Your guide to coaching the essential skills for badminton
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ESSENTIALS by No Strings Badminton is an 8 session course aimed at adult beginners keen to improve their playing confidence by receiving coaching of the ‘essential’ badminton skill-set in a relaxed, fun and sociable environment.

ESSENTIALS is a product diversification under the No Strings Badminton brand and therefore the course looks to reflect the core brand values of fun, friends and fitness throughout. The idea of balancing skill learning with relaxed informal on-court fun is what looks to set this coaching course out from the rest. The sessions should be packed full of personality with quirky features delivered alongside the technical aspects.

Participants from ESSENTIALS courses should be offered a range of sustainable exit routes to allow them to continue their badminton experience. The opportunities offered should be in the right setting for their needs in order to maximise their personal enjoyment and retention within badminton. The most natural transition is into new or existing No Strings Badminton sessions, however participants may wish to join a club or simply continue playing casually in their own time on their own terms.

Ideally each session should be 1 hour in length, and use 4 participants to 1 court ratio for the optimum playing experience.

We suggest a maximum ratio of 1 coach to 16 participants. Any more than this and the coach might consider using an assistant coach.

Keep an eye out for these symbols throughout the resource which show where you might need to support participants with their feeding techniques and where you can use targets to aid progression.

**Feeding**

When feeding using multiple shuttles – stack shuttles, cork down, up the non-racket arm and feed with the racket arm.

**Throwing**

When participants feed to each other – make sure they are throwing correctly – underarm with the thumb in the shuttle, throw and follow through in the direction of the throw.

**Targets**

To aid progress, target areas can often be used. For example you can simply use 4 shuttles in a square and vary the size according to the level of the participant.
Learning outcomes

Participants will:

- Understand the court dimensions for doubles and singles
- Understand grips for backhand (BH) and forehand (FH) net shots
- Understand the basic footwork to get to the net (from serving position) to play BH and FH net shot
- Understand the correct technique to play a straight FH and BH net shot
- Understand the correct technique to play the BH serve
- Begin to understand how to score a game of doubles

Session features

- Muscle groups: Glutes, quads, hamstrings, adductors/abductors and core stability – Ladies love a legs, bums, and tums workout session!
- Challenge: How many BH serves can you land on target out of 10?
- Game-play: Enhance skills and knowledge through game-play
- Homework: Grip changes

E-learning reminders!

- Make it easy for participants to get talking at the start of the session
- Remember to make sure all participants feel a sense of achievement... the little things count!
- Remember all participants have different goals and motivations – increasing their confidence isn’t just about mastering a skill
- Keep an eye on those people who are more advanced or at a beginner level and make changes to the sessions accordingly

Equipment

- Multi-feed shuttles
- Relevant wall photo-cards
**Net shots & BH serve**

### First things first...
Spend a couple a minutes introducing yourself and explain your background in badminton…be brief!!
Ask the group what their names are.

### The Warm-up!
**Check Appendix 1 for alternatives or rules!**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>'IT' on the lines:</td>
<td>10 mins</td>
</tr>
<tr>
<td>- Walk around the singles lines and explain this is the first set of parameters that the participants can walk on</td>
<td></td>
</tr>
<tr>
<td>- One person is ‘IT’, they have to tag someone else who then becomes IT (they can’t tag the person straight back)</td>
<td></td>
</tr>
<tr>
<td>- All participants have to walk on the singles court lines only - you can’t go under the net!</td>
<td></td>
</tr>
<tr>
<td>- Show the doubles courts and introduce this as the area – you have to be on the same line to tag someone</td>
<td></td>
</tr>
<tr>
<td>- Doubles IT starts with walking then side stepping then full out running!</td>
<td></td>
</tr>
<tr>
<td>- During the walking (to help confirm names) as you tag someone you have to say your own name</td>
<td></td>
</tr>
<tr>
<td>- Any mobilisation exercises</td>
<td></td>
</tr>
</tbody>
</table>

### Skills: Getting to grips with the FH & BH!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grips are the way the make badminton easier, demonstrate a FH grip (also referred to as ‘basic grip’) – good way to find a FH grip is to stand the racket up in a bag.</td>
<td>5 mins</td>
</tr>
<tr>
<td>Once participants have FH grip, show them BH grip (also referred to as ‘thumb grip’) – good way for this is showing that the thumb is in line with the racket shaft, and then pretend to look at your wrist for the time, this brings the racket to the correct position – backhand time.</td>
<td></td>
</tr>
</tbody>
</table>

### Skills: Footwork for the shot

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Footwork FH net shots:</td>
<td>5 mins</td>
</tr>
<tr>
<td>- Talk about ready position – feet side by side (or racket foot slightly further forward), legs bent and racket out in front</td>
<td></td>
</tr>
<tr>
<td>- Split drop – non racket leg moves up to racket leg, which then comes out to lunge. Participants should think of their feet as two of the same magnets (two of the same magnets push each other away). This should happen with participant’s feet, when the non-racket leg moves up to the racket leg it should push it away</td>
<td></td>
</tr>
<tr>
<td>Highlight muscles worked - glutes and quads!</td>
<td></td>
</tr>
<tr>
<td>- Recovery – both feet shuffle backwards together then back to square</td>
<td></td>
</tr>
<tr>
<td>Foot work BH net shots:</td>
<td></td>
</tr>
<tr>
<td>- Split drop – non racket legs moves first then on to racket leg into a lunge</td>
<td></td>
</tr>
<tr>
<td>If participants are struggling with the split - use the throw-down ‘shuttle-feet’ to highlight each landing foot position</td>
<td></td>
</tr>
<tr>
<td>Break this movement down – split drop then get them to move onto racket leg and hold this position without putting racket foot down.</td>
<td></td>
</tr>
</tbody>
</table>
Net shots & BH serve

**Skills:**
- Time to play the shot!
  - “Racket carriage and footwork go hand in hand!”

**Practice:**
- In pairs
- 10 shuttles x 2 sets
- One participant (worker) is in the ready position the other (feeder) has the 10 shuttles in a tube held up their arm
- The feeder throws the shuttle underarm over the net (throwing the shuttle correctly - ‘thumb in the shuttle’ and then throw!)
- Worker moves and plays a net shot making sure they are in the correct lunge position. Recovery back to base with shuffle steps
- After the 10 shuttles have been done, worker and feeder swap roles, repeat this so each have done 3 sets each
- Targets on the floor can be made up of 4 shuttles – these can be made bigger or smaller depending on the ability of the group

**ROTATE WORK PARTNERS (CONSIDER ABILITY - MATCH IF RELEVANT)**

**Skills:**
- Time to play the shot!

**Practice:**
- In pairs
- 10 shuttles x 2 sets
- One participant (worker) is in the ready position the other (feeder) has the 10 shuttles in a tube held up their arm
- The feeder throws the shuttle underarm over the net (throwing the shuttle correctly - ‘thumb in the shuttle’ and then throw!)
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**Skills:**
- Time to play the shot!

