

Fundamentals - Instructing Badminton

- **Badminton MUST be made easy**
- **TEACH THROWING ACTION** - racket elbow starts in front & high and MUST lead the throwing action - throw balls at beginning of practice with non-throwing foot forward
- **TEACH OVERHEAD**
 - ONE – BE LOOSE!!!!!!
 - TWO - stand square facing net with non-racket foot forward
 - THREE – raise racket arm and open hand
 - FOUR – place racket in hand so strings are facing forward
 - FIVE - close hand gently around handle
 - SIX – bring racket back and let wrist be limp so racket 'dangles' in hand loose (elbow should remain high and pointing forward)
 - SEVEN – swing forward with follow through going across body – do this MANY times
 - EIGHT - during swing racket should 'feel' heavy
 - NINE - when contacting bird, MAKE SURE HAND IS STILL LOOSE AROUND HANDLE
 - TEN - pay attention to sound strings make "ping"
 - ELEVEN - bird should feel heavy when making contact with racket
 - TWELVE - DO NOT TRY to hit the bird with power, instead let the weight of the racket, momentum and gravity do the work - "less is more"
 - THIRTEEN – STAY LOOSE!!!!!!
- **TEACH FOREHAND UNDERHAND 'FEEDING'/SERVING/FOREHAND LIFT TECHNIQUE**
 - ONE – BE LOOSE!!!!!!
 - TWO – stand with non-racket foot facing forward chest square to net
 - THREE – hang racket arm loose towards the ground
 - FOUR – gently place racket in hand so strings face forward (should be same exact grip as in the overhead)
 - FIVE – rock arm back and forth from shoulder like a pendulum with joints being very loose/'lifeless' until swing is large – should feel and look "floppy" - do this MANY times
 - SIX – hold birds in opposite hand (start with a few) so cork points downwards and sits between index finger and middle finger and palm faces forward
 - SEVEN – practice letting one bird at a time slip through the fingers using the index finger and middle finger to 'assist' or "pry" bird from the rest of the stack – keep adding birds as you get better - try releasing birds faster and faster (leads to 'rapid fire' feeding)
 - EIGHT – put steps FIVE and SEVEN together and hit one bird at a time underhand, slowly releasing one bird at a time - hold multiple birds – this is the beginning of multi-shuttle feeding so players can feed each other to practice all badminton shots and at the same time, through feeding, they are developing the right swing mechanics for the long deep singles serve and forehand lift - this will also take the stress off you as their instructor to feed each person one at a time - the students will feed each other and develop technique while you go around "tweaking"

- **TEACH FOREHAND UNDERHAND CONTROL**

- ONE – hold grip gently so strings face forward (in supination)
- TWO – keep racket low and hanging gently (by feet)
- THREE – stand far away from net with racket foot forward at about the short service line and non-racket foot farther back (in a shorter lunge position)
- FOUR – have feeder on other side of net tossing birds (held like described above) with underhand throwing motion (hold by cork so cork goes first) and throw OFF THE NET and not at the other person but rather, at the racket
- FIVE – person practicing net control raises racket to meet bird at a COMFORTABLE SPOT (not chasing the bird too high) – around shin level
- SIX – when making contact with the bird, hand should be gripped lightly around the handle so the weight of the bird is felt and bird bounces naturally off the strings – pay VERY close attention to the sound the strings make – if very loud and high pitch clear to the ear then GOOD – if dull and muffled then NOT GOOD – SOUND is everything
- SEVEN – trajectory of bird should be rainbow arch with plenty of range over the net - DO NOT MAKE THE BIRD AS TIGHT TO THE NET at this stage
- EIGHT – the bird should only FLIP ONCE at this stage – if the bird flips more than this and is ‘tumbling’ then control is not achieved
- EIGHT – as contact quality and consistency improves, begin hitting bird closer to the net but still keeping with the high trajectory but have the bird fall at a steeper angle along the face of the net

- **TEACH BACKHAND UNDERHAND CONTROL**

- Same exact sequence as forehand except
- ONE – hold grip gently so strings face forward (in pronation) with thumb on the back of the grip or slightly on the side (knuckles face up)
- TWO - thumb pushes against handle to produce the hit
- THREE - hang arm by loosely by feet
- FOUR - raise arm slightly until about 45° in front of you
- FIVE - elbow slightly bent (this will help with power production)

- Use FUNDAMENTLA MOVEMENT PATTERNS like overhead and underhand trhowing motions to teach the two main swings in badminton
- STAY LOOSE, COMFORTABLE & NATURAL
- Don't try too hard - in fact have a sense of "laziness" and allow the body to do its thing without stress and axiousness - feel gravity and momentum and the rest will take care of itself

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