

## **Variety of Badminton and Pickle Ball Activities and Games for Elementary Students**


CAHPERD State Conference 2023 Santa Clara

Gilbert Bagaman La Honda/Pescadero USD ADA Sports and Racket [anybagaman@aol.com](mailto:anybagaman@aol.com)

Warm-up Activities using a badminton racket or pickle ball paddle:

Play catch solo with a rubber band ball. Tossing up and down catching with forehand, then backhand, then alternate. Attempt to catch the ball on the “sweet spot” of the racket or paddle.

Play catch with partner using a rubber band ball. (No hitting, just catch and toss)

Hit a pickle ball or shuttle cock to a seated partner who catches  with a cone. The seated partner will toss back the ball or birdie so the standing partner with the paddle or racket may repeat.

For Badminton, using a table as a net, have players serve and rally using the short side (for beginners) of the table or the long side (advanced players).

For Pickle Ball, have players play four square. Place four hoops on the ground in the shape of a square, with each player standing behind their own hoop. Play just like four square but no slamming is allowed.

### **Tic Tac Toe Game using Badminton Racket or Pickle Ball Paddle**

Up to four players can play at the same time, each with their own color rubber band balls. Each player stands equal distance in North, South, East, and West positions. Game begins and each player tossing a rubber band ball by flipping it off a racket or paddle toward the Tic Tac Toe bracket in their center. Person who achieves three in a row first wins. More than one rubber band ball may occupy a target. All participants begin at the same time with six or more rubber band balls but can only toss one at a time. The first person to connect three wins.

**Variation of the game using teams** - Have four teams lined up N, S, W, E, positions from the bracket. Each player has a rubber band ball. The first player in line tosses their ball, then the next person in line steps up and goes. When a team connects three in a row, they get a point. Play is stopped, the balls are collected and the next round begins with the next person in line due to toss. Instead of rubber band balls, shuttle cocks can be used. However, four different color shuttle cocks are needed.

**One on One - Serve and Guard Game:** Two players stand ten feet apart facing each other with two chairs in the middle acting as a net. Each player has a hoop on the ground acting as their goal behind the chairs. Game begins with one player using either a badminton shuttle cock or pickle ball under hands serves over the chairs in an attempt to land their birdie or ball in their opponent's hoop. If successful, a point is earned and the server serves again. If missed, the opponent gains a point and the next serve. A

player may guard their goal by hitting the birdie or ball back over the chair to the other hoop. Players need to judge whether their goal is threatened before choosing to return the birdie or ball.

**Knock the Cones down Game:** Place a set number of cones on the front edge of a table or bench. Have two to three players each with two small coated foam balls positioned, and one teammate at the other end of the table with a pickle ball paddle. One player tosses one of their ball to the player with the paddle, and that player will swing and hit the ball in an attempt to knock down the cones on the table. After six tries, a new player is rotated in to hit if there are still cones that remain standing. Teams can be organized using this model and compete to see who can knock their cones down first.

**Speedminton game:** Two players separated by 15 feet, with each standing inside a 10' x 15' box. The game is played just like Speedminton but badminton rackets and shuttle cock is used. One player serves the bird and attempts to land in in the opponent's box. The other person may return the serve if deemed successful. Failure to land the bird in the other person's box loses the point.

**Balance Squish ball on racket or paddle.** Place a small squish ball on a badminton racket and walk around without the ball rolling off. Then flip to the backhand side and repeat.

**Sweep Squish ball with racket or paddle:** Place a squish ball in the ground and sweep it back and forth while standing still and then while moving.

**Sweep Squish ball to a partner using racket or paddle:** Separate in distance based students' abilities.

**Flip Squish ball to partner using paddle or racket:** Place a squish ball on the ground, then using a badminton racket, flip the ball to a partner. The partner will attempt to catch the ball in midair or block it with their racket.

**Badminton Dodge Ball Game:** In groups of three, have one player stand in the middle between the other two players separated 20' apart. Have a poly spot in the center where the player who is dodging must stand. Object of the game is to either flip or sweep the squish ball and contact the player in the middle using either a paddle or racket. Player in the middle need to return to the center spot each time a successful dodge is made.

**Large Group Dodge Ball Game:** Have the class formed a large circle. Assign either one or a number of students into the center of the circle. Using one squish ball, the object of the game is to either sweep or flip the ball in an attempt to contact one of the players in the center. No one is eliminated. Person contacted remains in the center, but the person who connected scores a point.