

TheNEWway

Badminton Project

Badminton Coaching Session
Plan Manual – Junior Clubs

Welcome to The NEW way Badminton Project. Originating in North East Wales, The NEW way project has been set up to help promote and develop junior badminton at all levels from grass roots to high performance.

The aim of The NEW way project is simple:

“To connect those wishing to evolve badminton from grass roots to high performance, helping every junior player reach their full potential”.

As part of the project we have developed a series of coaching session plans for schools, Junior Clubs and County/Regional Associations incorporated with a player award scheme (Sgiliau Badminton) to provide continuity and motivation to every junior player’s development. Using elements from BWF Shuttle Time, BWF Level 1 Coaches Manual and BWF Level 2 Coaches Manual, the coaching session plans are designed to assist players in developing hitting and movement technique, from beginner to National level.

This is a flexible resource to meet the needs of:

- Coaches and teachers with varying badminton experience/ability;
- Different coaching/teaching situations – location/equipment/size of groups/experience with badminton, and
- Mixed ability groups.

The coaching session plans are divided into three phases:

- Phase 1 (Levels 1-3) – Learning basic grips, hitting and movement technique of the basic shots and basic on-court routines
- Phase 2 (Levels 4-7) – Learning more complex hitting and movement technique of the basic shots and more complex on-court routines
- Phase 3 (Levels 8-10) – Learning more complex hitting and movement technique of more complex shots and more complex on-court routines

Progress through the programme depends on the skill level and motivation of the group. Teachers/coaches should evaluate progress of children after each lesson prior to assessment for the appropriate level of Sgiliau Badminton.

The aim of Sgiliau Badminton is:

- To motivate young players to improve their playing skills and knowledge of badminton.
- To help coaches identify players needs quickly and effectively, and
- To help team selectors, whether it is club or county, to quickly identify a players' skill level.

Sgiliau Badminton is a player award scheme which works on the principle that the primary focus of young players should be on skill development and not winning. Winning is an outcome of a player performing skills well, so more players will be motivated if they are orientated towards improving their skills, rather than trying to win. The scheme enables players to achieve various levels of success while becoming much more skilful players in the process.

Each level of the player award scheme is based on The NEW Way coaching session plans provided. The Coaches' role is vital. Nothing in the scheme rewards players who perform the skills younger, faster, etc. therefore the coach can ensure success for the players by encouraging players to take the Awards only when they are good enough to pass. There are no time restrictions – no limits on preparation, so in a scheme where the aim is motivation through success, coaches should take responsibility for determining the readiness of the players to be able to pass.

The badminton skills become more difficult the higher the level. Players will be required to play more shots, with more difficult targets.

TheNEWway

Badminton Project

Badminton Coaching Session
Plan Manual – Junior Clubs
Phase 1, Level 1-3

Introduction to Phase 1 Coaching Session Plans 1-5 (Level 1).....	1
Introduction to Grips.....	2
Phase 1 Coaching Session Plan 1 – Basic Grips and Footwork.....	3
Phase 1 Coaching Session Plan 2 – Grip Change and Footwork.....	4
Phase 1 Coaching Session Plan 3 – Net Shots and Lunge.....	5
Phase 1 Coaching Session Plan 4 – Net Shots and Footwork.....	6
Phase 1 Coaching Session Plan 5 – Backhand Short Serve.....	7
Phase 1 Sgiliau Badminton Level 1 Assessment Criteria.....	8
Introduction to Phase 1 Coaching Session Plans 6-10 (Level 2).....	9
Phase 1 Coaching Session Plan 6 – Chasse and Hit.....	10
Phase 1 Coaching Session Plan 7 – Forehand Lift.....	11
Phase 1 Coaching Session Plan 8 – Backhand Lift.....	12
Phase 1 Coaching Session Plan 9 – Lifts Revision.....	13
Phase 1 Coaching Session Plan 9 – Lifts Revision (continued).....	14
Phase 1 Coaching Session Plan 10 – Mid-court Flat Play.....	15
Phase 1 Sgiliau Badminton Level 2 Assessment Criteria.....	16

