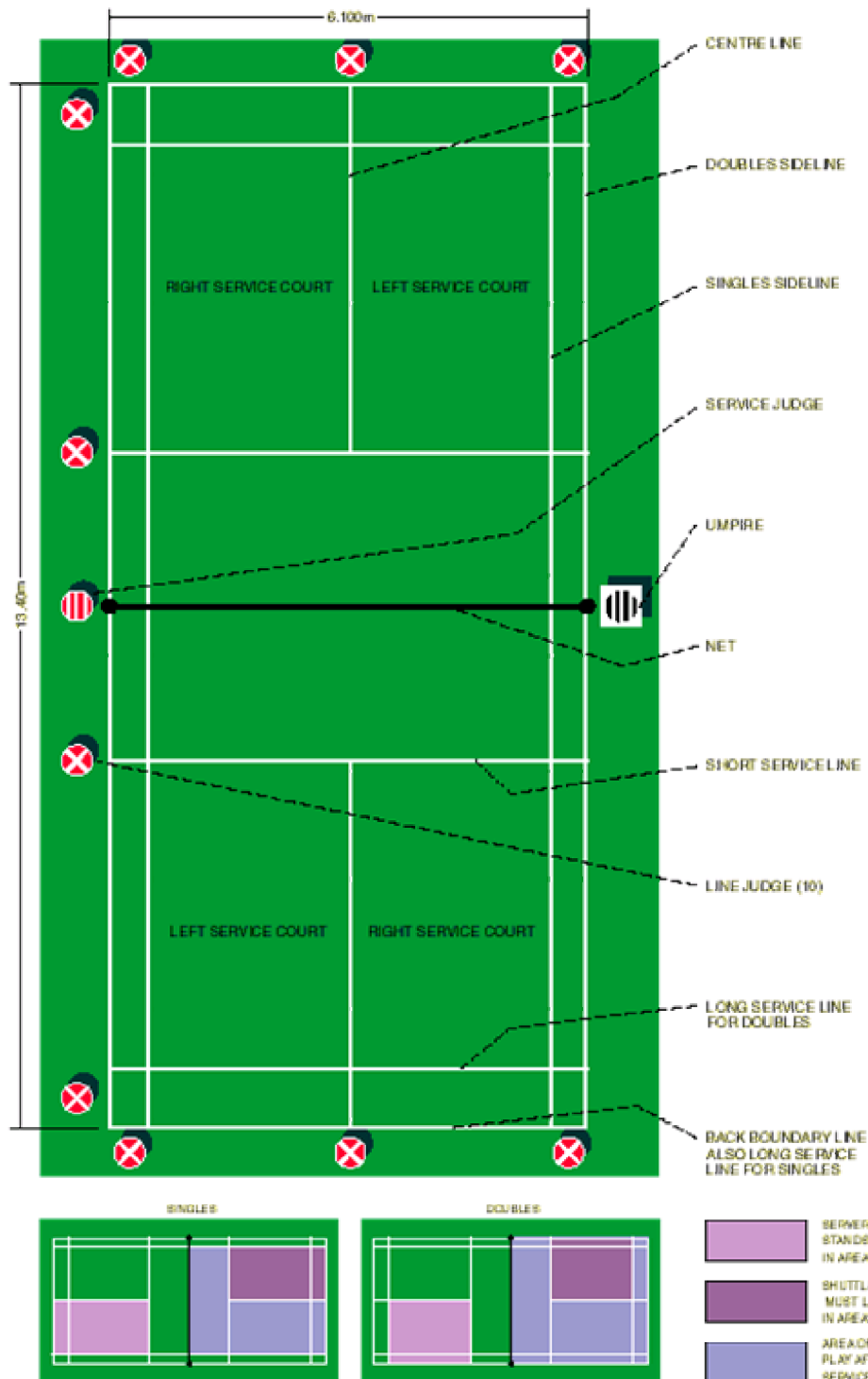


# **BADMINTON**

## **DAY 1**

- **GENERAL INTRODUCTION OF SELF AND STUDENTS.**
- **EXPLAIN THE PURPOSE AND IMPORTANCE OF THE CAMP**
- **GENERAL WARMUP (Approx. 15 -20 Min. FOR ALL 15 DAYS)**
- **BRIF HISTORY AND THE KNOWLEDGE OF THE GAME**
- **GENERAL INFORMATION REGADING GAME PALYED AND**
- **EQUIPMENTS USED.**

