

**Practice Program Speed Badminton  
2<sup>nd</sup> Lesson (of 8)**



**Notes:** If the practice takes place outdoors adult players should use the Match instead of the Fun Speeder<sup>®</sup> for the exercises.

**Abbreviations:** FH = Forehand, BH = Backhand

**Material needed for this lesson:** Rackets, Fun Speeder<sup>®</sup>, Courts



**Optional:** Bibs to mark teams

<b>General information/ News/ Questions – 5 min.</b>	
	<ul style="list-style-type: none"> <li>• Introduction of new players</li> <li>• Attendance list</li> </ul>
<b>Recap 5 min.</b>	The recap should include explanations and a short demonstration <ul style="list-style-type: none"> <li>• Ready position</li> <li>• Grip</li> <li>• Main points about the serve (no details)</li> <li>• Important rules</li> <li>• Difference between FH and BH</li> </ul>
<b>Subject of lesson</b>	Practicing the basics – difference of FH and BH, volley technique and free play

<b>Warm-up</b>			
<b>General warm-up 8 min.</b>	<b>Type</b>	<b>Arrangement</b>	<b>Elements</b>
	Warm up run, Dynamic Warm Up	Players follow the coach , who runs in a circle around the gym	<ol style="list-style-type: none"> <li>1. Running forward</li> <li>2. Running backward</li> <li>3. Arm Circles</li> <li>4. Lateral Shuffle</li> <li>5. Lunge forward</li> <li>6. Sprint (slower at wider parts and fast at longer parts of the gym)</li> </ol>
<b>Exercise 1 5 min.</b>	Mark off an area of play. Divide the players in 2 teams (hand out bibs or use another way of marking the teams). The aim of the game is to throw a Speeder <sup>®</sup> 10 times back and forth between the team members of one team without touching the ground or without the other team catching the Speeder <sup>®</sup> . If the opponents manage to catch the Speeder <sup>®</sup> they get a point. The team that gets the most points wins. Use a Match Speeder <sup>®</sup> for this game (If too difficult, you can use another ball or object).		

**Set up courts in a distance of approx. 25 feet**

**Main part**

<b>Warm up play 10 min.</b>	<b>Arrangement</b>	<b>Procedure</b>	<b>Elements</b>
	<p>The players line up on two lines facing each other.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center;">X X X X</p> <p style="text-align: center;">X X X X</p> </div>	<p>The players rally back and forth. With each successful rally, one partner takes a step back to increase the distance.</p>	<ul style="list-style-type: none"> <li>- Normal play (Tip: keep the Speeder® on a low level)</li> <li>- Only FH cross shots</li> <li>- Only BH cross shots</li> </ul>
<b>Exercise 2 - 10 min.</b>	<p>Count how many times a pair can hit the Speeder without it touching the ground. If the Speeder® hits the ground, start over with the count.</p>		
<b>Demonstration 5 min.</b>	<p>Explain the forehand and backhand volley in detail</p>		
<b>Forehand</b>	<p>The forehand stroke is the most frequently used stroke and many players find it to be the easiest.</p> <p>Initial Position:</p> <ul style="list-style-type: none"> <li>- Middle grip</li> <li>- Move your upper body opposite of the hitting direction</li> <li>- Hitting arm goes backwards</li> <li>- Body weight shifts to one foot</li> <li>- Knees are slightly bent</li> </ul> <div style="text-align: right; margin-top: 20px;">  </div> <p>Hitting Position:</p> <ul style="list-style-type: none"> <li>- The racket face points towards the direction you want to hit the speeder</li> <li>- Body weight shifts</li> <li>- Upper body rotates in the hitting direction</li> <li>- Arm swings forward and hits speeders</li> </ul> <div style="text-align: right; margin-top: 20px;">  </div>		

Finishing Position:

- Racket swings out towards the shoulder
- Resume to basic position as soon as possible



**Backhand**

For most players, the backhand is the most challenging.

Initial Position:


- Middle grip
- Rotate upper body so that your right shoulder goes forward
- Hitting arm is slightly bent and goes backwards
- Body weight shifts to foot
- Knees are slightly bent



Hitting Position:

- Racket face points towards the direction you want to hit the speeder
- Body weight shift to foot
- Upper body rotates in the hitting direction
- Arm swings forward and hits the speeder



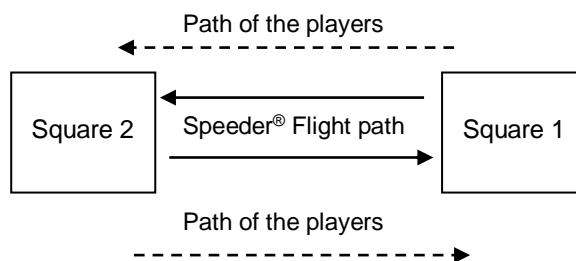
	<p>Finishing Position:</p> <ul style="list-style-type: none"> <li>- Racket swings out</li> <li>- Resume basic position as soon as possible</li> </ul>	
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Exercise 3 – toss the Speeder® 10 min.	Arrangement	Procedure	Elements
	The players line up on two lines facing each other	In pairs: Player 1 throws a Speeder® to player 2. Player 2 tries to use the volley technique and hit the Speeder® back to player 1. (Repeat 10 times, then change; possibly several rounds)	<ul style="list-style-type: none"> <li>- Only FH shots</li> <li>- Only BH shots</li> </ul>
Exercise 4 – Surprise Speeder 10 min.	Have players get into pairs. One player will have two speeders, one match and one fun. The other player will have the racket. The player with the speeders holds them behind their back and yells a color, either yellow or red, and throws both speeders at the same time. Player 2 with the racket must then quickly hit the color of speeder that was called back to their partner without touching the other speeder.		
Exercise 5 – Competiton exercise 10 min.	Put targets in front corners of each square. Play a normal set. If the target is hit or kicked and falls over, the opponent immediately gets 5 points.		
20 min.	Free play with rules		

## Cool Down

### Exercise

“Merry-go-round” to play together at the end:



The players split up in 2 equal groups. Group 1 stands behind square 1 and group 2 behind square 2. The first player of each group step into the square and hits the Speeder® into the opponent's square. Then the player runs on the side of the square towards the other square and gets in the other group's line etc. A player makes a fault loses one life (everybody has 3 lives at the beginning. A player can make 3 faults at the 4<sup>th</sup> he/she is out of the game).

### Outlook

**Call the players together, thank them for the lesson and give an out-look for the next lesson: recap of serve**