**Practice:**
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- After the 10 shuttles have been done, worker and feeder swap roles, repeat this so each have done 3 sets each
- Targets on the floor can be made up of 4 shuttles – these can be made bigger or smaller depending on the ability of the group

4 people per court can practise the serve – you can put out serving targets on the net for a serve challenge! How many can you get through the hoop?
Net shots & BH serve

**Scores on the doors!**
- Gather the group round and get 4 volunteers to step on the court
- Get the 4 players set up in positions for serving – returning – and rear court positions
- Talk through a few pretend rallies where the serving changes over and what happens if the server’s side wins a rally.
  - Use the people on the court to demonstrate this by moving the shuttle round the players
- Time to give it a go! Set up some matches and see how they get on!

**The Cool-down:**  
**Just as important as the warm-up!**
- Shake it all out!  
  Focus stretching on the:
  - Hamstrings
  - Quads
  - Arms
  - Glutes

  Keep chatting to the group during the cool-down, it’s the perfect chance to get to know them a bit better and gain some feedback on the session. Ask the group to think about what they have learnt this session, it might just be a few names but it’s still an achievement! Ask if people want to share but don’t force it!

  At this stage you can also talk to them about their homework task for the week:
  - Grip changes: Move your racket from a FH grip to a BH grip for 1 minute x set sets x 2 days

**Challenge! Or Choice!**
- Ask participants if there is anything particular they would like to do for the next 5-10 mins otherwise it’s challenge time!
- BH serve – serving to the targets on the floor – how many can you hit out of 10? You can have 2 attempts
  - If participants are struggling you can make the targets bigger. Using 4 shuttles to create a target means you can make it larger or smaller for the level of your group
Learning outcomes

Participants will:

- Understand the correct technique to play a FH and BH lift using correct movement and recovery
- Understand the correct technique to play the FH high serve

Session features

- Muscle groups: Glutes, quads, hamstrings, adductors/abductors and core
- Recaps:
  - Court dimensions for doubles and singles
  - Grips for the net shots, practise footwork and shots (FH/BH). If the group is developing well, you could practise moving from a FH net shot – BH net shot
  - Scoring – this can be done in full doubles game or net shot doubles
  - Homework task – who managed it?
- Challenge: How many lifts can you land on the target?
- Homework: Over-arm throwing

Equipment

- Multi-feed shuttles
- Throw-down ‘shuttle-feet’
- Relevant wall photo-cards

E-learning reminders!

- Understand what your participants want from you/the course – everyone will have different goals
- Keep the confidence ‘trend’ heading in the right direction – don’t be afraid to break-down skills further if participants struggle or provide progression for the more advanced
## Lifts & FH serve

### First things first...
- Attempt everyone’s names as they come in! See how many you can remember and try to use them straight away.

### The Warm-up!
- **Check Appendix 1 for alternatives or rules!**
- Same warm up as session 1 to reinforce the court dimensions.
- ‘IT’ on the lines – for details see session 1 template.
- Progression suggestion – rather than say names when tagging, get participants to ask each other a question to facilitate them getting to know each other better.
- Introduce ‘Keepy-Uppy’ with a shuttle just for a couple of minutes!

### Skills:
- **Recap**
  - Talk about ready position – feet side by side (or racket leg slightly further forward), legs bent and racket out in front.
  - **Recap last session’s footwork and shots (FH and BH net shots)**

### Skills:
- **Footwork for the shot**
  - **Use the shuttle-feet**
  - **5 mins**

<table>
<thead>
<tr>
<th>Footwork for FH lift and BH lift – same as last session:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Split drop – non-racket leg moves up to racket leg which then comes out to lunge. Participants should think of their feet as two of the same magnets (two of the same magnets push each other away). This should happen with participant’s feet, when the non-racket leg moves up to the racket leg it should push it away</td>
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<td><strong>Footwork BH net shots:</strong></td>
</tr>
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<td>• Split drop – non racket legs moves first then on to racket leg into a lunge</td>
</tr>
<tr>
<td>![Image of footwork illustrations]</td>
</tr>
</tbody>
</table>

- If participants are struggling with the split - use the throw-down shuttle-feet to highlight each landing foot position
- Break this movement down – split drop then get them to move onto racket leg and hold this position without putting foot down.
Lifts & FH serve

Skills:
Time to play the shot!

FH lift:
Put the shot in context of when they should use it e.g. when the opposition has played a good net shot you will want to lift this to the back.

3 main teaching points:
• When non-racket leg moves, racket hand goes into cocked position using FH grip (basic grip)
• Minimal back swing – use wrist and squeeze fingers to get power
• Follow through to where you want the shuttle to go

Practice:
• In pairs
• 10 shuttles x 2-3 sets
• One participant (worker) is in the ready position, the other (feeder) has the 10 shuttles in a tube down their arm
• The feeder throws the shuttle underarm over the net (throwing the shuttle correctly - thumb in the shuttle and then throw!)
• Worker moves and plays a net shot making sure they are in the correct lunge position. Recovery back to base with shuffle steps
• Targets on the floor can be made up of 4 shuttles – these can be made bigger or smaller depending on the ability of the group

Skills:
Time to play the shot!

BH lift:
Put the shot in context when they should use it e.g. when the opposition has played a good net shot you will want to lift this to the back.

