

Practice Program Speed Badminton
6th 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

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 • The serve and starting a rally • Overhead forehand clear and smash • Forehand and backhand drive
Subject of lesson	Basic offensive tactics (footwork techniques on the front court)

Practice

Warm-up			
General warm-up 8 min.	Type	Arrangement	Elements
(Note: warm up shoulder especially)	Dynamic Warm Up	Every player has their racket with one Speeder® lying on it. The coach gives several commands which the players follow while moving around the gym with their racket	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.	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® 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® are handed over). After the change the hunter always has to go back to a designated area and start the “hunt” from there.		

**Scissor jump
and moving
to front court
15 min.**

Explain the central position and the use of the scissor jump. Demonstrate the scissor jump:

Methodical sequence for learning the scissor jump

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.
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!).
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.
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)
5. Now let the players try the whole scissor jump. First, focus only on the legs, then add the hitting movement
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)
7. Introduce the footwork technique to right and left front corner
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
9. Playing exercise: Player 1 serves (first high, then low), player 2 returns the Speeder® using the correct footwork techniques

Set up courts (normal distance = 42 feet)

Main part

Tactic explanation 3 min.	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: <ul style="list-style-type: none"> - Smash - Offensive clear - Offensive drop shot - FH drive (potentially a powerful volley) - NO backhand shots 	
Transition Offensive tactics 10 min.	Arrangement 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.	Procedure 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.
Exercise 2 - 10 min.	Arrangement 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.	Procedure 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.)
Exercise 3 - 10 min.	Arrangement 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.	Procedure 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.)
Exercise 4 - 10 min.	Arrangement 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.	Procedure 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).
20 min.	Free play with rules	

Cool Down

Exercise	<p>"Merry-go-round" to play together at the end:</p> <p>Path of the players</p> <p>Speeder® Flight path</p> <p>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>
Outlook	<p>Call the players together, thank them for the lesson and give outlook for next lesson: defensive tactics and moving around the square</p>