

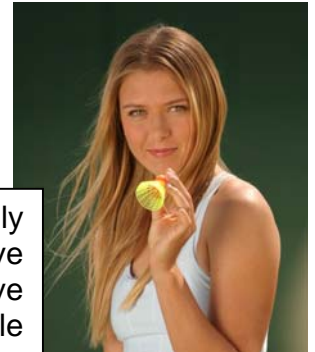


Speedminton[®] at school

Guide for P.E. teachers and coaches

"I love tennis and enjoy playing most racquet sports. I am really impressed with Speedminton[®]. It is the easiest and most effective way to introduce children to racquet sports, it trains hand-eye coordination, footwork and improves physical condition, all while the children are having fun."

Maria Sharapova



the New Racquet Sport for every age and skill-level

Foreword

Dear P.E. Professionals,

Have you ever thought about the perfect sport for schools? What would it have 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 would offer access for beginners as well as great fun at competitive levels and improve both conditioning and coordination skills, wouldn't that be exactly what a P.E. teacher needs in her field of work?

Speedminton[®] is a new racquetsport which combines all the important things a game should bring along to be played at schools. The following guide has been written to facilitate the first steps with Speedminton[®] for p.e. teachers.

You will find everything you need to have an easy access to this fascinating new racquet sport "Made in Germany" including the basic information about the game showing how to play, what equipment is needed and a rule book for playing "Match Play". Furthermore we provide ideas for introductory lessons as well as advanced exercises and lots of possibilities for fun games all build on our long-standing experiences. Do not hesitate to make Speedminton[®] a part of your p.e. lessons and you will experience the varied possibilities of this game.

Have fun and happy Speeding!



Markus Frieling
Qualified P.E. teacher from Germany



Table of contents

1	Speedminton® for P.E. classes	4
2	Equipment	6
	RACQUETS	6
	SPEEDER	7
	COURTS	8
	SPEEDMINTON® SCHOOL SETS	10
3	Matchrules	11
4	Playing Speedminton®	13
	BASICS	13
	TECHNIQUES	15
	TACTICS	24
6	Teaching Speedminton®	27
	INTRODUCTION OF THE SPEEDER	28
	INTRODUCTION OF THE RACQUET	30
	WARM UP EXERCISES	32
	COORDINATION EXERCISES	34
	CONDITIONING EXERCISES	37
	TRAINING TECHNIQUES	39
	LITTLE FUN GAMES	41
	YOUR FIRST LESSON (SUGGESTION)	43
7	Tournaments	44
	FUN TOURNAMENTS	44
	COMPETITIVE TOURNAMENTS	46
8	Playing in the dark	48



1 **Speedminton® for P.E. classes**

Speedminton® is a German invention. In 2001 some committed German sportsmen put together the best elements of tennis, badminton and racquetball creating a new game, which is perfect for institutional use with children of every age and skill-level.



Who

Though speed badminton is one of the worlds fastest racquet sports at competitive level it offers good access for beginners and the skills are easy to acquire. The durable racquets are short and light which makes it simple to handle them and the birdies allow wide hits with less power. With Speeders of different velocities the game can exactly be adapted to the kids needs. The match rules follow other racquet sports and can be understood quickly by the students. Thus even younger kids get better with Speedminton® easily.

With regard to previous experiences, Speedminton® is advised for children ages 7 up. Even beginners are able to play the first short rallies after a couple of minutes. It provides great fun and recreational playing at Elementary and Middle School level as well as a variety of training possibilities and competitive playing at High School level.

Where

Without setting up a net Speedminton® can be played indoors or outdoors on any surface. The birdies, called Speeders, are especially developed for outdoor fun. Smaller and heavier than Badminton birdies they distinguish themselves through better wind resistance and in bold colours they are good to anticipate in different light conditions.

The competitive court can easily be marked on the ground with ribbons, cones or chalk, which provides the possibility to play on a grass field, a blacktop, sandy soil or any other surface. Therefore you have the possibility to use your schools extensive outdoor space to play even with big classes without dividing the group. If tennis facilities are available a tennis court can easily become two Speedminton® courts.



How

Speedminton® is a highly motivational game to improve both conditioning and coordination skills. Playing for recreation the students can stand cross in a row hitting back and forth. Make sure, that every child has enough space to act and they will get sweaty hitting and running for the Speeder without even noticing it.

For competitive playing each player stands in a square and has to defend it. Hitting back and forth, she tries to get the Speeder on the ground into the opposite square.



In addition you can use the equipment for a variety of different exercises and fun games, which will be shown later in this guide.

Recapitulation

The main reasons for speed badminton at school are:

- High motivation of kids.
- Playable indoors or outdoors.
- Fun and effective way to improve physical condition.
- Improve coordination skills.
- Easy access for beginners.
- Different Speeders for different levels of play.
- Fast and simple set-up – no net assembly.
- High quality equipment for a long lifetime.
- Easy rules.
- Play on any surface
- One tennis court can become two Speedminton® courts.
- Offers new possibilities for training and fun games.



2 Equipment

RACQUETS

Speedminton® currently offers two different kinds of racquets. The Speedracquets, with their unique shape and weight of around 5-6 oz. are perfectly adapted for the requirements of speed badminton. The length of 23 inches provides the best possible control and handling. Being shorter as tennis or badminton racquets a Speedminton® racquet especially makes it easy for smaller kids to make their first experiences in racquet sports. The “sweet spot” (optimal hitting point on the string) lies in an ideal distance from the hand which results the best possible vibration characteristics for arm protection.