Introduction to Phase 1 Coaching Session Plans 11-16 (Level 3).....	17
Phase 1 Coaching Session Plan 11 – Forehand Clear 1.....	18
Phase 1 Coaching Session Plan 12 – Forehand Clear 2.....	19
Phase 1 Coaching Session Plan 12 – Forehand Clear 2 (continued).....	20
Phase 1 Coaching Session Plan 13 – Overhead Drop Shot 1.....	21
Phase 1 Coaching Session Plan 14 – Overhead Drop Shot 2.....	22
Phase 1 Coaching Session Plan 15 – Smash and Block Defence 1.....	23
Phase 1 Coaching Session Plan 16 – Smash and Block Defence 2.....	24
Phase 1 Sgiliau Badminton Level 3 Assessment Criteria.....	25
Introduction to Phase 1 Coaching Session Plans 17-20.....	26
Phase 1 Coaching Session Plan 17 – Singles Tactics.....	27
Phase 1 Coaching Session Plan 18 – Tactical Games.....	28
Phase 1 Coaching Session Plan 19 – Doubles Tactics.....	29
Phase 1 Coaching Session Plan 20 – Tactical Games.....	30
Phase 1 Sgiliau Badminton Level 1-3 Assessment Criteria Table.....	Appendix

Phase 1, coaching sessions 1-5 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

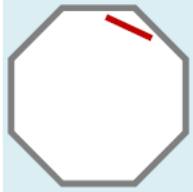
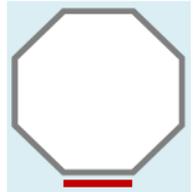
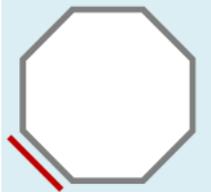
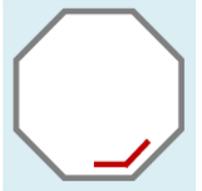
- Introducing basic badminton movements
- Introducing basic and thumb grips
- Introducing play at the net
- Introducing backhand short serve

The session plans in this section are designed to assist players in achieving their Level 1 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

<p>Basic grip</p>		<p>The basic grip is used to play strokes where the shuttle is level with the player, on both the forehand and backhand sides. The thumb and first finger of the hand creates a “v” shape on the racket handle. The position of the bottom of the “v” is important and is shown in the illustrations below. The basic grip is also called the “v” grip.</p>			
<p>Thumb grip</p>		<p>The thumb grip is used to play basic backhand strokes in front of the body. Examples include net shots, net lifts, net kills, backhand serves and backhand drives (when struck in front of the body). The thumb is placed at the back of the racket handle, with a slight gap between the hand and the racket handle.</p>			
<p>Corner grip</p>		<p>The corner grip is an alternative used for backhand strokes when the shuttle is level with or slightly behind the player. These strokes include backhand drives and blocks (when the shuttle is at the side of the body), backhand clears, backhand drop shots and backhand smashes.</p>			
<p>Panhandle grip</p>		<p>The panhandle grip is used for forehand strokes when the shuttle is well in front of the player for example net kills and forehand drives. It can also be used for backhand strokes when the shuttle is well behind the player for example backhand drop shots.</p>			