3 main teaching points:
• When non-racket leg moves, racket hand goes into cocked position using BH grip (thumb grip)
• Thumb provides power for the shot (squeezing fingers also helps)
• Follow through to where you want the shot to go

Highlight muscles working:
- Glutes
- Hamstrings
- Quads
- Core

Practice:
• In pairs
• 10 shuttles x 2-3 sets
• One participant (worker) is in the ready position, the other (feeder) has the 10 shuttles in a tube down their arm
• The feeder throws the shuttle underarm over the net (throwing the shuttle correctly - thumb in the shuttle and then throw!)
• Worker moves and plays a BH lift making sure they are in the correct lunge position. Recovery back to base with shuffle steps
• Targets on the floor can be made up of 4 shuttles – these can be made bigger or smaller depending on the ability of the group
Session 2

Skills:
Time to play the shot!

- **Lifts & FH serve**

**Practice:**
• Each participant takes some shuttles and gives it a go! You could put some targets on the floor.

**Main teaching points:**
- Non-racket leg forward with racket foot behind (feet should create an ‘L’ shape)
- FH grip (basic grip)
- Wrist is cocked and racket is behind
- Action should be a smooth follow through with racket travelling over to non-racket side.

**Skills:**
Time to play the shot!

**Practice:**
• Each participant takes some shuttles and gives it a go! You could put some targets on the floor.

Everytime a participant gets a shuttle on the target one press up/burpee etc is done by the coach!

**Scores on the doors!**
Recap: Introduce scoring of doubles:
• Talk about return serves briefly – keep returns low so they can’t be attacked. Check return of serve stance
• Gather the group round and get 4 volunteers to step on the court
• Get the 4 players set up in positions for serving – returning – and rear court positions
• Talk through a few pretend rallies where the serving changes over and what happens if the server’s side wins a rally.
• Use the people on the court to demonstrate this by moving the shuttle round the players
• Time to give it a go! Set up some matches and see how they get on!

The Cool-down:
Just as important as the warm-up!

Shake it all out!
Focus stretching on the:
- Hamstrings
- Quads
- Arms
- Glutes

Keep chatting to the group during the cool-down, it’s the perfect chance to get to know them a bit better and gain some feedback on the session.

At this stage you can also talk to them about their homework task for the week:
• Practise throwing a shuttle over-arm – DEMONSTRATE with racket leg coming forward – 10 throws x 3 per week

Challenge! Or Choice!

Ask participants if there is anything particular they would like to do for the next 5-10 minutes otherwise it’s challenge time!

Lift challenge!
• Set up a target area towards the back of the court depending on level of ability – how many lifts can hit the target out of 10 attempts
• 2 attempts each
• If participants are struggling you can make the targets bigger. Using 4 shuttles to create a target means you can make it larger or smaller for the level of your group

**Scores on the doors!**
Recap: Introduce scoring of doubles:
• Talk about return serves briefly – keep returns low so they can’t be attacked. Check return of serve stance
• Gather the group round and get 4 volunteers to step on the court
• Get the 4 players set up in positions for serving – returning – and rear court positions
• Talk through a few pretend rallies where the serving changes over and what happens if the server’s side wins a rally.
• Use the people on the court to demonstrate this by moving the shuttle round the players
• Time to give it a go! Set up some matches and see how they get on!
Session 3
OH drop & OH clear
Outcomes, Features & Equipment

Learning outcomes
Participants will:
✓ Understand the correct technique to play the OH clear
✓ Understand the correct technique for the OH drop-shot including movement

Session features
✓ Muscle groups: Glutes, quads, hamstrings, adductors/abductors, core stability and triceps – great for toning those pesky bingo wings!
✓ Recaps:
  • Recap FH high serve
  • What the homework task was – who managed it?
✓ Challenge: Drop-shot challenge
✓ Homework: YouTube clips of doubles rotation

Equipment
✓ Multi-feed shuttles
✓ Throw-down ‘shuttle-feet’
✓ Throwminton shuttle
✓ Relevant wall photo-cards
✓ Racket Raisers

E-learning reminders!
✓ Are participants starting to talk to each other more in the sessions? How could you increase this?
✓ Remember to recognise small achievements. How do the participants know that they’re doing well?
✓ Keep an eye on those people who are more advanced or at a beginner level and make changes to the sessions accordingly
OH drop & OH clear

First things first...
Attempt everyone’s names as they come in! See how many you can remember and again try to use them straight away. See if there are any facts about individuals that you learnt the session before and use these in questions.

The Warm-up!
‘Throwminton’ – the perfect warm up exercise to demonstrate their homework from the previous session!
Using the giant shuttle - the game is started by an OH throw to reinforce learning on the OH. The rules are simple, if you catch the shuttle chest high you get to throw the shuttle OH, if you catch the shuttle below chest height you can throw the shuttle underarm over the net. Participants use rally point scoring and games are 1 minute – mix round the participants to play with each other. Teams can be up to 6 participants each, so for groups up to 12 this can be played on one court.

Skills: Recap
FH high serve:
Main teaching points:
• Non-racket leg forward with racket foot behind (feet should create an ‘L’ shape)
• FH grip (basic grip)
• Wrist is cocked and racket is behind
• Action should be a smooth follow through with racket travelling over to non-racket side
Practice:
• Each participant takes some shuttles and gives it a go! You could put some targets on the floor. Targets on the floor can be made up of 4 shuttles – these can be made bigger or smaller depending on the ability of the group

Skills: Footwork for the shot
OH drop shot:
Put the shot in context when they should use it e.g. when opponent has lifted the shuttle to the back and you want them to move forwards again.
Participants can practice with a throwminton/normal shuttle
Footwork:
• Participants start side-on in the ‘Bolt’ winning pose (explain about why the non-racket arm is high for pointing to the shuttle)
• Two sidesteps
• Participants throw the shuttle, moving racket leg forwards - make sure participants keep their core strong – they don’t need to bow down to you, you’re only a coach!
• Recovery to ready position

Session

Everytime a participant gets a shuttle on the target one press up/burpee etc is done by the coach!