Speedminton® Speedracquets

Durable power play racquet of hardened aluminium. These high-grade racquets in lightweight construction are perfectly suitable for beginners, school classes and leisure play.

Colors: blue or red
 Material: aluminium
 Weight: 6 oz
 Length: 23 inches
 String tension: 12 kp horizontal, 12 kp vertical

Speedminton® Speedracquet Competition

Competitive racquet comes with a 100% graphite frame. The highest quality offers you a perfect control and exactness playing at competitive level. Ideal for advanced play and tournaments.

Colors: black and white
 Material: full graphite
 Weight: 5 oz
 Length: 23 inches
 String tension: 14 kp horizontal, 16kp vertical



SPEEDER

The secret of Speedminton® are the new birdies, called Speeders, which are especially invented for outdoor fun. Compared to traditional birdies, Speeders are heavier and have less wind resistance, which leads to much longer distances. The hollows (dimples) in the head also reduce air resistance. Each Speeder has a hole in its head, which stabilizes its flight path as the air in front of the head is funneled to the back through the canal. The rubber structure of the heads surface guarantees optimal control and allows wide hits with less power. High quality synthetic materials make the Speeder durable with regard to the loads for everyday use with children or competitive playing. The material also transforms the invisible ultraviolet part of natural light into the visible range, increasing the visibility of the Speeders.

Besides the MATCH Speeder for competitive playing Speedminton® offers a FUN Speeder for leisure playing. This birdie is less in weight and is perfect for beginners and smaller children.

In conditions of stronger winds the wind ring, which can be rolled over the Speeder's head, can help to increase the Speeder's stability in the air. Its additional 2 grams of weight will also extend the range by several yards.

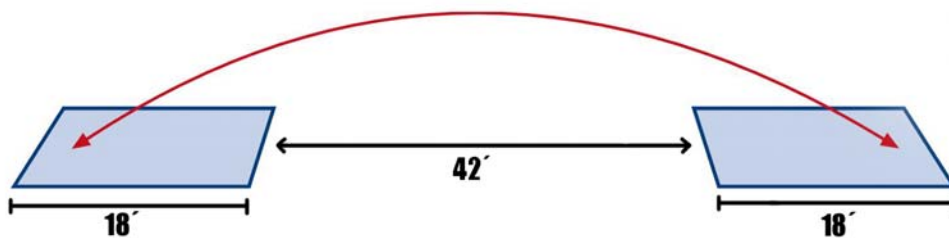


<p>FUN Speeder For beginners and smaller children - optimal for shorter distances</p> <p>Weight: 7.0 grams Distance: up to 82 ½ feet</p>	<p>MATCH Speeder For advanced players – ideal for long distances and competitive playing</p> <p>Weight: 9.0 grams Distance: up to 100 feet</p>	<p>Wind Ring Add a wind ring on the MATCH Speeder for more wind resistance</p> <p>Weight: 2.0 grams</p>
---	---	--



COURTS

A Speedminton® court consists of two squares (18ft) which are set up 42ft apart. These sizes are defined for competitive playing referring to the international match rules. Teaching speed badminton at school the sizes can be adapted to the childrens individual age and skill level.



Speedminton® offers several fast and easy ways to mark courts at different locations and surfaces.



Speedminton® Easy Court

The Easy Court can be set up quickly to mark a Court with the official international distance. Fix the court by using stakes on grass, digging in the edges in sandy soil or taping it to the blacktop.

Speedminton® Cones

The Speedminton® Cones let you mark out squares of any size and at any distance for playing a match. Ideal for P.E. lessons at schools and training programs.

A tennis court can easily become two Speedminton® courts just by putting down the net (not absolute necessary) playing from T-line to T-line. By using chalk you can simple draw a court on a blacktop.

The great variety 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.



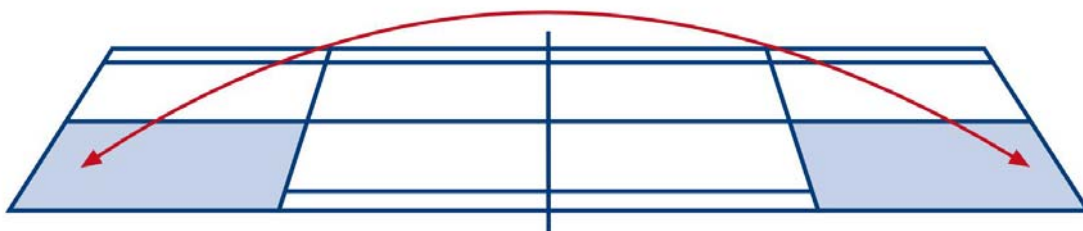
Set up possibilities



By 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 can be changed into a Speedminton® court by playing from T-line to T-line



SPEEDMINTON® SCHOOL SETS

Speedminton® offers special sets for schools and institutional use. The equipment in these sets is adapted to the requests of daily P.E. lessons.



Super 8 Players

- 8 Speedracquets
- 12 MATCH Speeder
- 12 FUN Speeder
- 1 Speedminton® Bag
- 32 Easy Court Cones

Super 16 Players

- 16 Speedracquets
- 24 MATCH Speeder
- 24 FUN Speeder
- 1 Speedminton® Bag
- 64 Easy Court Cones



The school sets come with the Speedracquets. Made of hardened aluminium these racquets are particularly durable and with their shape and weight perfectly adapted for kids and beginners. A big number of FUN and MATCH Speeders can be used for different ages, skill-levels and outdoor-conditions and provides extra Speeders in case of losing some. Wind rings are included. The small cones allow every child to set up a court on any kind of surface and offer the possibility to change dimensions and distances.