- COURT SIZE FOR SINGLES - 44 FEET LONG X 17 FEET WIDE
- COURT SIZE FOR DOUBLES - 44 FEET LONG X 20 FEET WIDE
- NET HEIGHT - 5 FEET
- SHUTTLECOCKS - ALSO KNOWN AS BIRDIES OR BIRDS. ONE TYPE HAS FEATHERS WITH A CORK BASE, AND THE OTHER IS PLASTIC WITH A RUBBER BASE.
- RACKETS - MADE OF LIGHTWEIGHT MATERIAL LIKE WOOD, PLASTIC OR METAL.



### **DAY 3**

- BASIC POSITIONING OF ARM AND GRIP.
- SHAKE HAND GRIP AND BACKHAND GRIP.
- USING OF WRIST.
- PALYING AGAINST WALL WALL WITH COCKING AND UNCOCKING OF WRIST.
- HITTING THE SHUTTLE OVERHEAD IN THE AIR AND ON WALL.

### **DAY 4**

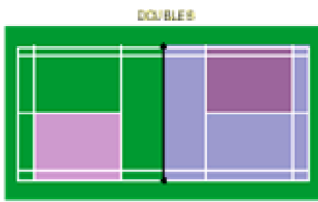
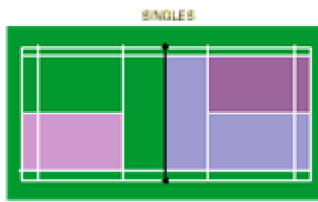
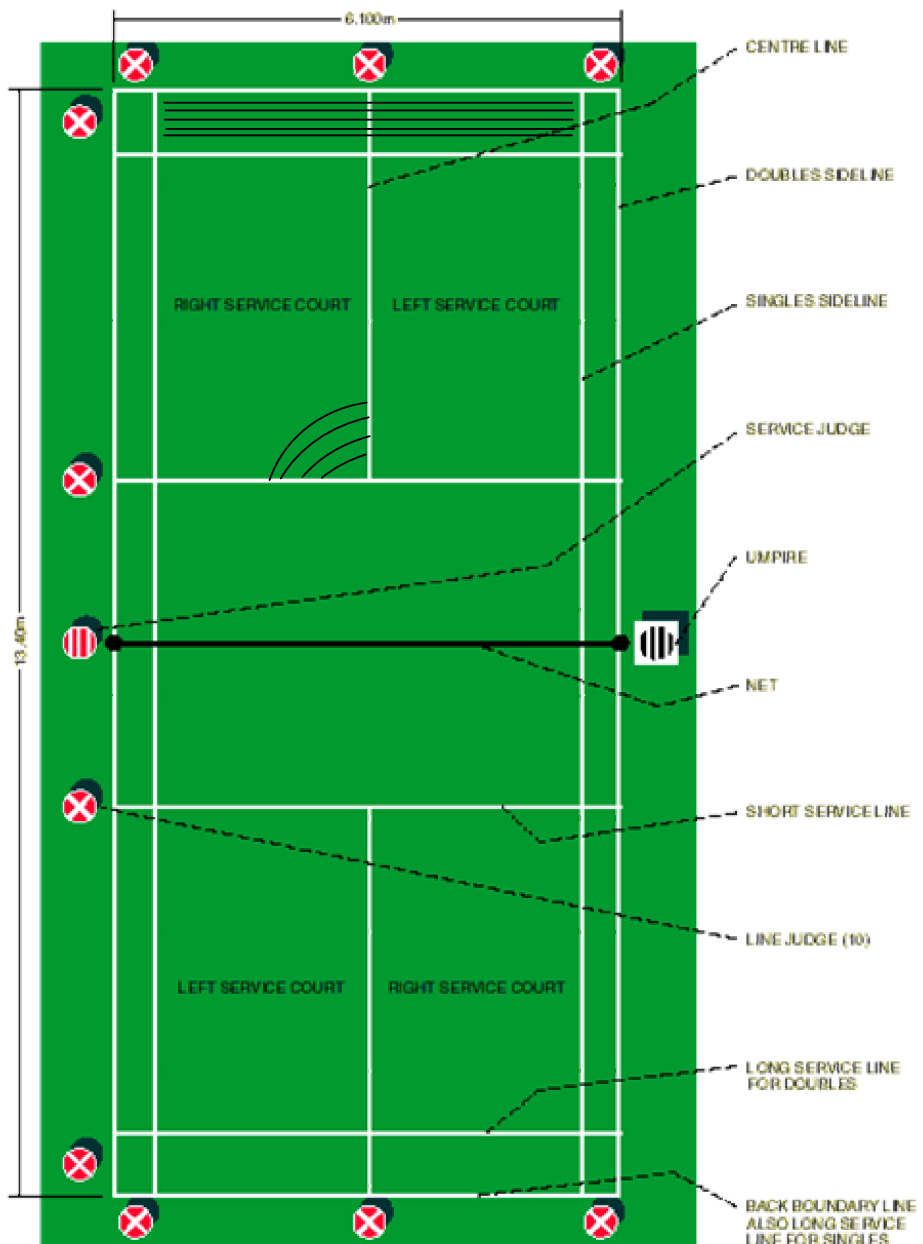
- TEACHING BASIC SERVICE / STROKE.
- STANCE
- EXECUTION / MOVEMENT.
- HIT AND CONTACT POINT
- FOLLOW THROUGH
- SPEED / TIMING / STEP MOVEMENT DURING THE SERVICE / STROKE.
- PRACTICE SESSION


