

Innovative Badminton Coaching

Training tasks

- **Prepare to play** - Always warm up then stretch before starting to play. Badminton is a very demanding sport on the joints and muscles and you could put yourself at risk of long term injury if you don't 'Prepare to Play'.

~ Warm up - PLAY - Warm down ~

- **Practice with a purpose** - When playing on club night or before a match, you should use this time to practice your shots. Get into a routine of clears, smash/blocks, slow drops, fast drops, drives, net kills and serves with your partner before playing.
- **The serve** - *The serve is the most important shot in badminton as it initiates a rally.* This is often the most under practiced shot in badminton! Work on your tight short serve and flick serve you will increase your chance of winning more games.
- **Maintain attack** - The most effective way to play badminton is to be on the attack. This means hitting the shuttle low and flat or downwards so it's below the height of the net when the opponent hits their return. This gives them less time to get to the shuttle and less opportunity to win the point from their return. Maintain the attack and you will win far more points than you lose.
- **Racket carriage** - As you move around the court have your racket held up and away from your body. This means you are ready to hit the shuttle early as you do not have to lift it from around your feet. You will also be able to react to fast shots coming towards you as your racket will already be up in preparation. N.B. When lunging your racket arm and racket leg should move in unison.
- **Prepare for your shots** - It is only possible to consistently hit good shots if you are in a good position to do so. Practice movement around the court so you reach the shuttle early and maintain good balance as you strike the shuttle. Use the split step as your opponent strikes the shuttle so you are ready to move.
- **Hit the shuttle early** - If you strike the shuttle early you will give your opponents less time to recover from their previous shot. By striking early you will also give yourself a better chance to attack the shuttle downwards and win the point earlier.
- **Recovery** - After every shot return to your base position in preparation for all the possible shots by the opposition.
- **Shot Cycle ~ Start - Prepare - Shot - Recover**
 - Start = stance
 - Prepare = split step + move to shuttle
 - Shot
 - Recover = stance