



Jazzminton Sport Lesson Plan

This lesson plan has been written
for any skill level of student.

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Introduction for Teacher

This lesson plan is designed to train your students how to play any racquet/paddle game but is focused on Jazzminton Sport. If you have any questions, feel free to contact us at any time!

info@funsparks.com

Why Racquet/Paddle Games are Important for a Student's Motor Skills?

Throughout human history, humanity has always been drawn to sports, with the first official evidence of the Olympic Games dating back to 776 BC.

Since that time humanity has changed its sports and competitions but there seems to be something of note about games which involve some sort of stick and ball and their popularity in modern history.

- Tennis
- Table-Tennis
- Badminton
- Pickleball
- Cricket
- Golf
- Baseball
- Hockey
- Etc.

Over the last 700 years, there have been nearly 130 different paddle/racquet games invented!



Jeu de Paume

(Game of the Palm)
France
around 1200s

Wooden Paddle

around 1850s

Tennis

England
around 1890

From “Game of the Palm” to tennis, pickleball, and now Jazzminton Sport, possessing the skills that come with paddle games will be helpful throughout sports and life. Here some of the important improvements:

Body Control

- Motor skills
- Hand-eye coordination
- Observing and tracking a flying object
- Lateral movement
- Control your body in space
- Body force and speed to return the birdie/ball
- Use of correct force to return the birdie/ball
- Depth perception
- Aim, coordination between eye and hand and body position

Exercise

- Cardio

Focus and Reaction

- General focus
- Reaction time
- Reading of opponent’s body language
- Observing and tracking a flying object
- Planning next move to win the point

Social Skills

- Social skills
- Love of competition

Sportsmanship

- Learning to win and lose
- Having activities one can be competent in
- Finding pleasure in an active game

How does this Jazzminton Sport Lesson Plan achieve this?

The skills you acquire through playing Jazzminton also translate to other sports such as tennis, pickleball, etc. With this lesson plan, you can help someone who's new to racquet or paddle games become a good player or boost the skills of someone already advanced. The plan gradually takes your student through different skill levels.

The very first step we included is to motivate your students, by listing out why, how and in which activities learning such a racquet/paddle game will help them.

Unique Advantages of Jazzminton Sport:

- Smallest space for any racquet/paddle game needed
- No boundaries
- Easier to learn and get good at
- Easy and fast setup
- Easy to store and very little space required
- Can be played indoors and outdoors

Requirements and Material

Grades: 4th-12th

Optimal: One Jazzminton Sport net for every 2 students.

Low Budget: One Jazzminton Sport net for 4-6 students



and one paddle set for every 2 students.



or



Lesson Plan

Why Racquet/Paddle Games? – Illustrated

Step 1: History of Racquet and Paddle Games

Purpose: Increase student interest in racquet/paddle games by describing a brief history of the games.

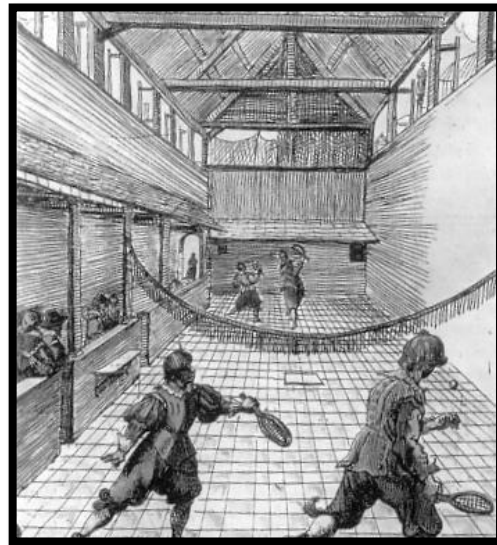
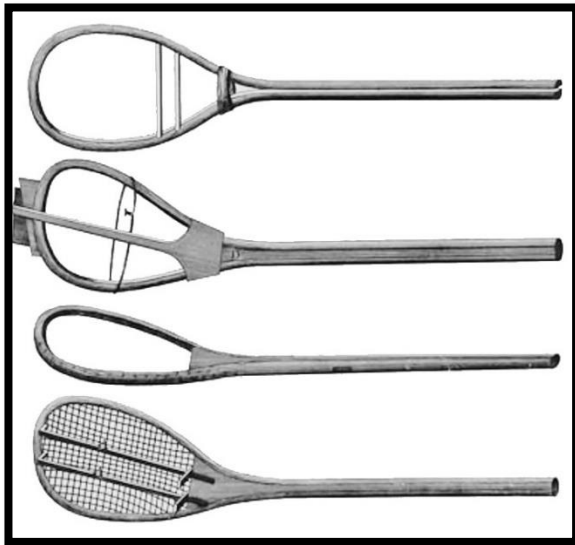
Time: 2-3min