### **DAY 5**

- STANCE FOR SERVICE—WHILE STANDING ON THE RIGHT COURT OUR LEFT FOOT SHOLD POINT TOWARDS THE POLE AND OUR RIGHT FOOT SHOULD BE PERPENDICULAR TO THE SIDE LINE. FOR A RIGHT HANDED PLAYER.
- FOR ALL KIND OF SERIVRES THE ACTION REMAINS THE SAME WHETHER IT'S—
- SHORT SERVICE
- HIGH SERVICE
- DIAGONAL SERVICE
- MEDIUM HIGH SERVICE
- PRACTICE GIVEN TO THE PLAYER

### **DAY 6**

- RECREATIONAL PLAY TO IMPROVE SERVICE.
- IN THIS FOR SHORT SERVICE FIVE ARC's ARE MARKED AT THE INTERSECTION OF SHORT SERVICE LINE AND CENTRE LINE WITH SPACE OF 2 Inchs EACH AND THE POINTS ARE AWARDED FROM DECENDING ORDER FROM 5 -4--3 -2 -1 (SEE DIAGRAM)
- SAME WAY FOR THE HIGH SERVICE THE MARKING IS DONE IN BACK LOBBY.



-  SERVER STANDS IN AREA
-  SHUTTLE MUST LAND IN AREA
-  AREA OF PLAY AFTER SERVICE

## DAY 7

- PRACTICE TIME FOR SERVICE AND STROKE
- FOR STROKE PRACTICE, WALL PRACTICE IS THE BEST AND FOR SERVICE AS SHOWN IN DIAGRAM.
- GRIP FOR STROKE AND SERVICE REMAIN THE SAME
- SKIPPING IS REQUIRED FOR IMPROVEMENT
- AGILITY IS MUST FOR PLAYER FOR THIS WE NEED SHUTTLE RUN

## DAY 8

- SKILLS ARE TAUGHT
- **Home Base -Location** in center of the court to which a singles player tries to return after each shot.
- **Clear** -A shot hit deep to the opponent's back boundary line. The high clear is a defensive shot, while the flatter attacking clear is used offensively.
- **Drive** -A fast and low shot that makes a horizontal flight over the net. Drop -A shot hit softly and with finesse to fall rapidly and close to the net on the opponent's side.
- **Flick** -A quick wrist and forearm rotation that surprises an opponent by changing an apparently soft shot into a faster passing one; used primarily on the serve and at the net.
- **Hairpin Net Shot** -Shot made from below and very close to the net with the shuttle rising, just clearing the net, and then dropping sharply down the other side.
- **Kill** -fast downward shot that cannot be returned; a "putaway."
- **Let** -A legitimate cessation of play to allow a rally to be replayed.
- **Net Shot** -Shot hit from the forecourt that just clears the net and then falls rapidly.
- **Push Shot** -Gentle shot played by pushing the shuttle with little wrist motion, usually from the net or midcourt to the opponent's midcourt. Service Court -Area into which the serve must be delivered. This is different for singles and doubles play.
- **Smash** -Hard-hit overhead shot that forces the shuttle sharply downward. The Smash is Badminton's primary attack stroke.