3 **Match rules**

Each player stands in her square and has to defend it. Hitting back and forth she tries to get the Speeder on the ground into the opposite square.



The idea of playing Speedminton® is very easy but to go really competitive you need defined match rules. Speed badminton rules have already established international standard. The information below gives you all the information you need to play speed badminton according to the official rules.

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 three sets (best of five).

The service

The players draw to decide which player 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 may choose between the center of the playing field and the back line for each serve. You let the Speeder drop from hip level and hit it as it falls. Overhead service, either standing or with a flying jump, is only permitted from the back service line. The losing side always has the first service in the next game.

Changing Sides

Players change sides after each game to ensure equal playing conditions (wind and lighting conditions). If a fifth game (tiebreak) becomes necessary, players change sides as soon as one player reaches eight points.



Scoring

Every volley counts unless it has to be repeated. Points are awarded in the following cases:

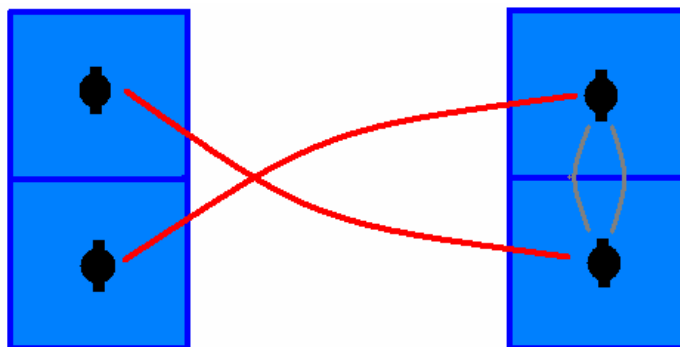
- Service fault
- Speeder contact with the ground
- Speeder lands in playing field (or on one of the lines) and cannot be returned
- Speeder lands "out"
- Speeder is hit twice by same player in sequence
- Body contact with the speeder

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

Doubles match

The doubles match is played on two adjacent courts. Scoring and changing sides works like in the single play mode.

The server has three serves in sequence, as in the singles game, and must always serve to the diagonal playing field opposite. The serving team swaps fields after each serve. The first service is always made from the right-hand field to the left-hand diagonal field opposite. Once a serve is returned, all players can move around their respective doubles fields freely to play the Speeder. Once all four players have served, service returns to the first server. The losing side always has the first service in the next game.



Though every Speedminton® tournament worldwide should be played after those rules it does not mean that every teacher has to follow them in everyday physical education. Introducing a new game to your students you may reduce the rules to a minimum, easy to understand for everybody. Adjust the size of the court, forbid aggressive overhead strokes or reduce the points to win the game. Make Speedminton® to the game that fits best to the age and skill level of your students.



4 *Playing Speedminton*®

Speed badminton is only a couple of years old. As the sport is growing fast there are many influences from other racket sports coming together and techniques and tactics are mixed. It is still a developing progress but there are essential things to consider if you want to have fun and be successful.



BASICS

Holding the racquet

The way you hold the racquet depends on your individual preference. However, we recommend using the “middle grip” for all kinds of strokes. In speed badminton, you never change your grip style. All types of strokes are played with the “middle grip”. Therefore, it is extremely easy to learn the different strokes and apply them during the play. In particular, children and racket sport beginners often hold the racquet incorrectly. Make sure that the students learn the right grip from the beginning.

correct



The “middle grip” provides the best control.

incorrect



Holding the racquet in the middle of the grip reduces your leverage and you will lose power and distance.

incorrect



Holding the racquet like looking in a mirror overhead birdies are easier to play in the first. But you reach less power and it is ineffective with strokes on the side or from below.



The basic position

Waiting for 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.
- We recommend being 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 can't react as fast as necessary.
- Knees aren't bent: this makes it difficult to react quickly and powerfully.
- 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 in the moment the opponent hits the Speeder. This optimizes your reactions and brings more agility to your following move.



TECHNIQUES

Service

In speed badminton, serve is one of the most important strokes. Beginners will not be able to get a rally going unless they know how to serve the Speeder adequately. Playing competitive a good serve will put your opponent under pressure right from the start.

In Speedminton® you have to serve underhand from the middle of the square or overhead from the backline. In school you should focus on the underhand serve because it is easier to learn.

Starting Phase:

- standing sideways 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” on the basket between thumb and pointer finger

Hitting Phase:

- you drop the Speeder
- 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 have more stability

Finishing Phase:

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



Starting Phase:

Speeder is hold with the left hand between thumb and pointer finger. Standing sideways in a slight angle the left shoulder shows to your opponent.



Hitting Phase:

The swing of the hitting arm works together with the rotation of the upper body. Additional wristwork can even improve your 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. Just dropping it out of the hand makes it much easier. You can ask the students to tip the Speeder with the racquets a few times before they hit it.
- Lack of concentration: Because service from the waistline seems simple, many people don't take it seriously.



Forehand

The forehand is the most frequently used swing and most players will find the forehand technique much easier than the backhand.

The forehand can be played low, half 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 vertical
- body weight shifts to the left 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 wipe 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:

- Not enough bending of the knees: makes you lose flexibility.
- Arm not extended: you hit the Speeder too close to your body.



