

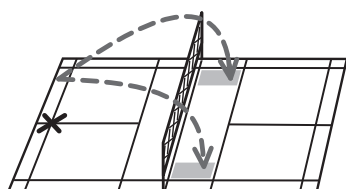
Badminton Practice Plan

7

CUES

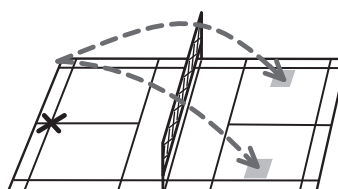
Drop (Front)

- Trajectory: Low
- Target: Front Court



Smash (Back)

- Trajectory: Steep
- Target: Mid-Court Sideline



Tactical

- Use Deception
- Move Opponent
- Always Go Home
- Win the Point

Choose a racquet type that will maximize your success.

1. Doubles front-to-back formation. From a serve, rally. Players must call 'Mine' prior to hitting a shot. Perform 10 rallies. Alternate F and B positions after each rally.
2. Doubles front-to-back formation. From a serve, complete a 10-hit rally, then try to score. Points can only be earned off a drop shot or smash. Players must call 'Mine' prior to hitting a shot. Play to 5 points. F and B positions after each point.
3. 1 team in front-to-back and the other in side-to-side formation. Each team must remain in this formation for entire game. From a serve, complete a 10-hit rally, then try to score. Players must call 'Mine' prior to hitting a shot. Play to 5 points. Rotate positions after each point. Rotate formations after each game. Play 4 games.
4. Create, practice, & play your own version of I Got Your Back. Vary the type of shot (clear, drop, smash and drive), type of serve (long and short), type of formation (F-B or S-S), space and scoring methods to develop rules. Play until signal.

Think Abouts

Which shot did you find to be most successful against each doubles formation?

Which doubles formation do you prefer? Why?