Skills: Footwork for the shot
Use the shuttle-feet

Session

10 mins

10 mins

5 mins
OH drop & OH clear

**Skills:**
- Time to play the shot!

**OH drop shot**

- **Main teaching points:**
  - FH grip (basic grip)
  - As soon as the feet move – ‘Bolt’ winning pose – racket strings towards partner
  - Must get behind the shuttle – you want to be moving into the shot not going backwards! If this is done correctly the movement back to ready position will be easier
  - Racket follows through towards where you want to hit the shot then down to non-racket side

Make sure no one is tapping at the shuttle, get a smooth hitting action to help with OH clear

- **Practice:**
  - Participants work in pairs
  - One participant FH high serves
  - The other participant moves back from start position (racket leg forward) and plays an OH drop shot
  - 10 shuttles x 3 sets each

**Skills:**
- Alternative idea!

- **Highlight working muscle groups** – glutes, quads, shoulders, triceps (good for those bingo wings)

If participants are struggling to feed each other the practice will look like this:

- 2 courts will be needed (8 players on each (court 1 and 2) split into lines of 4 people, A line and B line - this is with a full course of 16 people)
- Court 1 – coach court – The coach will high serve to each participant in turn from A and B lines and participants play a drop shot
- After the players have played a drop shot they move onto court 2 and join either the A line or the B line depending on which letter they were on the coach court (A to A and B to B)
- Court 2 is high serve practice – participants serve one shuttle then join the coach court in either line A or B depending on which letter they were given
- Please note half the players start on the coach court and half on the serve court and move either from coach – serve or serve – coach

**ROTATE WORK PARTNERS (CONSIDER ABILITY - MATCH IF RELEVANT)**
Skills: Time to play the shot!

**OH clear:**
Moving on from OH drop shot – explain when this is used in a game e.g. trying to move opponent to create space at the front.

**Participants work in pairs:**
- One participant FH high serves the other participant moves back from start position (racket leg forward) and plays a OH drop shot
- 10 shuttles x 3 sets each

**Main teaching points:**
- FH grip (basic grip)
- As soon as the feet move – ‘Bolt’ winning pose – racket strings towards partner
- Must get behind the shuttle – you want to be moving into the shot, not going backwards! If this is done correctly the movement back to ready position will be easier
- Racket follows through towards where you want to hit the shot then down to non-racket side
- Racket needs to swung faster now to generate more power
- Coaches need to talk about how the hitting point differs to a drop shot

Highlight working muscle groups – glutes, quads, shoulders, triceps (good for those bingo wings)

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Challenge! Or Choice!

**Ask participants if there is anything particular they would like to do for the next 5-10 minutes otherwise it’s challenge time!**

- How many drop-shots can you hit on target out of ten attempts?
- Give 3 attempts
- You make a target out of shuttles – these can be made bigger or smaller depending on the level of the participants

If participants are struggling can you simplify the challenge – target area bigger?

Think about a small prize for the winner?

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The Cool-down: Just as important as the warm-up!

**Shake it all out!**
Focus stretching on the:
- Hamstrings
- Quads
- Arms
- Glutes

Keep chatting to the group during the cool-down, it’s the perfect chance to get to know them a bit better and gain some feedback on the session and get them thinking about how they are getting on.

At this stage you can also talk to them about their homework task for the week:
- Take a look at the YouTube clips on the Essentials website: Have a look at how the pairs rotate when playing doubles. This will help when looking at doubles tactics in the next session
Session 4

Drives, pushes & doubles tactics

Outcomes, Features & Equipment

Learning outcomes
Participants will:
✓ Understand the correct technique to play FH and BH drives and FH and BH pushes
✓ Understand the correct technique to perform the BH Flick serve
✓ Understand where the starting positions for doubles and where they should stand when in attack/defense

Session features
✓ Muscle groups: Glutes, quads, hamstrings, adductors/abductors, core stability and triceps – great for toning those pesky bingo wings!
✓ Recaps:
  • OH drop shot and clear
  • Homework task – who managed it?
✓ Challenge: The famous ‘one minute rally challenge’
✓ Game-play: Enhance skills and knowledge through game-play
✓ Homework: OH smash shadowing and YouTube clip of the ‘one minute rally’ challenge

Equipment
✓ Multi-feed shuttles
✓ Throw-down ‘shuttle-feet’
✓ Throwminton shuttle
✓ Racket Raisers

E-learning reminders!
✓ Remember to consider a participant’s ‘badminton age’ – how long have they been playing?
✓ Keep the confidence ‘trend’ upwards – take some participants a few steps back to keep them moving forwards!
✓ Provide progression to challenge the more advanced
# Drives, pushes & doubles tactics

## First things first...
Attempt everyone's names as they come in! See how many you can remember and again try to use them straight away. See if there are any facts about individuals that you learnt the session before and use these in questions.

## The Warm-up!

### Check Appendix 1 for alternatives or rules!

- ‘Throwminton’ – same as last week unless there are any requests!

### Recap of OH

**Recap:**
- Using a Throwminton or normal shuttle:
  - Participants start side-on in the ‘Bolt’ winning pose (explain about why the non-racket arm is high for pointing to the shuttle)
  - Two sidesteps
  - Participants throw the shuttle moving racket leg forwards (make sure participants keep their core strong – remember they don’t need to bow down to you, you’re only the coach!)
  - Recovery to ready position

## Skills:

### Time to play the shot!

**FH and BH pushes:**
- Put these into context when playing a game – e.g. when a defending player plays a push between the net and rear court player.

**Main teaching points:**
- Racket and feet in ready position
- Same footwork as lift and nets (just don’t need to move as far)
- Pushes travel close to the net and land around the mid court – it is controlled
- Correct grips – wrist is cocked for FH push

**Practice FH and BH push:**
- 1 participant plays FH push and the other BH push (if playing with same racket hand)
- Participants play pushes to each other in a continuous rally with movement
- 1 min rallies, then change work partners – rotate clockwise/anticlockwise

**Rotate work partners (consider ability - match if relevant)**
**Drives, pushes & doubles tactics**

### Skills: Time to play the shot!
- **10 mins**

#### Practice:
- Both participants stand middle of the half court in ready position
- This practice is rally based – participants hit to each other in half court
- 1 minute rallies and then rotate work partners – rotate clockwise/anticlockwise

<table>
<thead>
<tr>
<th>Skills</th>
<th>FH and BH drives: Explain when you would use these shots – e.g. drive a smash back.</th>
<th>Practice:</th>
</tr>
</thead>
</table>
| Main teaching points: | • Racket in ready position  
• Relaxed grip before hit  
• Squeeze fingers on impact with shuttle | • Number each of the players on a court 1, 2, 3, 4 (1 and 2 same side, 3 and 4 same side)  
• When you shout a number, that participant goes forward and both are in attacking position – this should make the other side drop into defence position  
• Start off slow then speed up the number shouting to get them moving and thinking quickly  
• When players are the net – get them to have their rackets up! Use your ‘Racket Raisers’!  
• Play a few points in games |