Materials: None

Theory:

In the 1200's, French monks played a game called "Jeu de Paume" which translated to English, means "Game of the Palm". The game was played on what essentially amounts to a small indoor tennis court where a rope was hung across two poles and players would use their hand to volley a ball back and forth.

As time went on, gloves replaced bare hands, and gloves were eventually replaced by racquets. By the late 17th century, racquets were standard equipment though the name of the game did not change.



This game would prove to be the foundation on which every racquet/paddle game is built on. "Jeu de paume's" annual amateur world championship delivers the oldest active international trophy in sport and the competition has been held every year since 1740.

As time has passed, we've continued to adapt this same racquet game idea into many different branches. From tennis, pickleball, squash, racquetball, badminton and now Jazzminton Sport. With

the basic skills you'll learn from this lesson plan, you'll be able to practice and perfect your technique to join the millions around the world in playing racquet/paddle games!

Basics: Paddle, Birdies and Balls

Step 2: Introduction to the Paddles

Purpose: To describe the correct way to hold the Jazzminton paddle.

Time: 3-4 minutes

Materials: 1 Jazzminton paddle for each student.

Definitions:

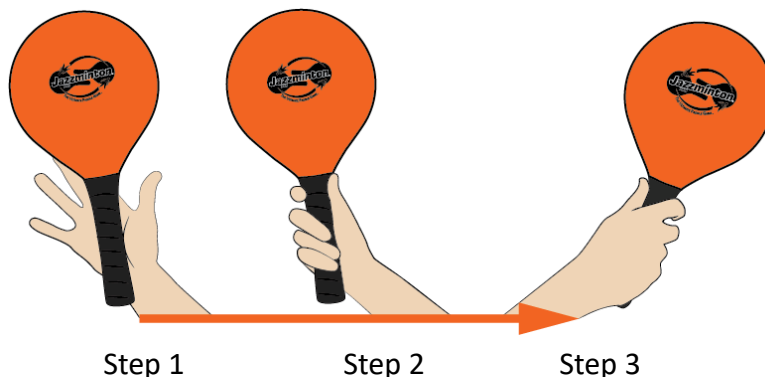
- **Paddle:** a lightweight tool that consists of an oval shape with a handle attached and is used for striking a birdie



Example:

Drill and Instruction:

1. Gripping the paddle correctly:
 - a) With your dominant hand, open your hand flat with your palms facing up and create an imaginary line that goes from the inside part of your wrist to the middle of your index finger.
 - b) On that imaginary line, place the paddle where the handle rests on top of it.
 - c) Close your fingers like you would when you're making a fist.
2. See images below for example:



Assessment Ideas:

- How do you properly hold the paddle?

Achieved Ability:

- A student who understands the basics of how to hold a paddle.

Step 3: Balls and Birdies

Purpose: To describe the differences between each of the birdies/balls.
Time: 2-3min
Materials: The 3 different birdie types that come with each game of Jazzminton.
The 2 different ball types that come with each game of Jazzminton.

Drill and Instruction:

1. There are 3 different types of birdies that come with Jazzminton Sport.



Sport Birdie
fast



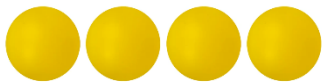
Tournament Birdie
slow



Wind Birdie
fastest

2. The ball that comes with Jazzminton Sport.

Example:



3. Identify each one of these and understand their characteristics.

Assessment Ideas:

- Understanding the 3 different types of birdies that come with Jazzminton.

Achieved Ability:

A student who knows the difference between all 3 Jazzminton Sport birdies.