## DAY 9

- FOREHAND STROKE
- FOR THIS LONG RALLY IS REQUIRED AND IT CAN BE PRACTICED WITH 1 PLAYER STANDING ON THE SHORT SERVING LINE AND SERVING TO THE OTHER PLAYER IN BACK LOBBY.
- THE OTHER PLAYER MOVES FROM THE CENTRE OF THE COURT AND PLAYS IT AFTER REACHING IN THE BACK LOBBY. HITTING IT ACROSS THE COURT DIAGONALLY TO THE BACK RIGHT HAND SIDE OF THE SERVER
- PRACTICE TO THE PLAYER IS GIVEN

## DAY 10

- BACK HAND STROKE
- IN THIS STROKE THE GRIP OF THE PLAYER IS CHANGES THE THUMB GOES AT THE BACK SHAFT OF THE RACKET
- THE DIRECTION OF THE BODY CHANGES AND THE PLAYER TURNS BACK.

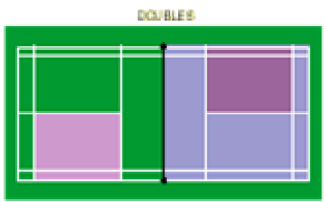
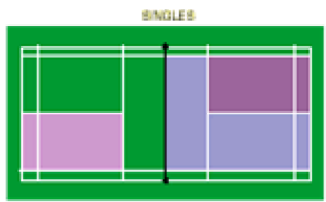
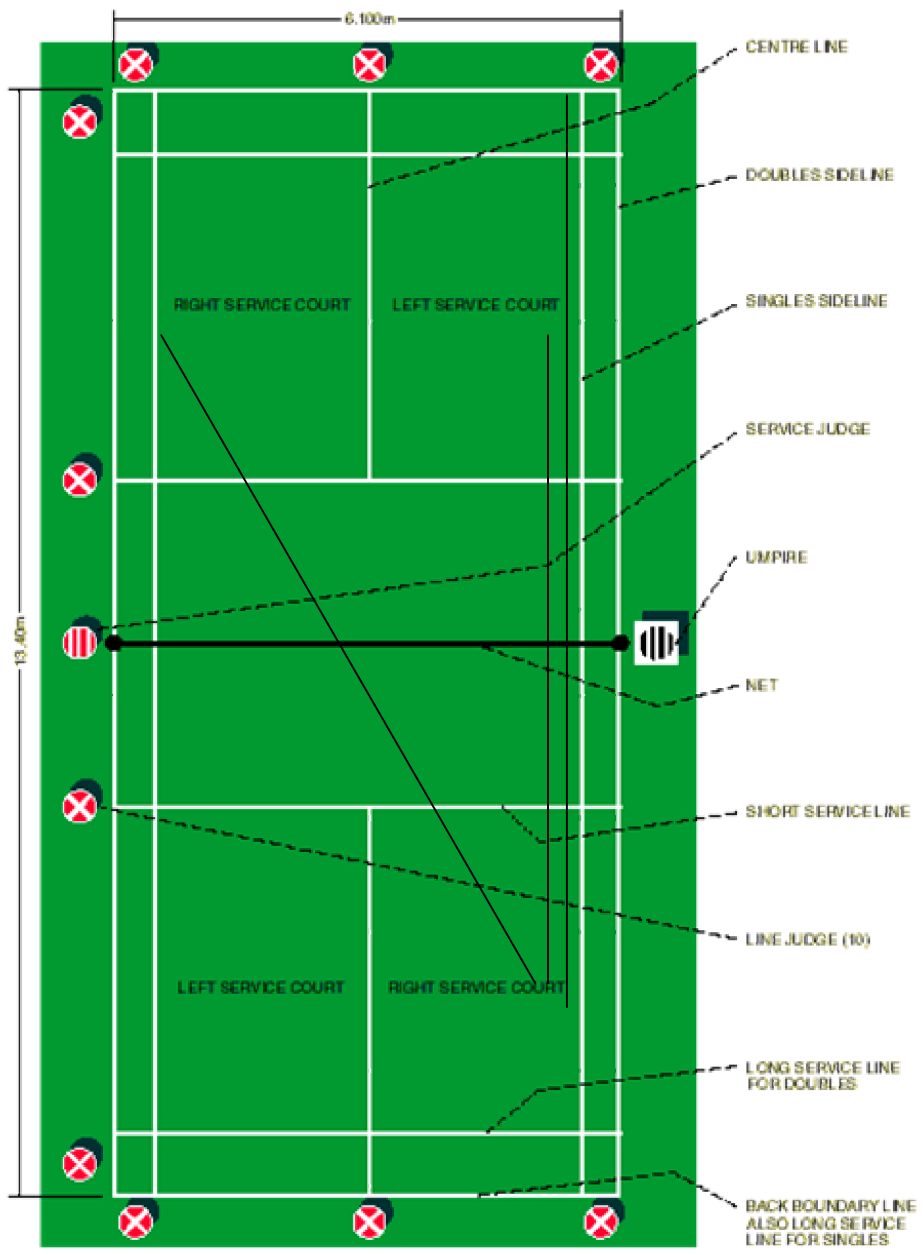
- THE DIRECTION OF THE FOOT AND SWING OF THE RACKET IS ALSO DIFFERENT ACCORDING TO THE SITUATION .
- PRACTICE SESSION