### Skills: Tactical positioning!
- **10 mins**

#### Practice:
- Number each of the players on a court 1, 2, 3, 4 (1 and 2 same side, 3 and 4 same side)
- When you shout a number, that participant goes forward and both are in attacking position – this should make the other side drop into defence position
- Start off slow then speed up the number shouting to get them moving and thinking quickly
- When players are the net – get them to have their rackets up! Use your ‘Racket Raisers’!
- Play a few points in games

#### Use your Racket Raisers

- **Use your Racket Raisers**
- Doubles positions: Players need to understand when to play in side position (defensive) or front and back (attacking)
Challenge! Or Choice!

This is a BADMINTON England 1 minute rally challenge being taken on nationwide! Now it’s your turn to give it a go!

We will now see how many hits you and your partner can do in one minute playing drives and pushes.

Set your own course record and see if you can beat it in a few weeks!

New Skill!

BH flick serve:

Explain why you would use a flick serve – e.g. a player is very fast at returning low serve.

Main teaching points:

- BH grip (thumb grip)
- Holding 1 feather by the tip using finger and thumb
- Non-racket arm straight out
- Racket comes out to meet shuttle (shuttle must be hit below lowest rib)
- Racket moves back and comes forwards to hit the shuttle out of the hand – don’t drop the shuttle!
- Hit rebound action to create power – make sure participants are relaxed and not trying to generate too much power!

Practice:

- 4 people per court can practise the serve. You can put down targets at the back of the court

If you find the participants are hitting very flat flick serves get them to try and hit the shuttle as high as they can (this will change the racket angle to enable them to get height), don’t worry about distance.

Progress this into some doubles match-play rotating the games and matching ability where appropriate to give variety.

The Cool-down:

Just as important as the warm-up!

Shake it all out!

Focus stretching on the:

- Hamstrings
- Quads
- Arms
- Glutes

Keep chatting to the group during the cool-down, it’s the perfect chance to get to know them a bit better and gain some feedback on the session and get them thinking about how they are getting on.

At this stage you can also talk to them about their homework task for the week:

- OH Smash – try speeding up your drop shot action (demonstration). 10 smash actions x 3 x 3 days. Great way of toning those arms!
- Also they can take a look at the pros having a go at the 1 minute rally challenge on YouTube. Direct them to the Essentials website or ask them to search for ‘badminton one minute rally challenge’
Session 5

The OH smash
Outcomes, Features & Equipment

Learning outcomes
Participants will:
✓ Understand the correct technique to perform the OH smash and be able to aim towards a target
✓ Understand key principles to the return of serves within games

Session features
✓ Muscle groups: Glutes, quads, hamstrings, adductors/abductors, core stability and shoulders
✓ Recaps:
  • Drives and pushes
✓ Challenge: OH smash challenge!
✓ Game-play: Enhance skills and knowledge through game-play
✓ Homework: Recap suggestions

Equipment
✓ Multi-feed shuttles
✓ Throwminton shuttle
✓ Targets
✓ Relevant wall photo-cards

E-learning reminders!
✓ Acknowledging success can be achieved in many different ways!
✓ Success isn’t always about winning!
✓ Keep an eye on those people who are more advanced or at a beginner level and make changes to the sessions accordingly
The OH smash

First things first... You should be getting to know the participants a bit better by this stage; keep the atmosphere informal, fun and friendly to make sure they feel comfortable, relaxed and having fun.

The Warm-up! ‘Throwminton’ – same as last week unless there are any requests! Participants can show off their OH actions from their homework task during the game. Mobilisation stretches.

Check Appendix 1 for alternatives or rules!

Skills:
Recap of FH and BH push

Recap:
FH and BH pushes, put these into context when playing a game – e.g. when defending, a player plays a push between the net and rear court player.

Main teaching points:
• Racket and feet in ready position
• Same footwork as lift and nets (just don’t need to move as far)
• Pushes travel close to the net and land around the mid court – it is controlled
• Correct grips – wrist is cocked for FH push

Practice: FH and BH push
• 1 participant plays FH push and the other BH push (if playing with same racket hand)
• Participants play pushes to each other in a continuous rally with movement
• 1 minute rallies then change work partners

Skills:
Recap of FH and BH drives

FH and BH drives:
Explain when you would use these shots – e.g. drive a smash back.

Main teaching points:
• Racket in ready position
• Relaxed grip before hit
• Squeeze fingers on impact with shuttle

Practice:
• Both participants stand in the middle of the half court in ready position
• This practice is rally based – participants hit to each other in half court
• 1 minute rallies, then rotate work partners

Participants can record their 1 minute rally scores for the challenge to see if they improved from last week!
# The OH smash

## Skills: Footwork for the shot

<table>
<thead>
<tr>
<th>Footwork for OH smash:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Participants start side on in the Bolt winning pose (explain about why the non-racket arm is high for pointing to the shuttle)</td>
</tr>
<tr>
<td>• Two sidesteps</td>
</tr>
<tr>
<td>• Participants throw the shuttle moving racket leg forwards (make sure participants keep their core strong – they don’t need to bow down to you, you’re only the coach!)</td>
</tr>
<tr>
<td>• Recovery to ready position</td>
</tr>
</tbody>
</table>

| **15 mins** |  |

## Skills: Time to play the shot!

<table>
<thead>
<tr>
<th>Practice OH smash:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keep an eye on performers who are struggling – you can always feed a few lifts to demonstrate the high serve to individuals (the good by-product of this is that the smasher gets some good lifts to hit!)</td>
</tr>
<tr>
<td>Give examples of when a smash will be used e.g. playing a smash will hopefully get a weak reply so forecourt player can kill the shuttle.</td>
</tr>
<tr>
<td>If participants are struggling take out the movement! - SIMPLIFY – Remember the ‘step’ diagram!</td>
</tr>
<tr>
<td>• Participants work in pairs</td>
</tr>
<tr>
<td>• One participant FH high serves the other participant moves back from start position (racket leg forward) and plays an OH smash</td>
</tr>
<tr>
<td>• 10 shuttles x 3 sets each</td>
</tr>
</tbody>
</table>