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
1.1: Mirror chase (10 min) 	<ul style="list-style-type: none"> • Players are divided into pairs facing each other. One player is the “leader” and the other one is the “chaser”. Using chasse steps, the “leader” moves laterally and changes directions trying to escape from the “chaser”. The “chaser” must follow and try to keep up with the “leader”. 	<ul style="list-style-type: none"> • Use only short distances to chasse (avoid over chassing) • Change roles often (30-40 sec). • Encourage straight posture with knees slightly flexed. 	<ul style="list-style-type: none"> ↑ Chasseing parallel, diagonal (forward and backward) movement. ↓ Chasseing only on parallel line. 	<ul style="list-style-type: none"> • Keep the group well-spaced apart. • Allocate partners in terms of skill level/ability.
1.2: Mirror chase with throwing (10 min) 	<ul style="list-style-type: none"> • Players remain in pairs facing each other. One player holds a bean bag (or shuttle) and is the “leader”. The “chaser” must follow. The “leader” throws the bean bag and the “chaser” tries to catch it and return it. 	<ul style="list-style-type: none"> • Use only short distances to chasse (avoid over-chassing) • Change roles often (30-40 sec). • Encourage straight posture with knees slightly flexed. 	<ul style="list-style-type: none"> ↑ Throwing/catching with “racket arm” only. ↓ Throwing/catching with two hands. 	<ul style="list-style-type: none"> • Keep the pairs of players well-spaced apart. • Allocate partners in terms of skill level/ability.
1.3: Thumb grip with shuttle (10 min) 	<ul style="list-style-type: none"> • Players work in pairs practicing the thumb grip by hitting a shuttle thrown by their partner. • Practice 12 shots and change roles. • Practice without using net. 	<ul style="list-style-type: none"> • Throw underarm with “racket arm” only. 	<ul style="list-style-type: none"> ↑ Use racket leg to step forward. ↓ Concentrate on correct grip and relaxed fingers. 	<ul style="list-style-type: none"> • Video shows players hitting both sides. For this exercise hitting is done on the backhand side only. • Keep pairs well-spaced apart and use the whole space available.
1.4: Thumb grip with targets (10 min) 	<ul style="list-style-type: none"> • This is a progression. • Work in pairs and practice hitting targets using the thumb grip hitting a shuttle thrown by partner (with or without net). 	<ul style="list-style-type: none"> • Use hoops or draw targets on the wall. • Change partners. 	<ul style="list-style-type: none"> ↑ Make the game competitive and give points for hitting targets. ↓ Keep slow throwing pace. 	<ul style="list-style-type: none"> • Video shows players hitting both sides. For this exercise hitting is done on the backhand side only. • Make sure the shuttles are collected safely after each game.
1.5: Basic grip with shuttle (10 min) 	<ul style="list-style-type: none"> • Players work in pairs practicing the basic grip by hitting a shuttle thrown by their partner. • Practice 12 shots and change roles. • Practice without using net. 	<ul style="list-style-type: none"> • Throw underarm with “racket arm” only. 	<ul style="list-style-type: none"> ↑ Use racket leg to step forward. ↓ Concentrate on correct grip and relaxed fingers. 	<ul style="list-style-type: none"> • Video shows players hitting both sides. For this exercise hitting is done on the forehand side only. • Keep pairs well-spaced apart and use the whole space available.
1.6: Basic grip with targets (10 min) 	<ul style="list-style-type: none"> • This is a progression. • Work in pairs and practice hitting targets using the basic grip hitting a shuttle thrown by partner (with or without net). 	<ul style="list-style-type: none"> • Use hoops or draw targets on the wall. • Change partners. 	<ul style="list-style-type: none"> ↑ Make the game competitive and give points for hitting targets. ↓ Keep slow throwing pace. 	<ul style="list-style-type: none"> • Video shows players hitting both sides. For this exercise hitting is done on the forehand side only. • Make sure the shuttles are collected safely after each game.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
2.1: Mirror chase with throwing (10 min)		<ul style="list-style-type: none"> • Players are divided into pairs facing each other. One player holds a bean bag (or shuttle) and is the “leader”. The “chaser” must follow. The “leader” throws the bean bag and the “chaser” tries to catch it and return it. 	<ul style="list-style-type: none"> • Use only short distances to chase (avoid over-chasseing) • Change roles often (30-40 sec). • Encourage straight posture with knees slightly flexed. 	<ul style="list-style-type: none"> ↑ Throwing/catching with “racket arm” only. ↓ Throwing/catching with two hands. 	<ul style="list-style-type: none"> • Keep the pairs of players well-spaced apart. • Allocate partners in terms of skill level/ability.
