



Balloonminton

Tactical Problems

Maintain A Rally

Attacking A Space

Defending A Space

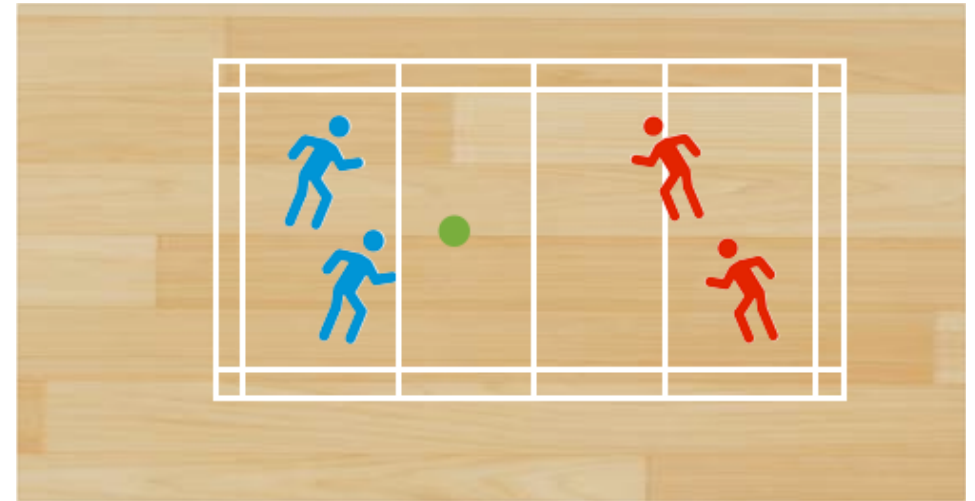
GRADES
5-6

Rules of Play

- Form groups of 2 players and have them face each other on opposite sides of a line made in the center of the court.
- Use a badminton court for the boundary lines. One player hits a balloon across the center line (using an underhand or overhand strike) to another player.
- The balloon must cross the line at waist height or higher, if not, the player must re-serve the balloon.
- Play continues until the balloon hits the ground, or lands out of bounds and the opposing player will receive one point.

Variations and Progressions

- The addition of badminton net at waist level will help to encourage students to serve higher and play the ball above waist level. The game can be played with 4 players in the doubles format (2 vs. 2).
- If students are having a hard time striking the balloon in flight, make a rule that will allow them to catch the balloon before striking it again.



Game Info

Equipment

1 Balloon per court, Badminton net

Safety

Make sure the balloons are not filled to their maximum capacity as they may pop when struck by a player

Tactical Talk

How are you able to set up a play with your partner?

Where should you hit the ball on the opposing court?

How do you prevent the other team from scoring a point?