| **10 mins** |  |

<table>
<thead>
<tr>
<th>Main teaching points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• FH grip (basic grip)</td>
</tr>
<tr>
<td>• As soon as the feet move – ‘Bolt’ winning pose – racket strings towards partner</td>
</tr>
<tr>
<td>• Must get behind the shuttle – you want to be moving into the shot, not going backwards!</td>
</tr>
<tr>
<td>• If this is done correctly the movement back to ready position will be easier</td>
</tr>
<tr>
<td>• Stretch up to the shuttle – longer lever = more power!</td>
</tr>
<tr>
<td>• Racket follows through towards where you want to hit the shot then down to non-racket side</td>
</tr>
</tbody>
</table>

| Highlight working muscle groups – glutes, quads, shoulders, triceps (good for those bingo wings) |
Challenge! Or Choice!

The OH smash points tally challenge:
- Set up a target area to aim the OH smash at
- Participants score 1 point for every OH smash they hit, 2 points if that OH smash lands in the court and 10 points if they hit the target! (so it’s 1, 2 or 10 points each attempt)
- How many points can you score from 10 attempts?
- Take turns feeding to your partner then swap after a minute
- Have 2 turns each if time allows

Skills in action:
Match-play

Set up some doubles games matching ability where possible. Talk about return of serves – playing net shots is a good way of getting the attack
Keep roaming the courts to check everyone is comfortable with scoring, positioning and most importantly keep encouraging!
Think about the different ways you can acknowledge success!

The Cool-down:
Just as important as the warm-up!

Shake it all out!
Focus stretching on the:
- Hamstrings
- Quads
- Arms
- Glutes
Keep chatting to the group during the cool-down, it’s the perfect chance to get to know them a bit better and gain some feedback on the session and get them thinking about how they are getting on.
At this stage you can also talk to them about their homework task for the week:
- Think about the skills covered so far on the course – is there anything you would like to go over again?
The BIG Recap!
Outcomes, Features & Equipment

Session features

- Muscle groups: Glutes, quads, hamstrings, adductors/abductors, core stability, and shoulders
- The BIG Recap!
  - OH smash
  - Skills from previous sessions
- Challenge: Link to the BIG Recap
- Game-play: Enhance skills and knowledge through game-play
- Homework: ‘Bolt’ pose

E-learning reminders!

- Is confidence increasing every week? What could you do to boost someone if they’re struggling?
- The BIG Recap is the perfect opportunity to acknowledge achievement/improvement – remember small achievements can mean a huge amount
- Keep an eye on those people who are more advanced or at a beginner level and make changes to the sessions accordingly

Learning outcomes

Participants will:
- Enhance skills previously covered on the course
- Understand the correct technique for defensive strokes – block and drive
- Understand basic return of serve tactics

Equipment

- Multi-feed shuttles
- Throwminton shuttle
- Targets
The BIG Recap!

First things first...
You should be getting to know the participant a bit better by this stage; keep the atmosphere informal, fun and friendly to make sure they feel comfortable, relaxed and having fun.

The Warm-up!
Check Appendix 1 for alternatives or rules!
‘Keepy-uppy’ with a shuttle!
- Get into space
- See how many parts of the body you can use to keep the shuttle in the air!
- Demonstrate a few moves as coach!
Mobilisation stretches

Skills:
Recap of OH Smash
Recap the OH smash:
Keep an eye on performers who are struggling – you can always feed a few lifts to demonstrate the high serve to individuals (the good by-product of this is that the smasher gets some good lifts to hit!) Give examples of when a smash will be used e.g. playing a smash will hopefully get a weak reply so forecourt player can kill the shuttle.

Footwork:
- Participants start side-on in the ‘Bolt’ winning pose (explain about why the non-racket arm is high for pointing to the shuttle)
- Two sidesteps
- Participants throw the shuttle moving racket leg forwards (make sure participants keep their core strong – they don’t need to bow down to you, you’re only a coach!)
- Recovery to ready position

Main teaching points:
- FH grip (basic grip)
- As soon as the feet move – ‘Bolt’ winning pose – racket strings towards partner
- Must get behind the shuttle – you want to be moving into the shot, not going backwards! If this is done correctly the movement back to ready position will be easier
- Stretch up to the shuttle – longer lever more power!
- Racket follows through towards where you want to hit the shot then down to non-racket side

Highlight working muscle groups – glutes, quads, shoulders, triceps (good for those bingo wings)

Practice OH smash:
Don’t forget to SIMPLIFY when needed
- Participants work in pairs
- One participant FH high serves the other participant moves back from start position (racket leg forward) and plays a OH smash
- 10 shuttles x 3 sets each
The BIG Recap!

After 6 weeks it’s time to make sure the participants feel comfortable with everything we have done so far. Ask participants what they would like to go over or have another go at (challenge or skill?).

Skills covered so far include:
1. Serve and net shots
2. Lifts
3. OH drop shot
4. FH and BH push and drives
5. OH smash

Challenges so far include:
1. BH serve – serving through the targets – how many can you do in 1 minute?
2. Lift target challenge – how many can you get in 1 minute?
3. How many drops can you get in the box in 1 minute?
4. 1 minute rally challenge!
5. OH smash points tally challenge

- Set up different practices on each court, selecting the most popular choices
- Offer court rotations if participants want to recap on more than one thing
The BIG Recap!

Session 6

Your guide to coaching the essential skills for badminton

New Skills!

Defensive shots – Getting those smashes back!
Main teaching points:
• Stand your ground – you don’t always need to step into the shuttle
• Racket should be pointing to the hitter – slight bend at the elbow – rackets don’t weigh that much so they shouldn’t be below the knees!
• Minimal hit – use the pace from the smash

Practice:
• In pairs on half a court
• Sequence of shots - starts with a 1) FH high serve, 2) Smash*, 3) Block the shuttle over the net
• Add in a target to aim where you want the block to land

8 smashes then change over, when both participants have had a go – change partners.
If participants are struggling with OH smash you can use a throw from the net to simulate the smash

10 mins

Skills in action:
Match-play

Set up some doubles games matching ability where possible.
• Talk about returns – hitting the back boxes with a low shot. Check return of serve stance
• Highlight the defensive positions
• Keep roaming the courts to check everyone is comfortable with scoring, positioning and most importantly keep encouraging!

