

**Practice Program Speed Badminton  
7<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, CP = Central position, RP = Ready position

**Material needed for this lesson:** Rackets, Fun Speeder®, Match Speeder®, Courts

**Optional:** bibs to mark teams, tennis balls

<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> <li>• Forehand and backhand drive</li> <li>• Scissor jump and moving to front court</li> <li>• Offensive tactics</li> </ul>
<b>Subject of lesson</b>	Basic defensive tactics (footwork techniques in the square in general)

**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 tennis ball 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> <li>7. Bounce the tennis ball with racket on the floor while running</li> </ol>
<b>Exercise 1 -</b>	Racket hockey: Build 2 teams and put up 2 benches as goals. The tennis ball		

<b>8 min.</b>	is the puck. The ball is not allowed to bounce; if it does, the ball needs to be pressed down again with the racket. The rackets should be held close to the ground. Players must shoot the ball into the bench in order to score.
<b>Explanation- Moving to back court 15 min.</b>	<p>Explain the footwork techniques to the back right and left corners. You may also briefly introduce block jumps (shots from the sides of the court).</p> <p>Exercise after the explanations: Player 1 throws 10 Speeders® in the corner where the footwork technique should be practiced. Player 2 plays the Speeder® using the correct footwork techniques. Then the players change; 3 rounds in total.</p>
	<b>Set up courts (normal distance = 42 feet)</b>

### Main part

<b>Tactic explanation 3 min.</b>	<p>A defensive tactic means that you play safe shots, thereby minimizing your own and increasing your opponent's mistakes. It also creates psychological pressure for the opponent as you mostly react Defensive shots are:</p> <ul style="list-style-type: none"> <li>- Clear</li> <li>- Safe drop shot</li> <li>- Shots to the center of the court</li> <li>- Volley shots</li> <li>- Energy-efficient footwork</li> </ul> <p>Note: A real defensive tactic is mostly used by mentally strong players and players with good stamina.</p>	
<b>Transition Defensive tactics 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 either a high serve to player 2's BH corner or a low serve to player 2's BH. Player 2 tries to put pressure on the opponent with the returning shot. The rally is finished with normal play. One set to 7 points, then change roles. Every 3 points the different teams take turns.
<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 makes a low and fast serves. Player 2 has to play every Speeder® to player 1's back court. It is a mistake if the Speeder® lands in the front court. Player 2 can play as they like. 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 plays an offensive tactic, while player 2 plays a defensive tactic. Who can win the game? Scoring is as in the previous exercise. (Have the teams take turns again.)

<b>Exercise 4 - 10 min.</b>	<b>Arrangement</b>	<b>Procedure</b>
<b>20 min.</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 and player 2 both play only a defensive tactic Scoring is as in the previous exercise. (Have the teams take turns again.)
	Free play with rules	

<b>Cool Down</b>	
<b>Exercise</b>	<p data-bbox="386 719 976 757">"Merry-go-round" to play together at the end:</p> <div data-bbox="544 786 1126 1048" style="text-align: center;"> </div> <p data-bbox="386 1081 1415 1285">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).</p>
<b>Outlook</b>	<b>Call the players together, thank them for the lesson and give outlook for next lesson: Playing doubles</b>