



SUSSEX COUNTY JUNIOR BADMINTON: SQUAD TRAINING PROGRAMME 2010/2011

U11	Topics	Notes
Weeks 1-5	Grips Backhand (BH) low serve technique Backhand flick serve Singles high serve technique Stances	Correct b/h grip, quick changes of grip Return of low and flick serves Difference between attack/defence
Weeks 5-10	Movement to all 4 corners Racket leg leading chasse' movements and recovery Scissor kick Split step	Back to base (not always middle) Speed off the mark
Weeks 11-15	Movement and hitting Stroke cycle	Increase speed and quality of movement patterns Move off (start) -- approach -- hitting phase -- recovery
Weeks 15-20	Consistency Singles simple routines	Building shots/attempted winners
Weeks 21-25	Doubles/ mixed Doubles Concept of "sides" or attacking stances Hunting the shuttle at the net Help your partner	Teamwork -- where and how to stand Share the work not side by side, V formation Return of Low and Flick serves
	FUNDAMENTALS	All sessions to include a fun element as well as gamelike challenges Fun fitness challenges

TOPICS ARE NOT EXCLUSIVE AND ARE FLEXIBLE. COACHES MAY ADAPT SESSIONS ACCORDING TO THE PLAYERS PRESENT AND THE CIRCUMSTANCES WHICH MAY BE BEYOND THEIR CONTROL



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U13	Topics	Notes
Weeks 1-5	High serving to enable feeding Overhead strokes: Clear/Drop/Smash Full smash and half smash and recovery position	Routines incorporating movement Straight / X court and recovery
Weeks 6-10	Lifts Spinning net shots Net kills	Shortened action intro backhand grip Technique -- when to do -- why Brushing -- take off the top of the net -- jump-in
Weeks 11-15	Introduction of mixed doubles	Role of boy/girl Introduction of basic tactics Teamwork -- boys appreciate the girls role How to attack the girl-get her away from the net
Weeks 16-20	Doubles Attacking and punches Defending Drives Serving and receiving serve and third shot	Rotations Sideways movement across the net and forwards Body positioning -- backhand Sideways movement and different grips Targets
Weeks 21-25	Racket carriage Tactics Movement	Explanation and demo Working around the clock -- basic intro of doubles attack Games and fun exercises



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U15	Topics	Notes
Weeks 1-5	BH Low serve and third shot Flat hits Fore court Play: Overhead Hitting Action Doubles rotation Consistency routines: FC & MC	Expected returns -- attacking the serves -- placing -- hunting the shuttle Stance and racket position Alert racket--Not too close to net--attacking mentality Net kills Explosive movements -- hunt the shuttle down Forearm rotations & recoil -- racket carriage Formations and Awareness Follow the shuttle on attack, V formation Driving and keeping control of the rally
Weeks 1-5	Singles	Taking control of the net singles defending Predicted replies to limit opponents options
Weeks 6-10	BH Defence: Mixed doubles formation: More advanced roles Deception at the net Consistency routines: FC & MC	Thumb grip, elbow position, Take it early in front -- Block & Long Defence -- use of cross court shots Roles -- playing for partner -- co-operation--set plays--pair routines Holding the shuttle
Weeks 11-15	FH OH Hitting Techniques Defence Turning Defence into attack Drives Consistency routines: MC & RC	Forearm rotations -- racket carriage -- impact in centre Long & Block Defence -- taking the pace off the shuttle--Different stances How to -- taking the shuttle early, stepping in when you can Racket carriage -- recovery position and base -- when and where to play
Weeks 16-20	Doubles restricted games, peer to peer feedback: Turning defence into attack	Encouraging quick recovery and attacking whenever possible Body position -- racket carriage -- gaining the control of the rally
Weeks 21-25	Doubles restricted games: Mixed doubles:	Turning defence into attack, keeping the opponents back Movement and rotation



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U17	Topics	Notes
Weeks 1-5	Singles tactics Singles routines Pressure multi-feeds Deceptive overhead shots to slow down a fast player	Where to serve & why -- least errors which returns to expect -- accuracy Rear court consistency Speed/movement challenge competition Advanced hitting techniques
Weeks 6-10	Defence Change defence into attack Extended gamelike practice at higher intensity	Turning the shuttle -- long defence -- drive defence Aggressive defending/passive defence
Weeks 11-15	Backhands: Advanced Strokes and Technique Keeping control when under pressure Maintain consistency for longer	Long drop -- movement from the corner -- clear/smash consistency What to do when it's past you Single shuttle feeding increased difficulty
Weeks 16-20	Doubles training Return of Doubles Serves Shorter hitting action & hunting shuttles in the FC	Rotations -- covering the cross court shots Anticipating third shot -- alert racket Reduced swing in Forecourt--Alert Racket--hunting mentality
Weeks 21-25	Mixed doubles-tactics Set plays and Attack Advanced tactical awareness	Playing for your partner -- alternative places to stand at start Role of the boy/girl -- more advanced tactics Attacking the girl -- use of punch clear/smash How the girls deal with boys smashesto help ptrnr