Think about the different ways you can acknowledge success!

10 mins

The Cool-down:
Just as important as the warm-up!

Shake it all out!
Focus stretching on the:
• Hamstrings
• Quads
• Arms
• Glutes

Keep chatting to the group during the cool-down, it’s the perfect chance to get to know them a bit better and gain some feedback on the session and get them thinking about how they are getting on.

At this stage you can also talk to them about their homework task for the week:
• Practise your ‘Bolt’ pose in the mirror! – Get your body in the right position and remember how it feels (muscle memory!)
Net kills
Outcomes, Features & Equipment

Learning outcomes
Participants will:
✓ Understand the correct technique to play FH and BH net kills

Session features
✓ Muscle groups: Glutes, quads, hamstrings, adductors/abductors, core stability and shoulders
✓ Recaps:
  • Defensive shots
  • Defensive positions
✓ Challenge: Net kill challenge
✓ Game-play: Enhance skills and knowledge through game-play
✓ Homework: Use your new found badminton moves in an everyday context!

E-learning reminders!
✓ Achieving leads to increased confidence which means success!
✓ Keep an eye on those people who are more advanced or at a beginner level and make changes to the sessions accordingly

Equipment
✓ Multi-feed shuttles
✓ Throwminton shuttle
✓ Targets
✓ Racket Raisers
✓ Cones (or shuttles)
# Net kills

## First things first...

You should be getting to know the participants a bit better by this stage; keep the atmosphere informal, fun and friendly to make sure they feel comfortable, relaxed and having fun.

## The Warm-up!

### ‘Domes and Dishes’ game

- In even teams of about 3 (e.g. 3 v 3) Team 1 are ‘Domes’, team 2 are ‘Dishes’
- Space approximately 6 cones out around a court
- The aim for team ‘Domes’ is to turn all the cones/shuttles into domes and the aim for team ‘dishes’ is to do the opposite!

Mobilisation stretches - be mindful of any injuries

### Main teaching points:

- Stand your ground – you don’t always need to step into the shuttle.
- Racket should be pointing to the hitter – slight bend at the elbow – rackets don’t way that much so they shouldn’t be below the knees!
- Minimal hit – use the pace from the smash

If participants are struggling with OH smash you can use a throw from the net to simulate the smash.

### Practice:

- In pairs on half a court
- Sequence of shots - starts with a 1) FH high serve, 2) Smash*, 3) Block the shuttle over the net
- Add in a target to aim where you want the block to land
- 8 smashes then change over, when both participants have had a go – change partners

## Skills: recap of Defensive shots

### Main teaching points:

- Stand your ground – you don’t always need to step into the shuttle.
- Racket should be pointing to the hitter – slight bend at the elbow – rackets don’t way that much so they shouldn’t be below the knees!
- Minimal hit – use the pace from the smash

If participants are struggling with OH smash you can use a throw from the net to simulate the smash.

### Practice:

- In pairs on half a court
- Sequence of shots - starts with a 1) FH high serve, 2) Smash*, 3) Block the shuttle over the net
- Add in a target to aim where you want the block to land
- 8 smashes then change over, when both participants have had a go – change partners

## New skill!

### Net kills FH and BH:

- put these shots into context – e.g. they are used to kill a net shot to try and win a point.

### Main teaching points:

- When at the net, rackets need to be up and out – attach ‘Racket Raisers’, this will help you keep your racket up!
- Grip needs to be relaxed/correct FH/BH grip
- Hit rebound action (squeeze fingers) to hit the shuttle.
- No lead hats! Keep the trunk up!

Highlight working muscle groups – glutes, quads, shoulders, hamstrings

### Practice:

- Participants start near the service line
- Feeder stands slightly off the court
- Feeder throws the shuttle underarm – thumb in the shuttle! (10 shuttles)
- Participant comes in and kills the shuttle
- Repeat both sides

## Rotate work partners (consider ability - match if relevant)

### Net kills FH and BH:

- put these shots into context – e.g. they are used to kill a net shot to try and win a point.

### Main teaching points:

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- Participant comes in and kills the shuttle
- Repeat both sides

### Rotate work partners (consider ability - match if relevant)
## Net kills

**New skill!**

<table>
<thead>
<tr>
<th>Sequence: Block follow and net kill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Explain this is used to turn defence into attack.</td>
</tr>
</tbody>
</table>

**Practice:**

- Feeder throws a shuttle down (OH throw) for the participant to block then for a net kill
- Participant block follows and net kills

---

**Skills in action:**

**Match-play**

<table>
<thead>
<tr>
<th>Set up some doubles games matching ability where possible.</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Highlight the block and follow and if participant wins a point doing this they get an extra point</td>
</tr>
<tr>
<td>- Keep roaming the courts to check everyone is comfortable with scoring, positioning and most importantly keep encouraging!</td>
</tr>
</tbody>
</table>

**5 mins**

**10 mins**

Think about the different ways you can acknowledge success!
<table>
<thead>
<tr>
<th>Challenge! Or Choice!</th>
<th>Ask participants if there is anything particular they would like to do for the next 5-10 minutes otherwise it’s challenge time!</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Challenge</strong></td>
</tr>
<tr>
<td></td>
<td>• How many times can you hit the target with your net kills out of 10?</td>
</tr>
<tr>
<td></td>
<td>• 3 attempts</td>
</tr>
</tbody>
</table>

| The Cool-down:        | Shake it all out!                                                                                      |
| Just as important as  | Focus stretching on the:                                                                               |
| the warm-up!          | • Hamstrings                                                                                           |
|                       | • Quads                                                                                                |
|                       | • Arms                                                                                                 |
|                       | • Glutes                                                                                                |

How could this task fit in with their everyday life – for example, is there the option of stairs at work when usually they would take the lift?

Keep chatting to the group during the cool-down, it’s the perfect chance to get to know them a bit better and gain some feedback on the session and get them thinking about how they are getting on.