## DAY 11

- DROP SHOT PLAYS VITAL ROLE IN THE GAME.
- THE WORD DECEPTION IS KNOWN FOR DROP SHOT WHICH IS COMMON IN GAME
- DROP SHOT IS PRACTICED FROM BACK LOBBY AND NET.
- THE PLAYER SERVES IN THE BACK LOBBY AND THE OPPONENT MOVES IN THE BACK LOBBY AND PLAYS A DROP SHOT NEAR THE NET.
- IN THIS ONLY HIGH SERVICE IS DONE
- PRACTICE MATCH

## DAY 12

- SMASH
- SMASH IS A HARD HIT STROKE IN WHICH THE PALYER FORCES THE SHUTTLE TO MOVE SHARPLY DOWNWARD
- THE SMASH IS OF THREE KINDS —
  - HALF COURT SMASH
  - FULL COURT SMASH
  - CROSS COURT SMASH
  - PRACTICE OF SMASH IS CARRIED OUT



-  SERVER STANDS IN AREA
-  SHUTTLE MUST LAND IN AREA
-  AREA OF PLAY AFTER SERVICE

### **DAY 13**

- OVERHEAD CROSS COURT PLAY (BACK TO BACK)
- TRAINING AND TACTICS OF THE GAME WILL BE IMPARTED TO THE PLAYER.
- IN THIS WHEN TO PLAY A DROP SHORT, OR WHEN TO PLAY A SMASH etc. ARE EXPLAINED TO THE PLAYER.
- AFTER PRACTICE AND GAME PLAY
- FRIENDLY MATCH AMONG THE PLAYERS

### **DAY 14**

- SHADOW PLAY IS OF PRIME IMPORTANCE
- IN THIS THE MISTAKES OF THE PLAYER ARE KNOWN BY THEMSELVES WHEN THEY PRACTICE IN FRONT OF A MIRROR
- STANCE / STROKE PLAY ARE CORRECTED ACCORDINGLY
- CHEKING OF FOOT MOVEMENT IS DONE
- WEIGHT TRANSFER AFTER PLAYING A STROKE IS SEEN

### **DAY 15**

- EXPERINCES AND VIEWS REGARDING ORGANISAT ION OF CAMP
- DRAW BACKS FACED
- KNOW YOUR OPPONENT
- ALWAYS LEARN FROM A MISTAKE AND RECTIFY
- KNOW YOUR OPPONENETS WEAKNESSES
- KNOW YOURSELF