Backhand

For most Speedminton® players, the backhand is the least preferred hit. The player has to move her body first (pointing the right shoulder at the opponent). Thus you need to change your position before making your stroke making it harder to control the Speeder.

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 the optimal balance

Hitting Phase:

- racquet faces the Speeder vertical
- 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 wipe 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 position.
- 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. Besides playing in a high bow is the nicest way to have a rally going. As a consequence, overhead strokes are very important learning to play back and forth.

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 sideways, left shoulder in front
- hitting arm is lifted and bent and the racquet is behind the head
- body weight shifts to the right foot placed in the back
- knees are slightly bent during the whole movement to guarantee the optimal 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 (pronation)*
- *body weight shifts to the left leg*
- *left arm moves backwards to provide an optimal 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 fixate on the approaching Speeder: you will not be able to calculate the flight path of the Speeder correctly.
- Failure to outstretch your hitting arm: Speeder will be hit with less swing and control.

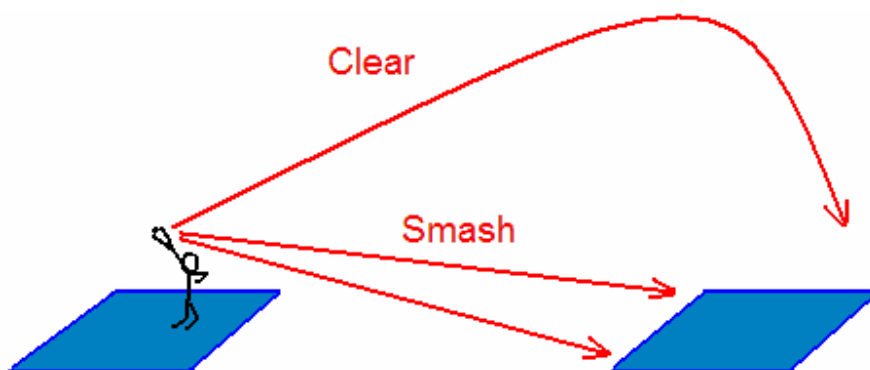


Smash vs. Clear

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 opponents field. Being under pressure this stroke helps you to receive more time, because the Speeder is in the air for a longer time. On the other side it drives your opponent to the back of her field and brings you in a good position to score with a short and fast stroke. You can also play an underhand clear from the frontline to lob the Speeder over your opponent.

A smash is a short and fast stroke. Playing overhead you try to hit the Speeder directly to the ground into your opponents square. It is probably the most powerful stroke in Speedminton® and great for making a direct point. Though you have to play very precisely and be aware of hitting too short!



Both strokes are played overhead and the movement is almost the same. Of course 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 powerful as possible but it still has to be precise.

The main difference can be found in the point of hit. A clear is played more to the back, over or even behind your body, a smash is played in front of your body.

Wrist work:

Using your wrist like a whip can improve your play with any kind of stroke. Though in the first 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 doing your first steps in speed badminton. Later on it may become more important with regard to the requests of Speedminton® in dynamic and speed.



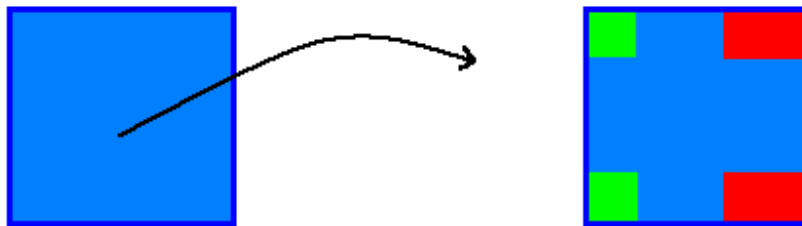
TACTICS

First you want your students to have nice rallies and improve their play by learning how to serve and to keep the Speeder in the air going back and forth. But when it comes to a competitive level, as in every other sport, you have to know some basics about tactics in order to be successful.

Targets

The first question is where to place the Speeder in the opponents square. Like in any other racquet sport the edges of the court are the areas you want to hit the Speeder to, but these are as well the most dangerous hits for you because the Speeder can easily fly outside.

The best areas for a direct point are the front edges of the court. A well-placed and fast stroke to those areas will be hard to return. The corners in the back of the field are also good targets. Less likely you will get a direct point there, because your opponent has more time to go back for the Speeder, but it drives him in the back of his field and prepares your next smash.



A third possibility is to place the Speeder directly on your opponent's body. Though he does not have to go a long way to get it, these strokes are difficult to return. However, a teacher should be careful not to encourage the students to aim at each other. The aim must be to get the Speeder to the ground and not to hit your partner!

Find the right mix:

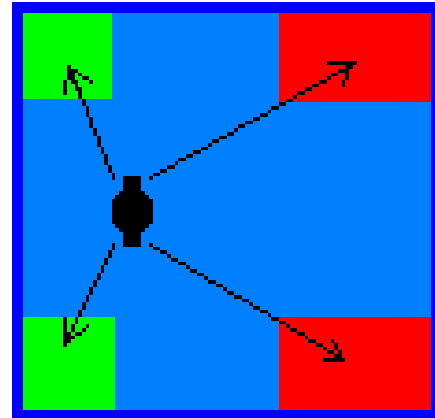
It may be the fastest way to score, but it is not all about smashing the Speeder to the opponent's front line. Every fast and precise stroke includes the danger of hitting out. In general, players, who have the greatest variety in their strokes, are more successful. Alternate high strokes with fast and low ones, let your opponent run in every corner and be always good for a surprise. When she cannot read your game you will be the one to rule the court.



