

## PERANCANGAN TAHUNAN 2026

### SUKAN DAN PERMAINAN: BADMINTON

| BIL. | TARIKH    | AKTIVITI   | ANGGARAN<br>BAJET |
|------|-----------|--|-------------------|
| 1.   | 22 JAN 26 | MESYUARAT AGUNG PEMILIHAN<br>JAWATANKUASA KALI-1 |                   |
| 2.   | 25 JAN 26 | LATIHAN STROKE                                   |                   |
| 3    | 26 JAN 26 | LATIHAN SERVE                                    |                   |
| 4.   | 27 JAN 26 | LATIHAN NETTING                                  |                   |
| 5.   | 28 JAN 26 | LATIHAN SMASH                                    |                   |
| 6.   | 1 FEB 26  | LATIHAN DROP                                     |                   |
| 7.   | 2 FEB 26  | LATIHAN LOB                                      |                   |
| 8.   | 3 FEB 26  | LATIHAN DROP CROSS COURT                         |                   |
| 9.   | 4 FEB 26  | LATIHAN STAMINA                                  |                   |
| 10.  | 5 FEB 26  | LATIHAN ROTATE DOUBLE                            |                   |
| 11.  | 10 FEB 26 | PERTANDINGAN PERSEORANGAN DAN<br>BEREGU          |                   |
| 12.  | 11 FEB 26 | KEMUNCAK PESKO                                   |                   |

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### SUKAN DAN PERMAINAN: **BADMINTON**

| BIL. | TARIKH    | AKTIVITI                         | ANGGARAN<br>BAJET |
|------|-----------|----------------------------------|-------------------|
| 1.   | 5/3/2025  | MESYURAT AGONG KALI PERTAMA      |                   |
| 2.   | 19/4/2025 | LATIHAN SERVIS                   |                   |
| 3    | 20/4/2025 | LATIHAN GERAKAN KAKI (FOOTWORK)  |                   |
| 4.   | 21/4/2025 | LATIHAN TEKNIK PUKULAN (STROKES) |                   |
| 5.   | 22/4/2025 | LATIHAN DROP SHOT                |                   |
| 6.   | 23/4/2025 | LATIHAN SMASH                    |                   |
| 7.   | 24/4/2025 | LATIHAN NET SHOT                 |                   |
| 8.   | 26/4/2025 | LATIHAN DRIVE SHOT               |                   |
| 9.   | 27/4/2025 | LATIHAN MENERIMA SERVIS          |                   |
| 10.  | 28/4/2025 | LATIHAN STAMINA & WARM UP        |                   |
| 11.  | 28/4/2025 | LATIHAN TEKNIK FEEDING           |                   |
| 12.  | 29/4/2025 | KEMUNCAK PESKO                   |                   |