Get a Feel for the Paddles and Birdies

Step 4: Playing Solo

Purpose: To have students develop a feel for how the birdie and paddle interact with one another.

Time: 10 minutes

Materials: A 6'x6' playing area for each student
1 Jazzminton Sport paddle per student
1 Jazzminton Sport Birdie per student

Drill and Instruction:

1. Establish enough space so that students have space to comfortably spread their arms.
2. With the face of the paddle facing the sky, drop the birdie and hit it up into the air.
3. Try to continuously keep hitting the birdie in the air without it touching the ground.
4. Set targets to see how many hits you can get in a row without the birdie touching the ground.
(5,10,20,35 in a row for example)

Assessment Ideas:

- Are students able to hit the birdie to themselves 10 times in a row?
- Have students keep track of the highest number of times they can hit the birdie in a row.
- Have students describe what type of swing speed proved to be most effective in keeping the birdie in the air.

Achieved Ability:

A student who can confidently demonstrate the ability to keep the birdie in the air whilst hitting it to themselves.

Step 5: Playing Back & Forth – Basic (2 Players)

Purpose: To have students develop the skills needed to keep a rally going between one another.

Time: 10-15 minutes

Materials: 1 playing area in which two students can comfortably be 6-10' apart.
2 Jazzminton paddles (one for each student)
1 Jazzminton "sport" birdie for every two students

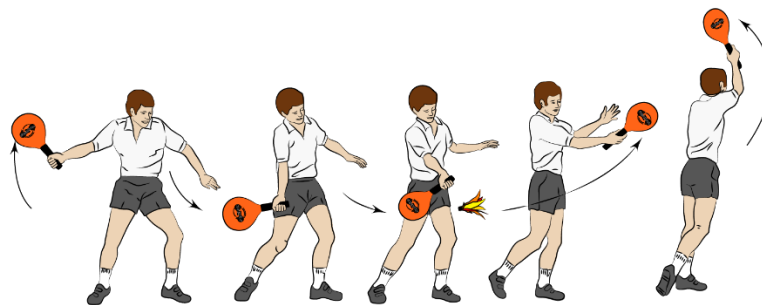
Setup:

- Set up students in 2 rows so they're facing one across from another about 10' apart.
- Students next to each other should have about 3' of room on each side of them.

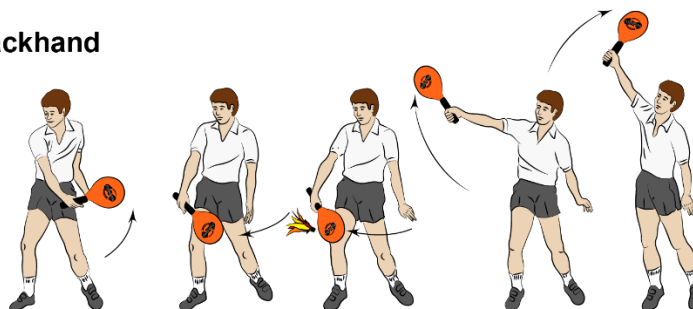
Definitions:

- **Rally:** a sequence of back-and-forth shots between students where the birdie is continuously kept in the air
- The different type of paddle-strokes in Jazzminton Sport:
 - **Forehand:** a stroke in which the inner side of the palm of the dominant hand that is holding the paddle faces forward.
 - **Backhand:** a stroke in which the back of the dominant hand that is holding the paddle faces forward

