

Maples Badminton Practice Template

** Please note, times will change when practices are in the a.m as time is more limited.*

** Athletes are expected to take learning new skills into their own hands. There will be a weekly/biweekly assessment of your skills that will be conducted as a partnership between yourself and the coach. As an individual and a team, you know best where your strengths and weaknesses lie and can make the decisions on your own in terms of what you would like to work on as an individual and as a team.*

** As your coach, I am here to learn with you, help with assessing your skills, and act as your guide in finding the proper resources to help you find success as an athlete.*

3:45 - Warm Up (15 Minutes)

Students choose between 2 warm-routines

Routine 1 - 3 minutes of each

- Clears
- Drops
- Smashes
- Drives
- Net Shots

Routine 2 - 5 minutes of each

- Clears
- Clear-Smash-Return-Clear
- Clear-Drop-Net-Clear

4:00 Individual Skills Time (30 Minutes) (Videos/Drills can be located on www.bwfbadminton.org)

During this time, athletes will work on individual badminton skills. This could be skills such as:

- Short Serve (Forehand/Backhand)
- Long Serve (Forehand/Backhand)
- Flick Serve (Backhand)
- Foot work/Agility
- Clears (Forehand/Backhand)
- Net Shots (Forehand/Backhand)
- Drop Shots (Forehand/Backhand)
- Net Lifts (Forehand/Backhand)
- Smashes (Forehand/Backhand)
- Net Kill (Forehand/Backhand)
- Cross Court Drop Shots (Forehand/Backhand)

- ETC....
-

Please Note: Although I have provided a list of skills, you are welcome to branch out and search for new skills that you would like to work on as well as resources to use.

4:30 Team Skills/Tactics (20 Minutes) (Videos/Drills can be located on www.bwfbadminton.org)

Athletes will now have the opportunity to work on team tactics. Athletes will work on skills such as:

- Serve/Return Positioning
- Rallying Tactics
- Splits
- Shot Selection
- Rotations
- Split Steps
- Opponent weaknesses/target players
- ETC....

4:50 Games/Conditioning (35-40 Minutes)

During the “Games” portion of the practice, athletes are expected to play games in their category (Mixed, Singles, Doubles) and put the skills practiced into game-like situations.

5:25 Clean Up and cool-down Stretch

With 10-15 minutes remaining in practice, students will take down the nets and get into a group circle in the gym and work out our flexibility. The reason for doing this is to prevent injury throughout the season and increase our flexibility levels. As a result, our range of motion will increase as well which in the end, makes us better athletes!

Post Practice/Off-Days

Student are encouraged to research drills and videos online. Two great resources to start with are; www.bwfbadminton.org, and www.coachingbadminton.com.