At this stage you can also talk to them about their homework task for the week:

- Your fitness has improved – how many flights of stairs can you take before the next session?
- You’re starting to move like a badminton player – can you use these movements in everyday life? e.g. lunge to pick up the TV remote?
Match-play: Introducing No Strings Badminton
Outcomes, Features & Equipment

Learning outcomes
Participants will:
✓ Understand the basic positions for doubles/mixed doubles
✓ Begin to understand basic tactics
✓ Understand where they can continue to play badminton after the Essentials course has ended – e.g. at a No Strings Badminton (NSB) Session

Session features
✓ Introduce NSB:
  • Free invite to sessions?
  • Can a local coordinator join you for the session?
✓ Game-play: Enhance skills and knowledge through game-play

Equipment
✓ Multi-feed shuttles

E-learning reminders!
✓ Acknowledging success can be achieved in many different ways... it isn’t always about winning!
✓ Reflect upon your own coaching practice during the course – is there anything you could improve on for next time?
### Match-play: Introducing No Strings Badminton

<table>
<thead>
<tr>
<th>First things first...</th>
<th>You should be getting to know the participant a bit better by this stage; keep the atmosphere informal, fun and friendly to make sure they feel comfortable, relaxed and having fun.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Warm-up!</strong></td>
<td><strong>Follow the leader!</strong></td>
</tr>
<tr>
<td></td>
<td>• 3 minutes of constant movement</td>
</tr>
<tr>
<td></td>
<td>• Coach to lead</td>
</tr>
<tr>
<td></td>
<td>• Use all badminton movements and shot shadowing</td>
</tr>
<tr>
<td></td>
<td>• Group to mirror all movements as one</td>
</tr>
<tr>
<td></td>
<td>• If the group is very large, split into 2 groups if someone is willing to be the leader</td>
</tr>
<tr>
<td></td>
<td>Mobilisation stretches - be mindful of any injuries</td>
</tr>
<tr>
<td><strong>Check Appendix 1 for alternatives or rules!</strong></td>
<td><strong>5 mins</strong></td>
</tr>
</tbody>
</table>

### ROTATE WORK PARTNERS (CONSIDER ABILITY - MATCH IF RELEVANT)

<table>
<thead>
<tr>
<th>Skills:</th>
<th>Tactical positioning!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5 mins</strong></td>
<td>Basic positions for Mixed Doubles:</td>
</tr>
<tr>
<td></td>
<td>• Talk about where the lady should stand in mixed when the man is serving</td>
</tr>
<tr>
<td></td>
<td>• On court demonstrations when the shuttle is lifted – who takes the straight smash?</td>
</tr>
<tr>
<td></td>
<td>• What happens when the lady receives a flick serve?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NSB Session!</th>
<th>Session is led by the NSB Co-ordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>40 mins</strong></td>
<td>Coach needs to walk round giving technical and tactical advice throughout the session</td>
</tr>
<tr>
<td></td>
<td>Think about the different ways you can acknowledge success!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Cool-down:</th>
<th>Just as important as the warm-up!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5 mins</strong></td>
<td>Shake it all out!</td>
</tr>
<tr>
<td></td>
<td>Focus stretching on the:</td>
</tr>
<tr>
<td></td>
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<tr>
<td></td>
<td>• Arms</td>
</tr>
<tr>
<td></td>
<td>• Glutes</td>
</tr>
<tr>
<td></td>
<td>Make sure all participants have an official FREE invite to local No Strings Badminton sessions.</td>
</tr>
<tr>
<td></td>
<td>Does anyone have any questions?</td>
</tr>
<tr>
<td></td>
<td>Thank everyone for their engagement and hard work throughout the course, and encourage them to continue playing!</td>
</tr>
</tbody>
</table>
Appendix 1 - Warm-Up Games

**The name game!**
- All participants stand in a circle
- They then throw the big shuttle to each other saying the person’s name who threw them the shuttle and then their own name. Play for about 2 minutes making sure everyone has had a chance
- Progress with the circle side-stepping and add variation by:
  - Keep changing direction
  - Increase speed
  - Vary the size of the circle

**Don’t drop the shuttle/frisbee!**
- The coach starts off with shuttle/frisbee they say aloud a question. What is your badminton age (explain – how many years/days you have been playing for)
- Whoever drops the shuttle/frisbee has to answer the questions and come up with a new one

**‘Keepy-uppy’ with a shuttle!**
- Participants need to be able to keep the shuttle in the air using any part of their body and racket – how many body parts can you use?
- Demonstrate and keep trying with the group so they can keep watching you for ideas and not feel too self-conscious

**‘IT’ on the lines!**
- Walk around the singles lines and explain this is the first set of parameters that the participants can walk on
- One person is ‘IT’ and they have to tag someone else who then becomes IT (they can’t tag the person straight back)
- All participants have to walk on the singles court lines only (you can’t go under the net!)
- Show the doubles courts and introduce this as the area – you have to be on the same line to tag someone
- Doubles IT starts with walking then side-stepping then full out running!
- Add interactive element by saying your name (or theirs) when tagging

**Domes and Dishes!**
- Split the group into 2 teams, team ‘Domes’ and team ‘Dishes’
- Using maker cones or shuttles if you don’t have cones spaced out in a large area (e.g. 2 courts ends) – set up with half of the cones/shuttles pointing up and some down
- Team ‘Dishes’ have to run around trying to get all cones pointing down as dishes and Team ‘Domes’ have to do the opposite!

**Throwminton!**
- Using the giant shuttle. The game is started by a OH throw to reinforce learning on the OH
- The rules are simple, if you catch the shuttle at chest high you get to throw the shuttle OH, if you catch the shuttle below chest height you can throw the shuttle underarm over the net
- Participants use rally point scoring and games are 1 minute – mix round the participants to play with each other
- Teams can be up to 6 participants each so for groups up to 12 this can be played on one court

**Follow the leader!**
- 3 minutes of constant movement
- Coach to lead
- Use all badminton movements and shot shadowing
- Group to mirror all movements as one – flash-mob style
- If the group is very large, split into 2 groups if someone is willing to be the leader

**‘May Day’ warm-up**
- Split group into two group, each line-up on opposite baselines
- Vary the movements to towards the net (participants moving towards each other and back)
- Add interactive elements such as high fives at the net or saying your name
- Rotate so that participants are interacting with different participants
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