Forehand



Backhand

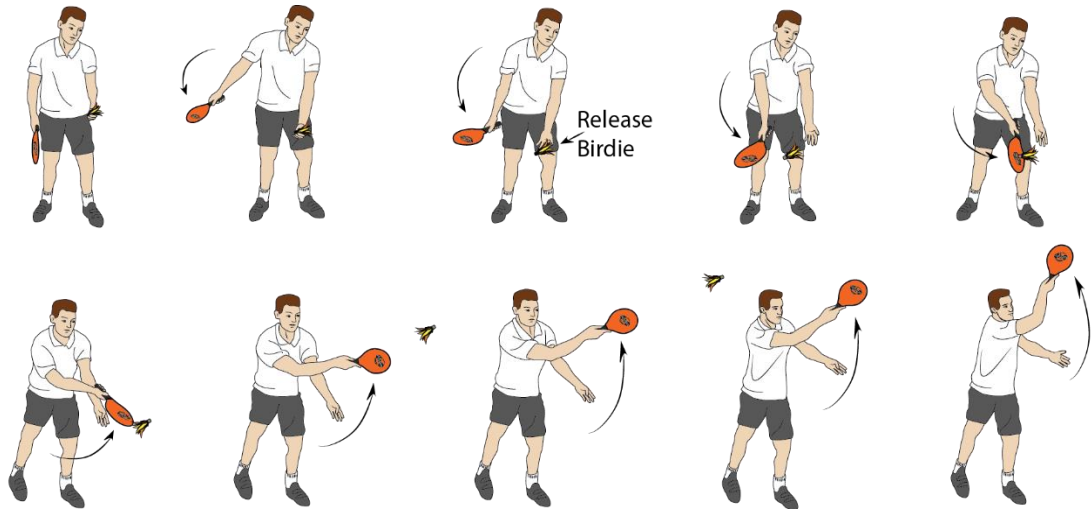


Drill and Instruction:

1. Start with both students facing each other with 10' of distance between them.

2. Serving in Jazzminton Sport:

- a) All serving in Jazzminton Sport is done underhand.
- b) One student should start with the serve by holding the birdie from waist high and hitting it to the other student. The second student should catch the birdie and repeat the same step.



- c) Keep repeating this process until both students feel comfortable serving the birdie to one another (this shouldn't take more than 2 minutes).
3. Repeat step 2 again but this time, do not catch the birdie and instead try to hit it back to the other student without the birdie touching the ground.
4. Set targets of how many hits two students can get in a row (5,10,20,35).
5. Have students train both their forehand and backhand. Set targets of how many they can get in a row with each type of paddle-stroke.

Assessment Ideas:

- Can students hit the birdie back and forth 10 times in a row without the birdie touching the ground?
- Have students keep track of the highest number of times they can hit the birdie in a row.
- Ask students which is more difficult to be consistent with, the forehand or the backhand?

Achieved Ability:

A student who can confidently demonstrate the ability to keep the birdie in the air whilst hitting the birdie to a partner.

Step 6: Playing Back & Forth – Training Precision Shots (2 Players)

Purpose: To have students develop the skill of hitting the birdie to their intended target.

Prerequisite: Once students have demonstrated that they're able to comfortably rally between one another, we want to increase the level of difficulty between shots.

Time: 10-15 minutes

Materials: A playing area in which two students can comfortably be 6-10' apart.
2 Jazzminton paddles (one for each student)
1 Jazzminton "sport" birdie for every two students

Setup:

- Set-up students in 2 rows where they're facing one across from another about 10' apart.
- Students next to each other should have about 3' of room on each side.

Drill and Instruction:

1. With students facing one another, have them rally between one another until they are comfortable and warmed up.
2. Set targets for students to hit the ball to a specific spot (i.e., 5 times to the opposing student's forehand, 5 times to the backhand, etc.)
3. Continue this process until both students can accurately hit the birdie to where they intend.

Assessment Ideas:

- Have students demonstrate that they can hit the birdie to specific targets.
- Ask students which is more comfortable, the forehand or the backhand.
- Ask students which is more controllable, the forehand or the backhand.

Achieved Ability:

A student who can confidently demonstrate the ability to keep control of the birdie whilst hitting it to a partner.

Step 7: Playing Back & Forth – Training Speed (2 Players)

Purpose: To have students develop the skill of increasing speed whilst maintaining accuracy.

Prerequisite: Once students have demonstrated that they're able to control where the birdie is going.

