Badminton

Week 5: Smash

Warm Up

Equipment

- cones
- working area

Dishes and Domes

Spread out cones across the working area, half laid as normal and the other half upside down. Once this has been done, split all participants into two equal teams and allocate a side of the hall to stand at facing opposing team. Each team will then be allocated dishes or domes (dishes-upside down cones, domescorrect
way cones). When you shout go each team must turn as much cones as possible to their correct way in the time allocated. When coach shouts stop, all participants must return to the team's side and allow coach to count the number of dishes and domes. The team with the most cones turned their way wins. This

Drill

Equipment

- 1 racket per player
- shuttle cocks
- badminton net
- badminton stands

All participants will be split into pairs and have a racket each and also several shuttles. For this drill one individual must play a high serve into the middle of the court for their partner who will perform a smash. Similar to the Drop shot, individuals will hit the shuttle at the highest point, only difference this time, they must swipe their arm down towards their opponent's floor as fast as possible so that the shuttle will go over the net but will be going at a high speed towards the ground. Each individual will get several attempts each then swap roles.

Progression

Equipment

- 1 racket per player
- shuttle cocks
- badminton net
- badminton stands

Each pair will start a rally between each other, their aim is to play the smash shot at any appropriate time, the coach will be required to watch each pair and give feedback if any individual missed a chance of playing a smash or picked the wrong moment to play the smash. Participants must be remember that the best chances are when the shuttle is high either at the front or middle of the court making it easier to return the smash over the net.

Conditioned Game

Equipment

- 1 racket per player
- shuttle cocks
- badminton net
- badminton stands

For the conditioned game, get individuals to play half court singles, if they win a point by using the smash shot then the participant is awarded 2 points. Play to a maximum of 11 points then swap partners allowing for chances to play other individuals

Cool Down

Equipment

- 1 racket per player
- shuttle cocks
- badminton net
- badminton stands

For the cool down, individuals will do follow the leader in pairs. They will start off with a slow jog and copy what the leader is doing in front, this could be lunges, side steps or walking replicating some of the movements in badminton, replicating shots can be put in also for example replicating a net shot, serve or a smash to ensure they can remember the movements of each shot in the game. Ensure once this has been done that participants complete some static stretches to and gather feedback about the session before finishing.