Position and Footwork

Compared to other racquet sports a speed badminton court seems smaller at first. But with regard to the speed of the game an 18 foot square is a big area to cover. Standing in the central position and always moving back to this position is essential to be prepared for 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 shifted towards to the front line. You can have more time to move backwards for the long and high strokes, but you need to be quick to return the short and low ones.



Always start from the central position because you want to cover the size of the court in a short time, doing as few steps as possible. Besides with every stroke you are in a turning point and have to get back to the central position.



Getting short strokes to the front line you are able to cover the space in front of you by doing a **lunge step**. Make a quick short return to your opponent or play a high stroke to win time if you are under pressure. After the stroke you use your frontfoot to push you back in the central position.

Returning strokes to your back line you will mostly play overhead. Doing this you shift your weight to your front foot pushing from your backfoot. Use this element of the overhead stroke to move forward and back into the central position everytime. You want to be there to be prepared for a short return.



Recap

Reading through the basics in techniques and tactics is one thing, transferring it to the court is another. The Speeder won't always fly to the direction you want him to and your feet may not be willing to move as quick as you like. But understanding the basics is important in every sport and the following recapitulation may help you to remember the most important things playing speed badminton. Never forget that above all is the fun! Everything else will come – sooner or later.

10 things to remember:

- a good service starts the game
- keep your eyes on the Speeder
- always return to the central position
- stay light on the balls of your feet
- cover the field with few quick steps
- play flexible and with many variants
- control defense and offense
- stretch and fight for each point
- be self-confident and fair
- HAVE FUN!



6 Teaching Speedminton®

The first chapter of this guide lists all good reasons to include Speedminton® to a schools curriculum and teach it in everyday's p.e. classes. Indeed there are many characteristics in this game that make it perfect for physical education. However, it remains in your hand how you want to use Speedminton® for your classes. We will not provide whole lesson plans in this guide, because every class is different and only the teacher knows exactly what she needs for the students and where she wants to put the main stress. But you will find lots of exercises, little fun games and drills. Now it is up to you to create the right mix for your students.

Speedminton® is fun and having fun should be a primary aim for every Speedminton® class. Children always learn best in playing terms. Do not bore your students with long explanations and technique training. Let them discover things themselves and always try to integrate exercises in little games and competitions.



As a sport itself speed badminton should always be introduced comprehensively to the students. Doing a Speedminton® session for the school year the students should not only be able to hit the birdie back and forth, but improve in the different aspects of the game like physical conditioning, hand-eye coordination, knowledge about the rules, techniques, tactics, competition, fairness and, of course, speed.



INTRODUCTION OF THE SPEEDER

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

- What components does a birdie have (head and basket)?
- How does a birdie fly (head in front)?
- How it is different from a badminton birdie (colour, size, weight, material, speed, range)?
- What is the difference between the two Speeders?

Advise the children not to squeeze the basket of the Speeder, because they can get out of shape. Advise them to handle the Speeder by the head and not to put the Speeders into their pockets for the same reason.

Good advice:

The Speeders are very durable and can last a long time. Nevertheless, if you want to have fun with the Speeders for a long period 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.



Small tasks

Before giving out the racquets you can ask the children to do little exercises only with the Speeder. It is good to get warmed up and trains coordination. Pass one Speeder to every kid. Ask the children to throw the Speeder in different ways, that they can 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 try to catch it again with two hands
- now try by catching it only with one hand (first the strong hand, then the weak hand)
- change hands by throwing the speeder in a bow over your head
- throw the Speeder straight upwards, turn 180° and catch it again (try 360°, 520°, ... how far can you get?)
- throw the Speeder straight upwards, sit down and catch it again
- throw the Speeder straight upwards, lie down and catch it again



- throw the Speeder straight upwards, make a somersault and catch it again

Throwing the Speeder (2 children with one Speeder)

Tell the children to stand 8-12 ft apart and throw the Speeder to their partner. Try different kinds of throwing.

- from the bottom
- over the head
- in a high bow
- 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 hit 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 grab the Speeder in their left hand at the basket. 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 4-8 ft apart. You can use the cones to set up a first court about 6 ft. square. 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, so it could be good to introduce them to the Speedracquets. In addition it is good to explain how a Speedminton® racquet works.

- How is it different from other racquets?
- Why is it shorter (fast reactions)?
- Why is the string thicker than a badminton string (heavier birdies)?

Tell them to handle them with care and show them the right grip.

Take care:

Though the racquets are made of very light material the kids always have to take care using them. Tell them always to **look around before swinging the racquet** and to keep the racquet next to their body while running so they do not hurt someone else.



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

Tell them to run around on the playground while balancing the racquet on their pointer finger. You can also ask them to balance the Speeder on the Speedracquet. By making the playground smaller (with cones) the kids have to take care of their Speeder as well as watch the other kids around trying not to touch them.

Now ask the kids to spread out all over the playground. Ask them to do the following:

- put the Speeder on the racquet, throw it up and try to catch it again with the racquet, 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 your hands alternating



- 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 most?

The last step for the kids before they can start playing is to learn how to serve. Tell them to grab the Speeder with their left hand at the head and hold the Speedracquet in the right hand. 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 Speedracquet.

They should try this on their own for a time collect the Speeder afterwards and go again. You may also put two kids together standing face to face at 20 ft. Let one serve while the other one has to catch the Speeder.