Time: 10-15 minutes

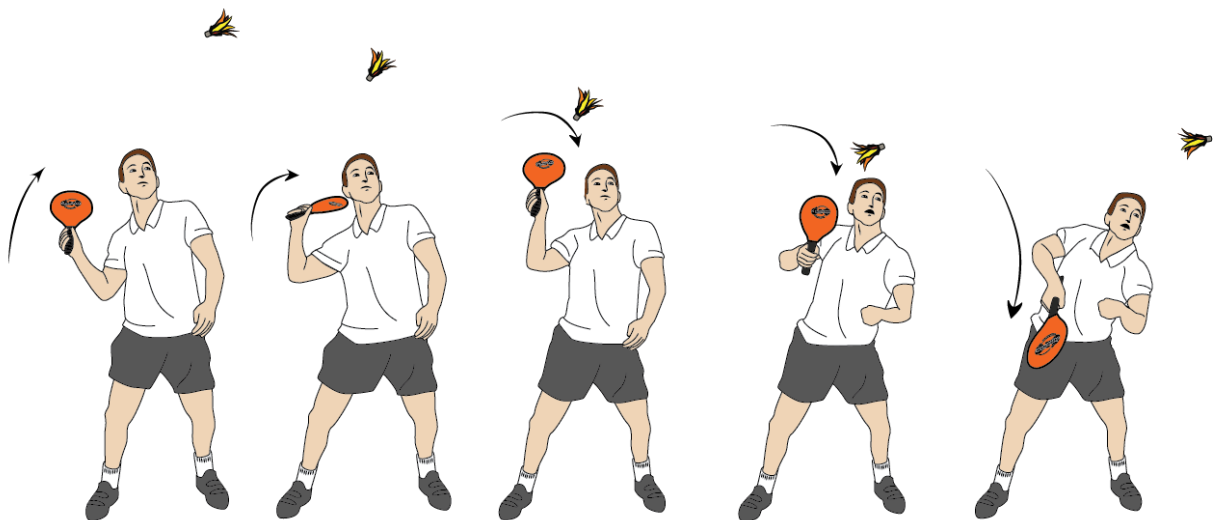
Materials: A playing area in which two students can comfortably be 6-10' apart.
2 Jazzminton paddles (one for each student)
1 Jazzminton "sport" birdie for every two students

Setup:

- Set-up students in 2 rows where they're facing one across from another about 10' apart.
- Students next to each other should have about 3' of room on each side.

Definitions:

- **Spike/Smash:** A stroke that is from above the head in a downward motion to generate a lot of force.



Drill and Instruction:

1. Have students now try to increase the speed of their shots and encourage them to implement the "smash" paddle-stroke.
2. Once they have proved they can handle the speed of their shots. Challenge them to return shots that come quickly with both their forehand and backhand.
3. Continue this until both students are accurate and fast with their rallies.

Assessment Ideas:

- Have students demonstrate that they can return the birdie when it is hit fast.
- Ask students if they find the smash to be controllable.
- Ask students if they find it difficult to return the smash to a certain target.

Achieved Ability:

