**SELF-CHECK TASK SHEET: BADMINTON HIGH DEEP SERVE**

**Name:**

**Objective:** The student will execute skills of the High Deep Serve.The student will demonstrate the grip, the stance, the shuttlecock position used during

the High Deep Serve.

**Directions:** Working alone, record all components followed for each section: grip, stance, shuttle position, and stroke.

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|  | **DATES** |
|  (Record dates of practice) |  |  |  |  |  |  |
| **GRIP** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| **1.** Relaxed hand. |  |  |  |  |  |  |
| **2.** Thumb is touching middle finger. |  |  |  |  |  |  |
| **STANCE** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| **1.** Place feet apart in “T” stance. |  |  |  |  |  |  |
| **2.** Non-racket foot should be pointing towards the front, facing the direction you want to hit. |  |  |  |  |  |  |
| **3.** Most of weight should be on back foot with both knees slightly bent. |  |  |  |  |  |  |
| **SHUTTLE POSITION** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| **1**. Hold shuttle’s cork with the index finger and thumb. |  |  |  |  |  |  |
| **2.** Thumb should be eye level with elbow bent and wrist cocked. |  |  |  |  |  |  |
| **3.** Should be able to look inside shuttle’s skirt. |  |  |  |  |  |  |
| **STROKE** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| **1.** Toss shuttle slightly in front of you. |  |  |  |  |  |  |
| **2.** Right after, move racket arm, shoulder, and hips at same time. |  |  |  |  |  |  |
| **Turn Completed Task Sheet in to Instructor** |  |  |  |  |  |  |