Also you can do little games. Try to find out who can serve the longest distance or who can reach the other side of the field doing the fewest serves.



WARM UP EXERCISES

In general all the exercises for introducing the Speeders and the racquets are good warm up exercises for everyday classes. Here are more warm-up ideas:

Racquaerobics

There are a lot of different exercises students can do to warm up their entire body using just the Speedracquet. Hand out a racquet 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 switch legs.
- 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 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 let your arm circle vertical.
- Lean forward and run the racquet through your legs in the shape of an 8.
- ... be creative

All against one

The teacher stands in front of the group, everybody has a racquet in his hand and leaves some space to the next person. The teacher plays an imaginary game against the students. She swings her racquet and shouts the kind of stroke he pretends to play. Everybody has to response with the movement of a certain stroke. For example:

- Smash! → the students have to make a big lounge 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 swing forehand



- Backhand! → the students have to step left and swing backhand
- Slip! → everybody sits down and stands up again quickly

You may ask the students to run on the spot doing little and fast steps at all time between the strokes. Music can make this exercise even more fun.

Man in a mirrow

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



COORDINATION EXERCISES

Little partner exercises

Hand out two racquets and one Speeder to two students 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 has to catch it again while 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 only jump on one leg
- play back and forth while sitting
- play back and forth while lying on the belly

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 feet
- ... be creative

Who's next?

All the students are standing in the 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 grasp the racquet of his right neighbor. There shall be no racquet 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 a student drops the Speeder she has to sit down next to it. The last who remains playing wins.

Obstacle course

The students create to 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 she turns and runs back to the



start, where she passes the Speeder to the next child in line (no hand allowed). The team who finishes first wins.

Tip: The easiest way is to do a slalom course, but you can also ask them to climb over a bench or go under an obstacle. 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 push ups (from the knees) before it can go on. The team who finishes first wins.

Two at a time

The students make two teams. Each child has to run around a cone about 20ft apart while balancing a Speeder on his racquet and dribbling a basketball with the other hand (or a soccerball with the feet). They always pass racquet, Speeder and ball to the next child. The team who finishes first 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 neighbour without touching it. So the Speeder runs round the circle clockwise. At the same time a student starts to pass a Speeder on the other side of the circle. The aim is that one Speeder chases the other and has to catch up.

Your turn

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

Sharp shooting

The students have to shoot down tins or other items from a table or a bank by using the basic service technique. Who can do the most of 10 shoots?

Go for three

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



Take the risk

The students have to hit the Speeder from a certain point into hoops lying on the ground. Hitting in closer hoops they get less points than hitting in hoops far away. They have 10 hits and have to decide if they want to make the easy close ones or take the risk to go for the difficult ones, which are far away but provide many points. Who can make the most points?

In the hoop

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



CONDITIONING EXERCISES

Bring them home

Two teams are lined up behind two baskets. All over the playground there are Speeders lying on the ground (2 Speeder per student). One team is responsible for the Match Speeder, one for the Fun Speeder. At the sign the first one has to run for a Speeder and puts it in the basket. When the Speeder is in the basket 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.

On and off

The students make two teams and line up. Everybody has a Speeder. In 30ft distance is a basket. 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 her Speeder the first one starts again to bring her Speeder 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. You can do several different variations of this game with the Speedminton® equipment:

- A student tries to tag the others. Who 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. Who 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 tagged joins the tagging team. The tagging team can also pass the Speeder to each other. The game ends, when everybody was 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 who has to tag.

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 run and try to grasp their partner's racquet before it falls down. Who can cover the largest distance? Don't crash together!



TRAINING TECHNIQUES

Hitting sequences

To focus on certain strokes it is always helpful to ask the students to play fixed sequences. The easiest way is to ask them only to play one stroke. They are only allowed to play back and forth overhead or underhand. Playing only forehand or backhand the Speeder should be played cross. If Player A always plays forehand and player B always returns backhand, the Speeder moves “along the line”.

Playing back and forth with in certain sequences helps you to focus on your stroke and to return precisely to get your partner in the position for his stroke. More complex sequences could be like the following:

- 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 high and long strokes are followed by two short strokes (repeated as long as possible).
- Three high and long strokes are followed by two short strokes (repeated as long as possible).
- Player A can play free but has to hit the Speeder all the time to a certain point in Player B’s court, Player B plays all the time only one stroke (for example: Player A plays always a short stroke to the right and Player B returns with a forehand out of a lunge step)

Long rallies

To have longer rallies going for more strokes you can ask the students to modify the rules:

- they must play back and forth at least 3 times before they can make a point.
- they are not allowed to play a smash.
- you cannot make a direct point but only lose a point if you do not hit into the square.

Mark targets

In order to practise precise strokes to the vulnerable areas of your opponents court you may mark those areas with extra cones. This way you can see how precise the stroke was. For example Player A has to return 10 forehand strokes into a 3 ft big square at the front of Player B’s court. How



many can he get in? You may even mark those areas during a match and give extra points for strokes into them.

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 (without a racquet) one at a time 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 economic footwork.

Against the wall

The Speeder bounces from a wall almost like a tennis ball. If you have the possibility to let the students play against a wall they can have some time on their own practising their stroke. Especially the underhand serve can be trained well against the wall and hand-eye coordination of every stroke will improve. Who can do the most hits in a row?

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 go together, one takes the time and the others try to hit back and forth as often as possible in one minute. It is a compromise between speed and control. If you lose the Speeder, it takes some time to start again.



