

The Practice Principle

Practice is important! Practice makes you better! Practice works!

Hey Coach

Your job is vital! During practice coaches are responsible for:

- Instructing & providing feedback to teammates
- Monitoring individual and team performance
- Supporting, encouraging, and motivating teammates
- Ensuring the safety of teammates
- Managing time, space, and equipment

Coaching Character

Character matters! An effective coach is one who is:

- Trustworthy
- Inspiring
- Encouraging
- Responsible
- Patient
- A good listener

Coaching 101

Make practices count! Use these guidelines to maximize learning:

- Refer to Content Cards & Practice Plans for important information.
- Follow the Practice Plan tasks in order.
- Read each task aloud so teammates can get set up quickly.
- Use the 80/20 Rule – be a plumber and fix the leaks.
- Show & Tell – demonstrate to communicate.
- Look for Movement – make sure all teammates are active all the time.
- Help teammates learn rules, etiquette, & fair play.
- Use “Think Abouts” to give your team the mental edge.

Don't practice until you get it right. Practice until you can't get it wrong!

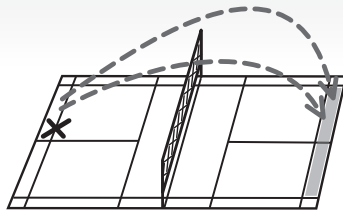
Badminton Practice Plan

1

CUES

Clear

- Trajectory:
High or Flat
- Target: Backcourt



Tactical

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

Choose a racquet type that will maximize your success.

1. From a long serve, perform an overhand clear 10X. Aim high and for the backcourt. How many shots can you land within 3 ft. of baseline? Rotate roles and repeat.
2. From a short serve, perform an underhand clear 10X. Aim high and for the backcourt. How many shots can you land within 3 ft. of baseline? Rotate roles and repeat.
3. From a serve (long or short), perform a clear (over or underhand) 5X. How many shots can you land within 3 ft. of baseline? Rotate roles and repeat.
4. From a serve, rally with clears only and recover-to-center after each shot. How many clears can you hit in a row?
5. Repeat #4, earn 1 point for each shot that forces your opponent to move from center court. How many points can you earn in 1 rally?
6. Create, practice, & play your own version of Rally and Recover. Vary the type of clear (overhand and underhand), type of serve (long and short), space and scoring methods to develop rules. Play until signal.

Think Abouts

Why should you hit a clear high or flat and to the back court?

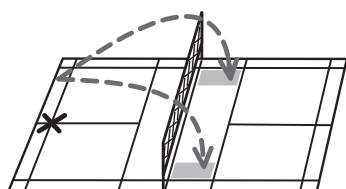
Why is it important to move your opponent from center court?

Badminton Practice Plan 2

CUES

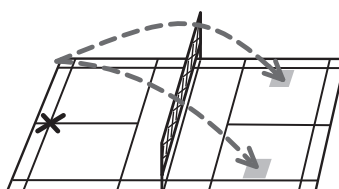
Drop

- Trajectory: Low
- Target: Front Court



Smash

- 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. From a long serve, perform an overhand drop shot 10X. Hit with a low trajectory and aim for the front court. How many shots can you land within 3 ft. of the net? Rotate roles and repeat.
2. From a short serve, perform an underhand drop shot 10X. Hit with a low trajectory and aim for the front court. How many shots can you land within 3 ft. of the net? Rotate roles and repeat.
3. From a serve (long or short), perform a drop shot (over or underhand) 5X. How many shots can you land within 3 ft. of the net? Rotate roles and repeat.
4. From a long serve, perform an overhand smash 10X. Hit with a steep trajectory and aim for the mid-court sideline. How many shots can you land within 3 ft. of the sideline? Rotate roles and repeat.
5. From a serve, complete a 10-hit rally, then try to score. Points can only be earned off a drop shot or smash. Play to 5 points.
6. Create, practice, & play your own version of Win the Point. Vary the type of shot (clear, drop, and smash), type of serve (long and short), space and scoring methods to develop rules. Play until signal.

Think Abouts

Why should the overhand drop shot look initially like the overhand clear?

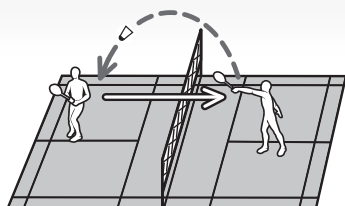
Why should you hit a smash with a steep trajectory and to the mid-court sideline?

Badminton Practice Plan 3

CUES

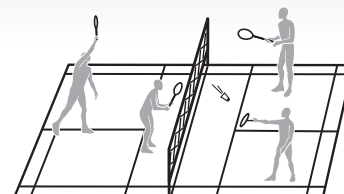
Drive

- Trajectory: Flat
- Target: Backcourt



Team Play

- Determine team strategy
- Adjust as partner moves
- Communicate
- Attack/Defend



Choose a racquet type that will maximize your success.

1. Singles formation. From a long serve, perform a drive shot 10X. Hit with a flat trajectory and aim for the back court. How many shots can you land within 3 ft. of the baseline? Rotate roles and repeat.
2. Singles formation. From a serve, rally using clears and drives and recover-to-center after each shot. How many shots can you hit in a row?
3. Doubles side-to-side formation. From a serve, rally. Players must call 'Mine' prior to hitting a shot. Perform 10 rallies. Alternate R and L sides after each rally.
4. Doubles side-to-side formation. From a serve, complete a 10-hit rally, then try to score. Points can only be earned off a drive. Players must call 'Mine' prior to hitting a shot. Play to 5 points. Alternate R and L sides after each point.
5. Doubles side-to-side 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. Alternate R and L sides after each point.
6. Repeat any task 1-5 you would like or move on to next task (#7).
7. Create, practice, & play your own version of Picking Sides. Vary the type of shot (clear, drop, smash and drive), type of serve (long and short), space and scoring methods to develop rules. Play until signal.

Think Abouts

Why is it important to communicate in doubles play?

Is side-to-side a defensive or offensive formation? Why?

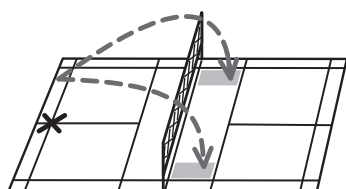
Badminton Practice Plan

4

CUES

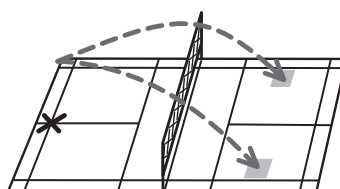
Drop (Front)

- 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. Alternate 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?