

Practice Program Speed Badminton
3rd 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, a long bench (or a banner or table cloth etc...)

General information/ News/ Questions – 5 min.	
<ul style="list-style-type: none"> • Introduction of new players • Attendance list 	
Recap 5 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
Subject of lesson	The serve and starting a rally

Warm-up			
General warm-up 8 min.	Type	Arrangement	Elements
	Warm up run, Dynamic Warm Up	Players face the coach and stand shoulder to shoulder in a line and run from one side of the gym area to the other and back	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 - 5 min.	Divide the players in 2 teams. The middle line of the gym splits it into 2 halves, one for each team. Everyone gets each a Match and Fun Speeder®. The aim of the game is to hit as many Speeders® as possible into the opponent's half. After an undefined time the coach calls the end of the game and the winner is determined by the amount of Speeders in their opponent's half.
Exercise 2 - 5 min.	Similar to game 1. This time a bench is put into the middle of the gym (alternatively you can mark a zone with a banner or table cloth, etc.). Put several different items on the bench, that have to be hit down (tubes, old racket, a slipper, Speeder®, etc.). The team that shoots down the most wins.
	<i>Set up courts in a distance of approx. 25 feet</i>

Warm up play 10 min.	Arrangement	Procedure	Elements
	The players line up on two lines facing each other	The players should pair up and line up facing each other. Rally back and forth for duration of warm up.	- Normal play (Tip: keep the Speeder® on a low level)
Demonstration 5 min.	Serving technique and correct serving position in the square		

The Serve

The serve is one of the most important strokes.

Initial Position:

- Stand sideways with one foot in front and one foot in the back at a slight angle
- Knees are slightly bent
- Upper body is slightly rotated
- Hold the speeder in one hand and the racket in the other

Hitting Position:

- Drop the speeder
- Simultaneously swing your hitting arm to the speeder
- Hit the speeder
- Shift your weight to the front foot

Finishing position:

- Hitting arm swings out towards the shoulder
- Return back to basic position

Exercise 3 - dry run 3 min.

The players practice the serve movement without the Speeder® only with the racket. Correct the movements if necessary.

Exercise 4 - Individual exercise 7 min.	Every player gets a Speeder® and tries to hit it with the correct serving technique against the wall. The coach should discuss common mistakes with the group and have good players present their technique as example.
Exercise 5 - Serving Accuracy 10 min.	Set up various targets that vary in distance and size. Each target is worth a certain amount of points. Using the fun speeder, have students try to hit targets for points. Student that gets the most points wins.
20 min.	Free play with rules

Cool Down	
Exercise	<p>"Merry-go-round" to play together at the end:</p> <p style="text-align: center;">Path of the players</p> <p style="text-align: center;">Speeder® Flight path</p> <p style="text-align: center;">Path of the players</p> <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>

