|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Directions: Your partner will watch you perform the overhead drop shot 5 times. If the cue is performed then check “can do”; if not check “needs practice”. Your performance need to be to the best of your ability using appropriate technique.** | | | | | | | | |
| **FORCE** | **Instructional Cue** | **Image** |  | **Attempt #** | | | | |
| **Moves feet to reach correct position for clear shot. Stand perpendicular to net.** | **http://4.bp.blogspot.com/_oXxbxjKcQr8/R6tZqo486II/AAAAAAAAADo/6EX_v9hg238/s400/Overhead+Clear.jpg** |  | **#1** | **#2** | **#3** | **#4** | **#5** |
| **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **Scratch your back. Contact made in front of body with a straight elbow.** | http://4.bp.blogspot.com/_oXxbxjKcQr8/R6tZqo486II/AAAAAAAAADo/6EX_v9hg238/s400/Overhead+Clear.jpg[http://t2.gstatic.com/images?q=tbn:ANd9GcTX7YOCR0BaLCz3BLU2XJyQT9-2JKkfLRjxG3Iy24xW_dJmaanBMAhttp://t2.gstatic.com/images?q=tbn:ANd9GcTX7YOCR0BaLCz3BLU2XJyQT9-2JKkfLRjxG3Iy24xW_dJmaanBMA](http://www.google.com/imgres?imgurl=http://peiwebstore.com/images/1296610786679-1027905487.gif&imgrefurl=http://peiwebstore.com/Baseball-Pitcher-vd-baseb03.htm&usg=__xcXl-3m1sGfB7P1NlwQGYN5ukZM=&h=280&w=330&sz=5&hl=en&start=2&zoom=1&tbnid=GgOeeO6_ZzkM_M:&tbnh=101&tbnw=119&ei=nByBTd7cFISatwfn1dzZCA&prev=/images?q=bseball+pitcher&um=1&hl=en&safe=active&rls=com.microsoft:en-us&rlz=1I7GGIE_en&biw=1035&bih=618&tbs=isch:1&chk=sbg&um=1&itbs=1) | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **MOMENTUM** | **Weight is shifted to front foot as contact is made.** | **http://4.bp.blogspot.com/_oXxbxjKcQr8/R6tZqo486II/AAAAAAAAADo/6EX_v9hg238/s400/Overhead+Clear.jpg** | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **Block or tap the shuttle as you hit it, reducing the speed of the racket head.** | **http://www.badminton-information.com/images/3_slow_drop_shot.gif** | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
|  | **Follow through across the body. Birdie lands in the first 1/3 of court.** | **http://www.badmintonconnect.com/images/badminton-skill-drop-shot.png** | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **After each person has made five drop shots, please identify one suggestion to improve their technique. Please list three positive comments about your partner’s serving technique.** | | | | | | | | |
| **List one suggestion to improve your partner’s overhead drop shot technique:**  **#1:** | | | | | | | | |
| **List three positive comments about your partner’s overhead drop shot technique. Please use instructional cues and science terminology:**  **#1:**  **#2:**  **#3:** | | | | | | | | |