

Hand Struck Shuttles



Australian **NYDA** Distributor

Traditional Use:

The NYDA HAND SHUTTLE is the ideal eye hand trainer as it travels much slower than a ball. Its large size makes it ideal for use with all ages. It's also great fun and introduces some variation into your program. To use the Hand Struck Shuttle strike the shuttle with the hand backwards and forwards between two people, endeavouring to keep the shuttle from touching the ground.

Suggested Activities / Games:

HAND SHUTTLE TENNIS

Use either a bat tennis or badminton court with either a small centre net or simply a centre line drawn across the middle. The shuttle is hit into the opponent's court, obviously using the hand, and a point is won if the shuttle touches the ground within your opponent's court; i.e. the aim of the game is to not allow the shuttle to land within your court.

Teaching Tip: as a variation to the above game use an Ezy Hit Foam Hand bat instead of hands, which would have the effect of increasing the surface area with which to strike the shuttle. An excellent introduction to badminton.

KEEPINGS UP

Form a circle with people eg 4,6. Someone starts the round off by hitting the shuttle in the air towards another player, all players are to try and keep the shuttle in the air as long as possible with out it hitting the ground.

The player who is closest to the shuttle when it hits the ground or hits a wild shot away from everyone loses a point.

Can play with all players starting on 5 points and decrease till last 2 players have a play off or simply play to a winning score.

Teaching Tip: as an alternative, participants gain the letters of a word when they make a mistake eg. they get the letter D, once they make enough errors to spell a word (like DEAD) they are out. The winner is the person that has not yet spelt the word.

EZY HIT SHUFFLE

Use a volleyball or badminton court with the net erected.

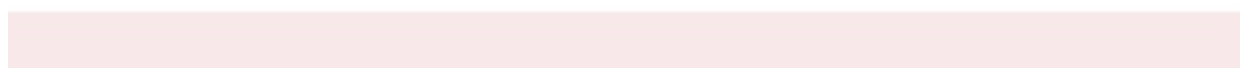
Students line up along each opposite side of the court, each person with a Ezy hit bat. Each line starts at the net, but run in the opposite direction. There should be even numbers in each line.

There are two players on court to start, one of which serves the shuttle over the net and then rotates to the end of the line on their side of the court.

The aim is to hit the shuttle over the net and then rotate off the court. The person at the front of the line then proceeds on to the court.

This continues until someone fails to return the hand shuttle. This person is then out and the next person in the rotation comes on and serves.

When there is only 2 students left, a rally is played to determine a winner.



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