LITTLE FUN GAMES

Fast fire

Two teams are about 30 ft apart from each other. In the middle of them stands a long bank with some tins or soft balls. The teams have to shoot the tins down with Speeders to the other side of the bank. The team with the most hits wins.

Round the world

Half of the students line up at one square, half at the other. The first one in one square gets the serve. She must hit into the opposite square, then run to the end of the line on the other side. The kid at the front of the opposite line does the same. The rally continues with each player hitting the Speeder, then running to the opposite square. When a player misses, she gets an out. With three outs, she drops 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 one square of the court. Each child gets a certain number of chances to get a service into the opposite square. If she gets one in, she is safe. If not, she goes to jail: she goes into the other square where she'll try to catch a Speeder hit by another player. If she makes his catch, she is free from jail, and the player she caught goes to jail. When only one player is left, she tries to get three shots in that don't get caught before he misses three. If she succeeds, she wins the game. If someone catches one of his shots, it's a jailbreak: everyone is free, and a new round begins. 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 through the legs backwards. When the Speeder reaches the last student in the row he has to crawl through the legs to the front position and pass the Speeder back again. The game is over, when everyone has crawled once. Also try to pass the Speeder sideways or over the head.

Tip: To also train some conditioning skills you can pass the Speeder sideways in a push up position.



Speed-volleyball

The students play on a volleyball court with the Speedminton® equipment. 2-6 players are in a team. The rules are connected to volleyball with the only difference that instead of a volleyball a Speeder has to be hit with the racquets.

Speeder golf

Build a golf course with different stations. The students have to hit the Speeder in a basket, through a loop or into a fishing net. Be creative. You can also add obstacles. Who can play the round with the fewest hits?



YOUR FIRST LESSON (SUGGESTION)

In the following you will find a short suggestion for your first lesson with Speedminton®. We did the same many times in difference school and it is a good way to get started and warmed up. We advise this introduction for Middle School or High School. In Elementary School you may spend more time with introductory games before you start playing back and forth.

Time (min)	Activity
5	Introduction of the equipment and the idea of play. <ul style="list-style-type: none"> - what is special about the Speeder? - what is special about the racquets? - how is the idea of play (no net, two squares)?
10	Hand out a Fun Speeder to every student and ask them to: <ul style="list-style-type: none"> - throw the Speeder into the air and catch it again - do it only by using one hand - do it by using the left hand and the right hand - throw the Speeder in a high bow over you head from side to side - make a 360° turn and catch the Speeder again - try to catch the Speeder at your back
15	Let the students go together with a partner and throw the Speeder back and forth by trying different ways of throwing: <ul style="list-style-type: none"> - overhead - underhand - both hands - backwards - jump and throw Also ask them to throw two Speeders at the same time.
30	Hand out a racquet to each student, tell them be careful with them and look around before swinging. You can try the following things: <ul style="list-style-type: none"> - Who's next (page 34) - Speeder chase (page 35) - Obstacle course (page 34) - Last man standing (page 34)
43	Explain the underhand service to the students and let them try this a few times on their own. Afterwards they can go together with a partner and start to rally back and forth with the Fun Speeder. You may want to set up lines of cones, so the students start playing at a good distance (about 25-30ft). Hand out the Match Speeder in addition, so the Students can see and feel the difference. Let them count their hits. Who can do the longest rally?
45	Let the students bring in all the equipment. Be sure that you get everything back.



7 Tournaments

Because you can set up many courts at the same time and keep the matches short Speedminton® is a perfect game for having a tournament, even with larger groups. But 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 play?
- How many attendees take part?
- How much time do you have and how many sets to win a game?
- How many courts do you have?
- Who is the referee?
- Who writes down the results?
- Who decides which person plays at what time against whom?
- Do you have music or food and drinks available?
- Are there prizes for the winner?



FUN TOURNAMENTS

The main goal for a Fun Tournament is that everybody has fun and can play as many games as possible. The following ideas can be mixed as you like it.

Playing in groups

Playing in groups is often the easiest way to organize a large amount of students. In a group everybody plays against each other at one time to come to a final ranking. Do not make the groups too big to keep the rest time shorter. The students who are not playing take the role of the referee. You also have the possibility to put students together in a group who are at the same play level. After ranking is set you may ask the winner of the groups to play for the final victory. The others have to cheer.



Handicap-Double

In this tournament you play doubles and you can give different handicaps to the teams. Handicaps can be for example binding the players together, play with only one racquet and change all the time, play with your left hand or play with a basketball in the other hand. Feel free to think of more handicaps.

