

Innovative Badminton Coaching

Session - 1

03-09-2015

1. Stance – feet wider than your shoulders, weight slightly on the front of your feet, legs loaded and racket up and held away from the body – this ensures that you are ready to move and have a low centre of gravity for stability.
2. Learn to recover to 'stance' after each shot you make by moving from one foot to two feet. Practice this off court and do slowly and deliberately at first. Progress to holding your racket, making a shadow shot and recovering; gradually increasing the speed of your recovery until it becomes part of your routine when you are playing.
3. Learn to chasée. Start in 'stance' and move to the side with your arms out for balance and your eyes forward. Don't let your feet touch and practice moving right and left. As with 'recovery' start slowly and gradually increase your speed. It's vitally important that you refine the technique before you increase your speed.
4. Learn to spot your landing by using the chasée and introducing a 180° turn. N.B. a high jump through the turn will give you more time to 'spot your landing'.
5. The lunge – this should be your last step when moving forwards and to the side. Lunge using your racket leg, long reach, straight leg, heel down first, bend your knee and keep it above or behind your ankle. Front foot pointing toward the shuttle, back foot square for stability.
6. Where possible on club night try to introduce 'fore-arm rotation' when hitting overhead shots. Check your racket grip, point the butt of the racket forward and be aware of the position of your elbow. If your racket is in the correct position, your elbow should be pointing forward at approximately a 45° angle.

Notes: You will know that there isn't 'one big step forward but lots of little steps'! Be positive, practice regularly and you will see your game improve incrementally. The rate of improvement is directly related to your level of input.

Learn to relax on court - this will give you greater agility and more power in your shots

You can practice relaxing initially by stopping for 2-3 seconds before each of your serves and consciously removing any tension in your arms. This will eventually help to make your serves more accurate. (Remember that your serve starts with the first forward movement of your racket and it is the most important shot in the game).

Use every second on court to practice your movement and shot technique

Fitness:

1. Swimming – hold a 'pool bouy' in front and use your legs to power forward, or put the 'pool bouy' between your thighs and use your arms to power forward. Excellent training.
2. Jog on grass to protect your knees.
3. Push ups (arms and upper body) and pull-ups (abdominal muscles). N.B. Do not pull yourself upwards with your hands behind your head as this can strain your neck muscles. Instead put your fingers either side of your head and use your 'abs' to pull you upwards.
4. Hill walking or stair training.