2.2: Grip change (Tic-Toc) (5 min)		<ul style="list-style-type: none"> • Remind players of the two grips used in badminton. Demonstrate change of grip by rolling racket grip with a thumb. • Ask all players to shadow change of grips on signal. For this the coach gives signal like the Tic-Toc of a clock. 	<ul style="list-style-type: none"> • Change of grip by rolling the racket grip with the thumb without turning the whole hand. • Elbow in front of body. • Relaxed grip, squeeze fingers only when hitting. 	<ul style="list-style-type: none"> ↑ Coach varies the difficulty by change of rhythm or change of sequence. ↓ Alternate grips and reinforce teaching points. 	<ul style="list-style-type: none"> • Keep players well-spaced apart. • Practice in rows facing coach.
2.3: Grip change with shuttle (15 min)		<ul style="list-style-type: none"> • Players work in pairs practicing changing grips by hitting a shuttle thrown by their partner alternately to forehand and backhand sides. • Practice 12 shots and change roles. • Practice without using net. 	<ul style="list-style-type: none"> • Throw underarm with “racket arm” only. • Alternate forehand/backhand (no change of direction). 	<ul style="list-style-type: none"> ↑ Use racket leg to step forward. ↓ Concentrate on correct grip and relaxed fingers. 	<ul style="list-style-type: none"> • Keep pairs well-spaced apart and use the whole space available.
2.4: Grip change with targets (20 min)		<ul style="list-style-type: none"> • This is a progression. • Work in pairs and practice hitting targets using change of grips hitting a shuttle thrown by partner (with or without net). 	<ul style="list-style-type: none"> • Use hoops or draw targets on the wall. • Change partners. 	<ul style="list-style-type: none"> ↑ Make the game competitive and give points for hitting targets. ↓ Keep slow throwing pace. 	<ul style="list-style-type: none"> • Make sure the shuttles are collected safely after each game.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
3.1: Balancing shuttles (10 min)		<ul style="list-style-type: none"> • Players balance an upturned shuttle on their heads whilst walking forward using a basic lunge technique (see teaching points). Can be performed with racket leg only or alternate legs. 	<ul style="list-style-type: none"> • Lift the knee before kicking the foot forward. • First contact on the floor is with the heel. • Maintain upright posture. 	<ul style="list-style-type: none"> ↑ Increase stride length. ↓ Walk with shuttle on the head. 	<ul style="list-style-type: none"> • Be aware of shuttles on the floor.
3.2: Having a lunge (shadow) (10 min)		<ul style="list-style-type: none"> • Players stand in line and make a step with racket ending with the “racket foot” in front of them finishing with shadowing net shot. 	<ul style="list-style-type: none"> • The whole group moves together when signal is given by the coach. • Common mistake is twisting the foot. • If available use mirror to reinforce technical points 	<ul style="list-style-type: none"> ↑ Chasse to lunge position. ↓ One step only and then lunge. 	<ul style="list-style-type: none"> • Space the group well in two or three lines facing the coach
3.3: Net shots backhand and forehand (20 min)		<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices backhand net shot. • Progress the exercise by lunging forward with the racket foot when playing the shot. • The shot is a gentle push over the net. • Repeat exercise on forehand side. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Check grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
3.4: Playing a net rally (20 min)		<ul style="list-style-type: none"> • Two players practice net shots by playing a game in the net area. • Play net shots only (from below net height). • Start the rally by throwing the shuttle. 	<ul style="list-style-type: none"> • Relaxed grip. • Check appropriate grip is being used. 	<ul style="list-style-type: none"> ↑ Can be played in larger area to include lunging. Turn into competition to motivate players. ↓ Use a smaller area to concentrate on the racket technique and lower the net where necessary. 	<ul style="list-style-type: none"> • Pay attention to court safety.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
4.1: Happy feet (10 min) 	Start with fast feet: <ul style="list-style-type: none"> • Work in groups face away from coach or helper. Players move on the spot' – “happy feet”. • Coach gives signal (clap, stamp or whistle) players start and move as quickly as possible in selected direction (e.g. forehand net corner). 	<ul style="list-style-type: none"> • Make sure players cannot see the signal. • Flexed legs starting position. 	↑ Use 2 different signals to indicate different directions (e.g. clap and whistle).	<ul style="list-style-type: none"> • Keep the group well-spaced apart.
4.2: Balancing Shuttles (10 min) 	<ul style="list-style-type: none"> • Players balance an upturned shuttle on their heads whilst walking forward using a basic lunge technique (see teaching points). Can be performed with racket leg only or alternate legs. 	<ul style="list-style-type: none"> • Lift the knee before kicking the foot forward. • First contact on the floor is with the heel. • Maintain upright posture. 	↑ Increase stride length. ↓ Walk with shuttle on the head.	<ul style="list-style-type: none"> • Be aware of shuttles on the floor.
