

**Practice Program Speed Badminton
8th 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

General information/ News/ Questions – 5 min.	
<ul style="list-style-type: none"> • Introduction of new players • Attendance list 	
Recap (last lesson) 6 min.	The recap should include explanations and a short demonstration <ul style="list-style-type: none"> • Ready position • Grip • Difference between forehand and backhand volley • The serve and starting a rally • Overhead forehand clear and smash • Forehand and backhand drive • Scissor jump and moving in front court • Offensive tactics • Footwork techniques back court • Defensive tactics
Subject of lesson	Playing doubles

Practice

Warm-up			
General warm-up 5 min.	Type	Arrangement	Elements
(Note: warm up shoulder especially)	Dynamic Warm Up	In pairs: Player 1 demonstrates a running element on the length of the gym and player 2 imitates it. Then change roles.	<ol style="list-style-type: none"> 1. Running forward 2. Running backward 3. Arm Circles 4. Lateral Shuffle 5. Lunge forward 6. Interval side steps (side steps in high frequency)
Exercise 1 - 8 min.	Get players into pairs and each pair receives one easy court. The players have to take the diagonal corners of the Easy Court and pull it apart to strain it. Now the pairs have to move around the gym (with the strained Easy Court) without blocking any of the others. A pair that stops or blocks somebody else		

	is out. The players that are out do a plank until the end of the game (when only one pair is left).
	Set up courts (normal distance = 42 feet)

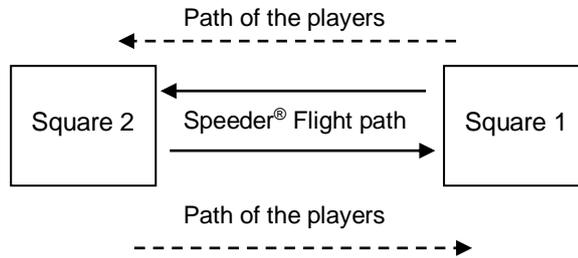
Main part

Warm up play 10 min.	Arrangement	Procedure
	2 against 2 players = 4 players on one court.	The players alternate in playing the Speeder®. The player should make sure to play the Match Speeder® low and controlled. If a player has to run to the back court, make sure they always return to CP after the shot while keeping the eyes on the opponent. Count the most hits of one team.
Exercise 2 - 10 min.	Arrangement	Procedure
	2 against 2 players = 4 players on one court.	As previous exercise, but each team only gets one racket.
Exercise 3 - 10 min.	Arrangement	Procedure
	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	The previous exercises combined with points on a court (1. Take turns when hitting the Speeder®, 2. Only one racket per team)
Explanation Doubles rules 3 min.	Explain the rules of doubles and point out differences to Singles.	
		
Exercise 4 – 10 min.	Play doubles with the normal rules	
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 4th he/she is out of the game).

Outlook

Call the players together, thank them for the lesson and give outlook for next lesson...