|  |
| --- |
| **Directions: Your partner will watch you perform the overhead clear 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#** |
| **Starting position: Non racket side to target** | **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 with a straight elbow.** | http://4.bp.blogspot.com/_oXxbxjKcQr8/R6tZqo486II/AAAAAAAAADo/6EX_v9hg238/s400/Overhead+Clear.jpghttp://t2.gstatic.com/images?q=tbn:ANd9GcTX7YOCR0BaLCz3BLU2XJyQT9-2JKkfLRjxG3Iy24xW_dJmaanBMAhttp://t2.gstatic.com/images?q=tbn:ANd9GcTX7YOCR0BaLCz3BLU2XJyQT9-2JKkfLRjxG3Iy24xW_dJmaanBMA | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **MOMENTUM** | **Body weight is shifted from the rear (back leg), then forward as racket comes forward. Contact made with straight elbow.** | **badminton-skill-high-clear.png** | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **Follow-Through: Across your body** | http://4.bp.blogspot.com/_oXxbxjKcQr8/R6tZqo486II/AAAAAAAAADo/6EX_v9hg238/s400/Overhead+Clear.jpg | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
|  | **Hit the Target Area** | **badminton-skill-high-clear.png** | **Can Do** |  |  |  |  |  |
| **Needs Practice** |  |  |  |  |  |
| **After each person has made five clear shots, please identify one suggestion to improve their technique. Please list three positive comments about your partner’s technique.** |
| **List one suggestion to improve your partner’s overhead clear technique:****#1:** |
| **List three positive comments about your partner’s overhead clear technique. Please use instructional cues and science terminology:****#1:****#2:****#3:** |