

**Practice Program Speed Badminton  
6<sup>th</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, CP = Central position, RP = Ready position

**Material needed for this lesson:** Rackets, Fun Speeder<sup>®</sup>, Match 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>	<p>The recap should include explanations and a short demonstration</p> <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> <li>• Forehand and backhand drive</li> </ul>
<b>Subject of lesson</b>	Basic offensive tactics (footwork techniques on the front court)

**Practice**

<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	Every player has their racket with one Speeder <sup>®</sup> lying on it. The coach gives several commands which the players follow while moving around the gym with their racket	<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. Interval side steps (side steps in high frequency)</li> </ol>
<b>Exercise 1 - 8 min.</b>	Use the lines on the ground of the gym as playing field. The players can only move with sidesteps on the lines. 2 or 3 players are chosen to be the hunter. They have to place a Speeder <sup>®</sup> on their rackets and try to touch another player (not the other hunters) with the racket. If the hunter catches a player then they become hunter immediately (the racket and Speeder <sup>®</sup> are handed		

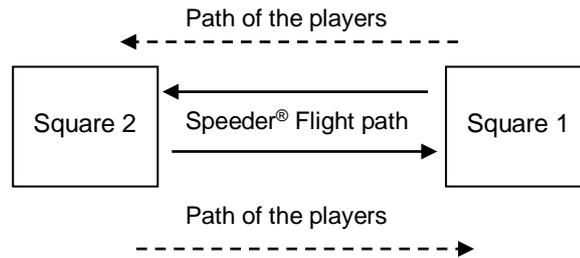
	<p>over). After the change the hunter always has to go back to a designated area and start the "hunt" from there.</p>
<p><b>Scissor jump and moving to front court</b> <i>15 min.</i></p>	<p>Explain the central position and the use of the scissor jump. Demonstrate the scissor jump:</p> <p><b>Methodical sequence for learning the scissor jump</b></p> <ol style="list-style-type: none"> <li>1. Every player finds a line with some place around the gym. Standing on the line the players should try to make a 180° turn in the air. They should land on both feet at the same time and on the same spot they were standing on before.</li> <li>2. The same as no 1 and the players should make 2 or 3 sidestep on the line before jumping (make sure they turn in the right direction!).</li> <li>3. Now they players try to jump from standing on one foot (right handed: starting on the right foot) to standing onto the other foot (left) – landing only on this foot this time.</li> <li>4. The same as no 3 and the players should make 2 or 3 sidestep on the line before jumping (the jump needs to go up and in a backward direction)</li> <li>5. Now let the players try the whole scissor jump. First, focus only on the legs, then add the hitting movement</li> <li>6. The whole movement with sidesteps beforehand while throwing the Speeder®. Then the player moves forward to the partner to high five (after the throw move towards the partner who has caught the Speeder®. Take the Speeder® back and repeat)</li> <li>7. Introduce the footwork technique to right and left front corner</li> <li>8. Exercise: the coach throws 10 Speeders® in the corner where the footwork technique should be practiced. The player has to use the correct hitting and footwork techniques and resume to the central position after each shot</li> <li>9. Playing exercise: Player 1 serves (first high, then low), player 2 returns the Speeder® using the correct footwork techniques</li> </ol>
	<p><b><i>Set up courts (normal distance = 42 feet)</i></b></p>

## Main part

<b>Tactic explanation</b> <b>3 min.</b>	<p>An offensive tactic means that you put your opponent under pressure in order to force them to make a mistake or score a direct point. The offensive player actively acts and only reacts in order to get back in an offensive position. First, introduce the offensive shots:</p> <ul style="list-style-type: none"> <li>- Smash</li> <li>- Offensive clear</li> <li>- Offensive drop shot</li> <li>- FH drive (potentially a powerful volley)</li> <li>- NO backhand shots</li> </ul>	
<b>Transition Offensive tactics</b> <b>10 min.</b>	<b>Arrangement</b>	<b>Procedure</b>
	The players are on the courts. Build groups of 4 if there are a lot of players, taking turns in pairs in order to play singles.	Player 1 plays an easy serve to player 2's FH. Player 2 tries to score with one shot (drive shot). If the shot is not a point, player 1 can return the Speeder® once more and wins a point. One set to 7 points, then change roles. Every 3 points the different teams take turns, so that everyone gets to play.
<b>Exercise 2 - 10 min.</b>	<b>Arrangement</b>	<b>Procedure</b>
	The players are on the courts. Build groups of 4 if there are a lot of players, taking turns in pairs in order to play singles.	Player 1 serves high and too short to the front court of player 2, who plays a smash and tries to score a point as quickly as possible. The rally is finished with normal play and scoring is as in the previous exercise. (Have the teams take turns again.)
<b>Exercise 3 - 10 min.</b>	<b>Arrangement</b>	<b>Procedure</b>
	The players are on the courts. Build groups of 4 if there are a lot of players, taking turns in pairs in order to play singles.	Player 1 only plays high, defensive shots, so that player 2 can smash every ball. Player 2 tries to score: every mistake is "-1" point, every rally they win is "+1" point. At "+6" player 2 wins the game and loses at "-6". (Have the teams take turns again as before.)
<b>Exercise 4 - 10 min.</b>	<b>Arrangement</b>	<b>Procedure</b>
	The players are on the courts. Build groups of 4 if there are a lot of players, taking turns in pairs in order to play singles.	Player 1 always plays high shots or on player 2's forehand. Player 2 tries to score a direct point or force player 1 to make mistakes by playing precise shots (to the corners – also to the back of the court).
<b>20 min.</b>	Free play with rules	

## Cool Down

<b>Exercise</b>	"Merry-go-round" to play together at the end:
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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: defensive tactics and moving around the square**