



Workshops for Schools or Teacher qualifications – 1,5-2h

Please leave out the elements marked in **bold blue** in a single lesson!

Inspect the ground and locate possible hazards.

Important information – Theoretical part:

Duration	1. „Who am I?“, present yourself!
	2. „I am here to present a new sport to you which you can play anytime and anywhere, even in the dark or when it is windy: Crossminton (Speedminton® is the company which manufactures the rackets and shuttles). Have you ever tried to play Badminton outside in windy conditions? Have you faced problems doing so? It is much easier with the so-called speeders. A speeder is a bit smaller and less heavy than a Badminton shuttle and, therefore, more wind-resistant. This was the aim of the founder of Crossminton. Special rackets and a new playing system were established. No net is required to play Crossminton!”
	3. Present the game and the most important rules (both of fun game and matches)
	4. What is the purpose and which are the effects of the different speeders and rackets?
	a. Fun speeder: 7g --> 2g lighter than the match speeder.
	b. Match speeder: 9g --> heavier and, therefore, faster than the fun speeder. Provides an increased feel for the ball. The distance between the players needs to be bigger.
	c. Night speeder: fluorescent with the help of so-called speed lights. (Demonstrate it in the dark)
	d. Different rackets: „the rackets we use today are a bit more stable than those professionals use”.
	5. „Safety first – make sure you do not hit your fellow students with your racket. Keep an adequate distance to your neighbor. “
	6. „Let’s start...in order to warm-up, we will do some footwork”.
6min	

Practice

Duration	Warm-Up
5min	The warm-up includes the most important foot work elements: double quick, sidesteps, cross-sections, side shuffles, lunges, stem steps (preparation: make children line up, using the full width of the gym)
5min	First off, a little game: the speeder virus game: two "sick" students take one speeder each and try to hit the others. Those who are hit get themselves a speeder and try to hit others. Other option: the person hit stands still and waits until he or she is tapped by another person. (preparation: assemble a sufficient amount of fun speeders (one for each player) on one spot in the gym)
Main Part --> Introducing The Sport:	
5min	The game starts: grab a racket and go into position: grip position („shake hands“ with the racket); explain the difference between forehand and backhand, as well as overhead shots --> Demonstrate it on the example of „Shadow Crossminton“: (note: make sure that none of the students has a speeder in his or her hand and that the children keep an adequate distance between each other)
5min	Reactivity game (reactivity is indispensable if you want to become a good player): Make the children form two circles; the rackets should be standing the head on the ground and fixed with the index finger so that they cannot fall over. At command „Ruck“, turn the racket to the right, at command „Zuck“ turn it to the left.
5min	Each student gets a speeder and a racket: the speeder is carried on the racket: Correct grip, forehand first, and then backhand (same position as for the warm-up).
4min	Stand in a horizontal line and try to hit the speeder as far as possible. One after the other or all students at the same time. Always serve from the bottom up! <i>Whose speeder is going the farthest? 3 repetitions.</i>
7min	Each student gets a racket and a fun speeder. Keep the speeder in the air. --> Who does the most repetitions? 1. Use forehand, 2. Use backhand, 3. Alternate forehand and backhand, 4. Use match speeders.
5min	Try to pick up the speeder using your racket.
10min	Select teams with two participants in each group by counting off with teams facing each other. (If there are an odd number of children, the teacher will need to be involved). Each team gets a racket and a speeder. A hits the ball, B tries to catch it and brings it back to A (not throwing it), and the other way round. 10 repetitions each. One trial session, then start a competition: those who are done sit down and place the speeder on their heads.
10min	In teams of two, play the fun speeder. Try it out first, then count your hits of the speeder.
5min	<i>SHORT BREAK after 1.5 hours. Set up a relay and a court for roundabout/runaround crossminton.</i>
15min	Rallys. Use Gekkomarkers. (3 teams minimum!)
15min	Runaround crossminton (with weaker players' services only)– Each player has 3 lives and loses one of his lives for each service fault or return fault (those who have lost all of their 3 lives must stand on the sidelines or do an elbow push-up etc.).
Ending the Lesson:	
10min	Say thank you, hand out cards and information material (e.g. on Summer Camp in August ...)
	The teacher collects the information material and evaluation sheets (fully completed) as well as orders.