

**Practice Program Speed Badminton
4th 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, and soft balls


Optional: bibs to mark opposing teams

General information/ News/ Questions – 5 min.	
<ul style="list-style-type: none"> • Introduction of new players • Attendance list 	
Recap 5 min.	<p>The recap should include explanations and a short demonstration</p> <ul style="list-style-type: none"> • Ready position • Grip • Difference between forehand and backhand volley • The serve and starting a rally
Subject of lesson	Overhead forehand shot – Smash and clear

Warm-up			
General warm-up 8 min.	Type	Arrangement	Elements
(Note: warm up shoulder especially)	Dynamic Warm Up, Warm up the shoulders especially		<ol style="list-style-type: none"> 1. Running forward 2. Running backward 3. Arm circles 4. Lateral Shuffle 5. Lunge forward 6. Sprint (slower at wider parts and fast at longer parts of the gym)
Exercise 1 - 10 min.	Divide the players in 2 teams and define a playing field with 2 zones. The players play ultimate Frisbee with a Speeder [®] . This means that the players cannot move while holding the Speeder [®] . Only passes are allowed (no body contact) and the player with the Speeder [®] has to pass it to a teammate who is standing in the zone in order to score a point. As soon as the Speeder [®] touches the ground, the opponent's team gets the Speeder.		
Set up courts in a distance of approx. 25 feet			

Main part

Warm up play 10 min.	Arrangement	Procedure	Elements
	The players line up on two lines facing each other	The players play in pairs facing each other with a Fun Speeder® in the distance of the attack lines. The Speeder® has to be played underhand.	<ul style="list-style-type: none"> - Normal play (Tip: keep the Speeder® on a low level) - Only play volley shots, once in a while the Speeder® is played high, so that the player can return it with a controlled overhead shot to their partner
Demonstration 5 min.	Overhead shots – description of technique. Explain difference between smash and clear.		
Overhead Shots	<p>High and long shots from an opponent have to be played overhead.</p> <p>Initial Position:</p> <ul style="list-style-type: none"> - Middle grip - Hitting arm is bent and the racket is held above and behind your head - The knees are slightly bent - Feet are shoulder width apart <p>Hitting Position:</p> <ul style="list-style-type: none"> - The elbow of the hitting arm moves towards the incoming speeder - The upper body rotates towards the basic position - The hitting arm is stretched, swing forward to hit the speeder - Body weight shifts to the front 		

	Finishing Position: <ul style="list-style-type: none"> - Racket swings down and out - Resume to basic position 	
		
Exercise 2 - dry run 5 min.	Arrangement	Procedure
	The players line up around the gym on two lines facing each other	In pairs with one Speeder® and no rackets. The players throw the Speeder® back and forth in a distance of approx. 16 feet. The throw should start from the zero joint position (the position before starting the hitting movement). Pay attention to the correct throwing technique.
Step 3: Exercise – toss the Speeder® 5 min.	Every player gets a softball and tries to practice the overhead technique by making an overhead serve against a wall. The players can see where their shots land (the height of the impact at the wall), which helps them differentiate the smash and clear.	
Exercise 4 - Playing exercise 10 min.	Player 1 plays a high serve to player 2. Player 2 tries to smash 10 times and then plays a clear 10 times in a row. Take turns after this. For advanced players you can mark zones in the opponent's square that they should try hitting the Speeder® in.	
Exercise 5 - Competition exercise 15 min.	Play 2 sets to 9 points, without a change of serve. Player 1 serves first; then player 2 serves in the second set. A service fault is punished with a 2 point loss. If the players score a point with a smash, they get 2 points. Who wins the game?	
20 min.	Free play with rules	

Cool Down	
Exercise	"Merry-go-round" to play together at the end:

	<div style="text-align: center;"> <p>The diagram illustrates the game setup. Two squares, Square 1 and Square 2, are positioned horizontally. Two solid arrows labeled 'Speeder® Flight path' connect the squares: one from Square 1 to Square 2 and another from Square 2 to Square 1. Two dashed arrows labeled 'Path of the players' are also shown: one above the squares pointing from right to left, and one below the squares pointing from left to right.</p> </div> <p>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).</p>
Outlook	Call the players together, thank them for the lesson and give outlook for next lesson: recap of what they learned so far and drive shots