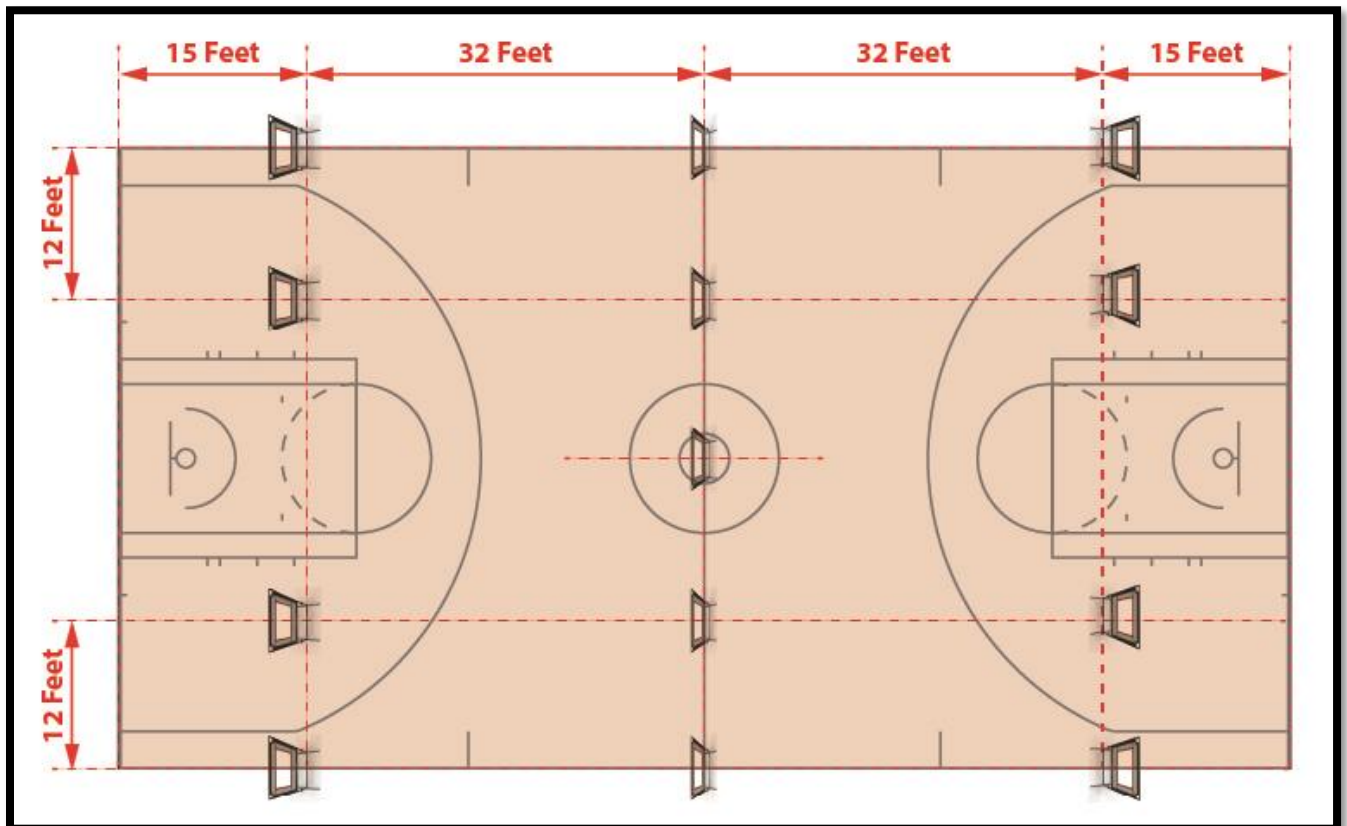
A student who can confidently demonstrate the ability to keep control of the birdie during fast rallies.

Playing the Game

Step 8: Playing Back & Forth with the Net – Basic (2 Players)

- Purpose:** Students will learn to play with the net and rally between one another through the net.
- Prerequisite:** After demonstrating the ability to rally well, it's now time for students to graduate to using the net.
- Time:** One class period (30-45 minutes)
- Materials:** An 8' x 18' playing area.
1 Jazzminton Sport net (1 for every 2 students)
2 paddles (1 for each student)
1 birdie (1 for every 2 students)

Setup for a full class of 26 students, the nets indicate where each Jazzminton Sport net should be placed:



Drill and Instruction:

1. Set up a Jazzminton net in at least an 8' x 18' playing area.
2. Have students stand across from each other with the net in-between them.
3. Have students try to start rallying back-and-forth with the birdie going through the net.

Note: It may take some getting used to at first but once students develop a feel for it, it'll start getting easier and easier.

4. As they get more comfortable rallying, encourage them to start trying to make their opponent miss their return shots. This is where the competition comes into play!

Assessment Ideas:

- Students can demonstrate a consistent rally during gameplay.
- Students can use all paddle-strokes to get the birdie through the net.
- Students having fun!

Achieved Ability:

- A student that can demonstrate the ability to play Jazzminton Sport.
- The students should retain an interest in the game and have fun!

Step 9: Playing a Match (2 Players)

Purpose: To use the Jazzminton Sport net so students can play fun competitive matches between one another.

Prerequisite: Students should be able to consistently rally through the net with one another.

Time: One class period (30-45 minutes)

Materials: An 8' x 18' playing area.
1 Jazzminton Sport net (1 for every 2 students)
2 paddles (1 for each student)
1 birdie (1 for every 2 students)

Note: Full gameplay rules are at the end of this document.

Drill and Instruction:

1. Students should warm up by rallying back and forth to one another.
2. Once ready, play one point to determine who serves first.
3. Have students play a match following the rules of Jazzminton Sport.

