

**Practice Program Speed Badminton  
5<sup>th</sup> Lesson (of 8)**



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

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

**Material needed for this lesson:** Rackets, Fun Speeder®, 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>• Difference between forehand and backhand volley</li> <li>• The serve and starting a rally</li> <li>• Overhead forehand clear and smash</li> </ul>
<b>Subject of lesson</b>	Forehand and backhand shots combined with serve and return Overhead shots including FH and BH drive demonstration

<b>Warm-up</b>			
<b>General warm-up 8 min.</b>	<b>Type</b>	<b>Arrangement</b>	<b>Elements</b>
(Note: warm up shoulder especially)	Dynamic Warm Up	Run a couple of circles around gym or playing field.	1. Running forward 2. Running backward 3. Arm Circles 4. Lateral Shuffle 5. Lunge forward 6. Interval side steps (side steps in high frequency)
<b>Exercise 1 - 8 min.</b>	Define a playing field. The players place their racket including one Speeder® each on the ground in this zone. The aim of the game is for a player to have 3 Speeders® on their racket to win. The players try therefore to snatch the other players' Speeders®. It is however only allowed to carry one (and not 2) Speeder® at the time. It is also possible to build 2 teams and to place the rackets of one team inside a determined zone.		

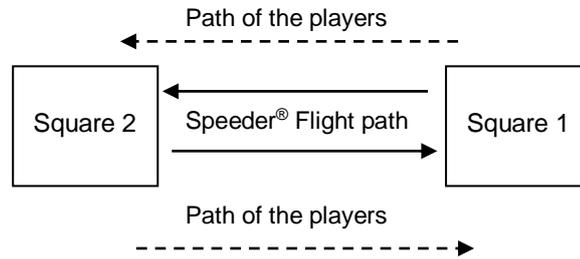
<b>Exercise 2 – Speed Racket Relay</b> <i>10 min.</i>	Break players into teams of 4-5. Set markers at 30 feet and 60 feet. Place the racket at the 30 foot mark. First player runs to first marker grabs racket, runs to the second marker and around it, heads back to the first marker and drops the racket there. Runs back to line and the next player can start running.
	<b><i>Set up courts in normal distance = 42 ft. Introduce the Match Speeder®</i></b>

<b>Warm up play</b> <i>10 min.</i>	<b>Arrangement</b>	<b>Procedure</b>	<b>Elements</b>
	The players line up on two lines facing each other	The players play in pairs facing each other with a Match Speeder® in the distance of the attack lines. The Speeder® has to be played underhand (service rule)	<ul style="list-style-type: none"> <li>- Normal play (Tip: keep the Speeder® on a low level)</li> <li>- Only play volley shots</li> <li>- Return to ready position after each shot</li> </ul>
<b>Demonstration</b> <i>5 min.</i>	Drive forehand (similar to serve) and drive backhand shots. Explain difference to volley.		
<b>Exercise 3 -</b> <i>10 min.</i>	<b>Arrangement</b>	<b>Procedure</b>	
	The players line up around the gym on two lines facing each other	In pairs have player one throw speeder to player 2 who must return the speeder 10 times using a forehand then 10 times using a backhand. Switch partners.	
<b>Exercise 4 -</b> <i>5 min.</i>	Player 1 only plays drive shots, players 2 plays only volleys. After 10 shots, they switch the shots.		
<b>Exercise 5 - Complex play</b> <i>5 min.</i>	Player 1 plays a low serve to player 2, who returns a low volley shot. Player 1 then plays a fast drive – player 2 plays a drive – player 1 plays a volley and so on. (the sequence should be: volley – volley – drive – drive – volley – volley – drive – drive).		
<b>Exercise 6 – Competition</b> <i>15 min.</i>	The server has the goal to play each shot with 80% power. The return player can only play passive shots and has to “wait” for the server to make a mistake. The players play 2 sets to 9 points.		
<i>20 min.</i>	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 outlook for next lesson: tactics and moving around the square**