Flag Tournament

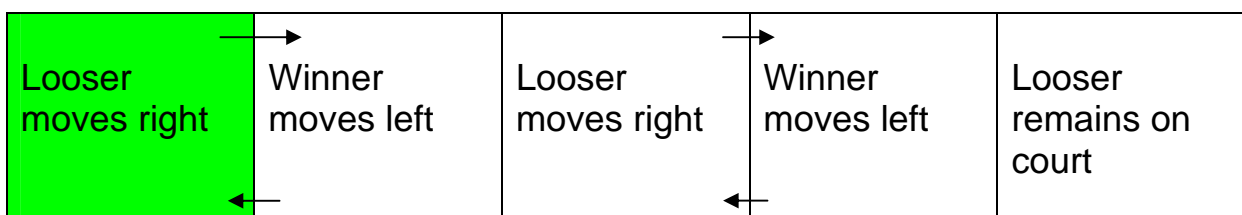
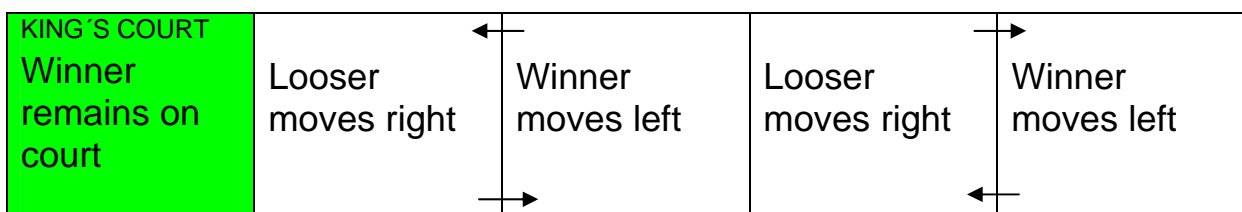
For every victory the player gets a green flag on his racquet, for every loss she gets a red flag. The person with the most green flags wins.

Timecup Tournament

The game does not end with a certain amount of points but it stops after a certain time. This way you can control the period of the games and make sure that everybody has the possibility to play the same time.

The King's Court

This version is perfect for bigger classes on a large field with the possibility to set up many courts in a row. The students play on the courts next to each other. The game ends after a certain time and the winner has to move to the next court on one side, whereas the loser has to move to the court at the other side. This way the students play different opponents and after a couple of time the field of players is organized from strong to weak. On one side there is the "King's Court", where the best players are competing.





The Speedminton® athletic badge

This is a perfect idea for the end of the schoolyear or the Speedminton® period. The students have to master several stations with different tasks. They will get a card to collect points at the stations. For a certain amount of points they will get the Speedminton® athletic badge. Examples for tasks are:

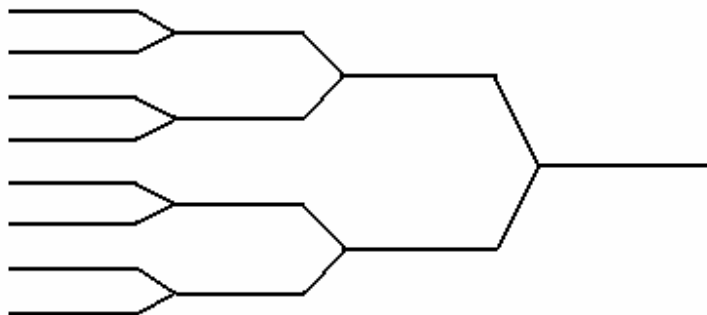
- Speeder sharp shooting (with tins)
- keep the Speeder in the air for at least 10 hits
- balance the Speeder on the racquet through a slalom course
- hit the Speeder over a long distance into a hoop
- (be creative)

COMPETITIVE TOURNAMENTS

The Competitive Tournament shall show who is the best player, but at the same time be fun for everyone and encourage the students to give their best in a fair competition. It is very important, that everybody is intimate with the rules first and accepts the referees.

Single elimination

A single elimination tournament, also called a knockout or sudden death tournament, is a type of tournament where the loser of each match is immediately eliminated from winning the tournament. The number of participants in a single elimination tournament is fixed as a power of two; for example, the Wimbledon singles championships in tennis are tournaments of 128 players. This ensures all competitors will face opponents who have previously played the same number of matches. The full schedule of pairings across all rounds (the *bracket*) should be allocated before the tournament starts.



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



Double elimination

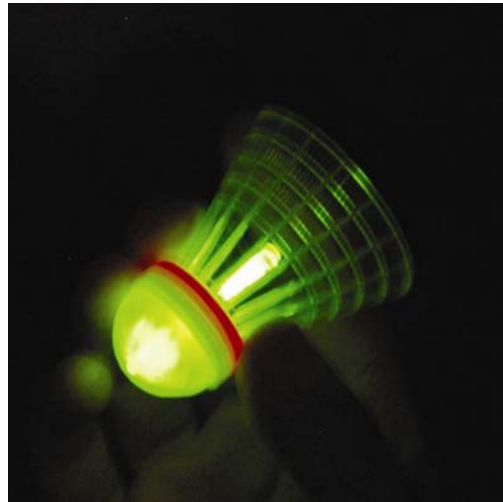
A double-elimination tournament is a competition in which a participant ceases to be eligible to win the tournament's championship upon having lost two games or matches. A double elimination tournament is broken into two sets of brackets, the *Winners Bracket* and *Losers Bracket*. After the first round, the winners proceed into the Winners Bracket and the losers proceed into the Losers Bracket. This way every player has at least two matches until he drops out.



8 *Playing in the dark*

It is for sure not the old-fashioned way to play racquet sports in the dark, but it is great fun for everybody and gives your senses a whole new experience.

With the Night Speeder and Speedlights you can discover the dark side of Speedminton® with your students. The Night Speeder, designed especially for play in the dark, can hold a lightstick – the Speedlight – in its head. Simply activate the Speedlight and snap it into the air canal in the Speeder's head - and you're ready to play.



You do not have to wait until it gets dark outside. Maybe your school has the possibility to darken a gym. It is great fun for everybody to hit the glowing Speeder around and at the same time you get to know the strange experience of moving in a dark environment without really seeing your body, your racquet or your opponent.

Speedlights and Night Speeder are available as additional items. For more information visit www.speedminton.com.

HAPPY SPEEDING!