Assessment Ideas:

- Do students understand how scoring works?
- Students play a complete game.
- They have fun!

Achieved Ability

- Students understand the rules and gameplay of Jazzminton Sport.
- Students have fun playing competitive matches between each other!

Jazzminton Sport Rules

Before Play

The net and boundaries should be set up per instructions.

Game Play

A player starts a point by serving the birdie through the opening of the Jazzminton net towards the opponent. The returning player must hit it back through the net. The rally continues until a player cannot return the birdie through the opening of the net.

During Play

The player serving must start 6 feet from the net. The receiver may stand at any desired distance. You may only hit the birdie one time.

To equalize sun and wind effects, switch sides every 5 points if desired.

Scoring

Jazzminton is played using rally scoring; points can be won when serving or receiving.

Games are typically played to 11 or 21.

Games must be won by two points unless otherwise agreed upon or specified.

The rally ends and a point is awarded when:

The birdie contacts the ground, net or otherwise isn't returned through the opening of the net.

Serving

If the games are to 11, each player alternates 2 serves at a time.

If the games are to 21 each player alternates 5 serves at a time.

The server must stand at least 6 feet back and wait until his opponent is ready.

The server **MUST** serve underhand.

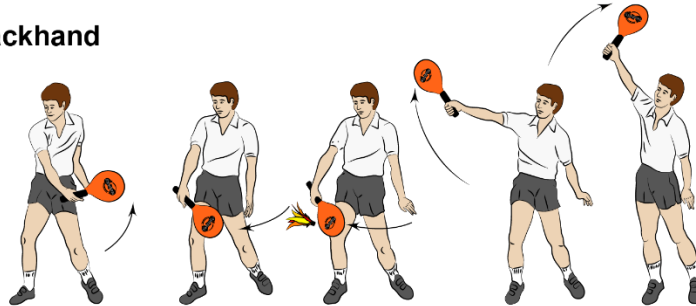
Rallies

The birdies must be hit with the paddle; players may not use any part of their body.

Glossary

- **Backhand:** a stroke in which the back of the dominant hand that is holding the paddle faces forward

Backhand



- **Birdie:** a piece of rubber where feathers are attached to form a cone like shape which is struck by a paddle in Jazzminton Sport



Sport Birdie
fast



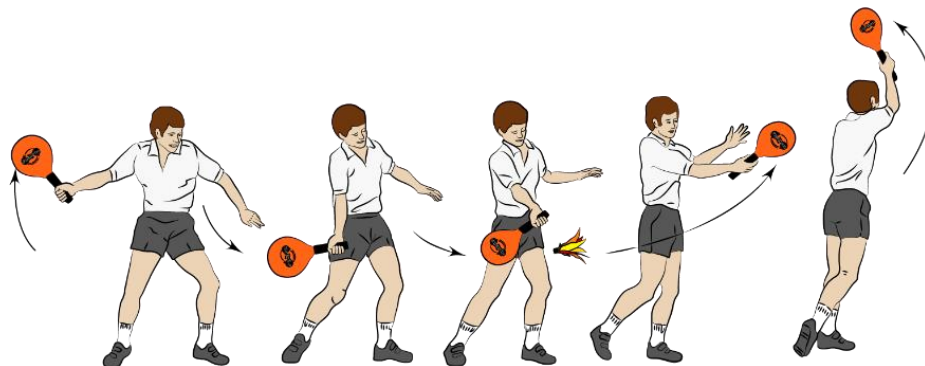
Tournament Birdie
slow



Wind Birdie
fastest

- **Forehand:** a stroke in which the inner side of the palm of the dominant hand that is holding the paddle faces forward

