

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.

	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						