer.
The observer: Read the below tasks to the does. Analyze the doer's form comparing the performance to the criteria listed below. Offer feedback about what is done well and what needs to be corrected. Rotate roles after the doer hits 2 Forehand Clear Shots and 2 Serves.
The doer: Perform the tasks read to you by the observer.

ROTATION: Doer → Tosser → □Observer → □Doer

Please note: Each person in your group needs a task sheet. 1 pencil and clipboard per group. If you hold the racket in your right hand, your right foot is dominant, vice versa.

TASKS	**DATES**										
(Record date of practice)											
A. Ready Position for Forehand Clear	**Y**	**N**	**Y**	**N**	**Y**	**N**	**Y**	**N**	**Y**	**N**	**Feedback**
1. Keep feet square.											
2. Keep toes straight.											
3. Feet are shoulder width apart.											
4. Knees are slightly bent.											
5. Weight on balls of feet.											
6. Hold racket in front of body.											
7. Hold racket with handshake grip.											
8. Keep your eyes on the shuttlecock.											
B. Foot Work for Forehand Clear											
1. Lead with dominant foot.											
2. Pivot on nondominant foot.											
3. Hit shuttlecock.											
4. Recover to ready position.											
5. Maintain balance.											
6. Transfer weight from non-dominant foot to dominant foot.											
C. Serving											
1. Ready position: dominant foot is behind nondominant foot.											
2. Use forearm rotation and wrist action.											
3. Contact shuttlecock below the waist.											
D. Change Roles											
E. Repeat											