Forehand

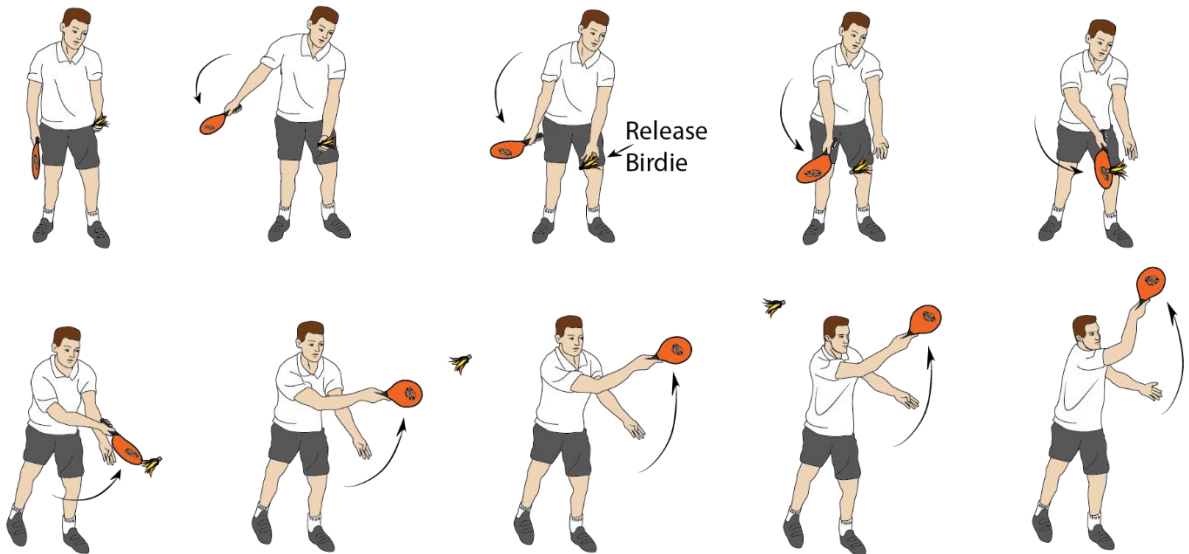


Paddle: a lightweight tool that consists of an oval shape with a handle attached and is used for

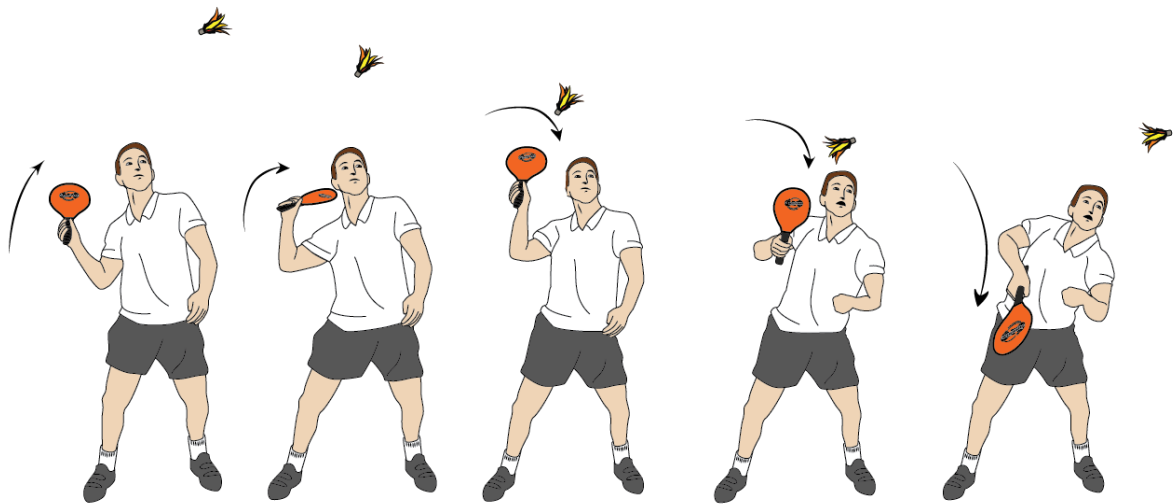


striking a birdie

- **Rally:** a sequence of back-and-forth shots between students where the birdie is continuously kept in the air
- **Serve:** an action in any racquet/paddle game by which a player hits the birdie to his opponent to start the point



- **Spike/Smash:** a stroke that is from above the head in a downward motion to generate a lot of force



Support or Suggestions

For questions, feel free to contact us at any time!

Your suggestions and comments are very welcome!

info@funsparks.com

888-898-3600
9AM to 5PM EST

**We wish you lots of success
with your Jazzminton Sport game.**

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