4.3: Chasse steps for net play (20 min) 	<ul style="list-style-type: none"> • Work in pairs – line the pairs up facing each other – about 3 metres apart. • One partner throws the shuttle; the other partner is practising forehand and backhand net shots. • Change roles after 12 shots each. • Start with backhand, then forehand, then progress by alternating between forehand and backhand net shots. 	Use the following progression (does not need a net): <ul style="list-style-type: none"> • Play net shots only. • Play net shots with lunge. • Play net shots with chasse and lunge. • Play net shots with split step, chasse and lunge. 	↑ Use a net and place/draw target on the floor. ↓ No net or court required. Concentrate on correct technique.	<ul style="list-style-type: none"> • Keep players well-spaced apart.
4.4: Playing a net rally (20 min) 	<ul style="list-style-type: none"> • Two players practice net shots by playing a game in the net area. • Play net shots only (from below net height). • Start the rally by throwing the shuttle. 	<ul style="list-style-type: none"> • Relaxed grip. • Check appropriate grip is being used. 	↑ Can be played in larger area to include lunging. Turn into competition to motivate players. ↓ Use a smaller area to concentrate on the racket technique and lower the net where necessary.	<ul style="list-style-type: none"> • General court safety.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
5.1: Racket and shuttle relays (10 min)		<ul style="list-style-type: none"> • Work in teams. • Create relays with technical challenges related to technical abilities of the players. For example: Relay with hitting the shuttle up in the air with forehand or backhand or alternate between forehand and backhand. 	<ul style="list-style-type: none"> • Coaches to create their own tasks relevant to the ability of the players. Gradually increase difficulty. 	<ul style="list-style-type: none"> ↑ Add chasse movements and obstacles to the relay. ↓ Balance shuttle on the racket with forehand or backhand grip. Increase or decrease pace. 	<ul style="list-style-type: none"> • Keep group well-spaced apart. Split into groups and alternate activity in the groups.
5.2: Backhand short serve (20 min)		<ul style="list-style-type: none"> • Coach demonstrates a backhand serve, aiming to get the shuttle in area (e.g. from low service line into opposite service area). • After each hit run forwards to collect shuttle and return for next go – count successes. • Experiment in hitting different distances. • Compare scores after set time. 	<ul style="list-style-type: none"> • Hit from hand. • Racket pointing down. • Thumb grip chasse and lunge. 	<ul style="list-style-type: none"> ↑ Reduce target area (for example, corner box of court). ↓ Increase target area (for example the whole mat). 	<ul style="list-style-type: none"> • Keep group well-spaced apart.
5.3: Backhand serve: team competition (15 min)		<ul style="list-style-type: none"> • Players play a serve competition into a target (i.e. a box). At the start they have a lot of shuttles laying in a hoop (at least 10 per person). • When finished, count how many they hit into the box. • The fastest team gets one extra point. 	<ul style="list-style-type: none"> • Hit from hand. • Strike below waist. • Take time for hitting the target. • Change quickly after each serve. 	<ul style="list-style-type: none"> ↑ With better players, point out and explain the service boxes and encourage different ways to strike shuttle – to the left of the opponent, to the right of the opponent, higher above the opponents head so they cannot reach this. ↓ Low net or no net. 	<ul style="list-style-type: none"> • Keep the groups well-spaced apart.
5.4: Net singles (15 min)		<ul style="list-style-type: none"> • Players work in pairs on half court playing net rallies starting with backhand low serve. • After the serve the court is restricted to front court area only (low service line). • Game is scored. Length depends on number of players. 	<ul style="list-style-type: none"> • Relaxed grip. • Start on smaller area and increase difficulty gradually on larger area. 	<ul style="list-style-type: none"> ↑ Allow players to play on larger area and using both forehand and backhand net shots (split step, chasse and lunge). ↓ Concentrate on the correct technique (no competitive situation). 	<ul style="list-style-type: none"> • General court safety.

Activity	Description	Assessment Criteria
Thumb grip with targets	Player stands in the rear tramlines of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle to the backhand side for player to hit.	<ul style="list-style-type: none"> • 5/10 landing past own service line. • Thumb grip to be used.
Basic grip with targets	Player stands in the rear tramlines of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle to the forehand side for player to hit.	<ul style="list-style-type: none"> • 5/10 landing past own service line. • Basic grip to be used.
Alternate grips with targets	Player stands in the rear tramlines of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle alternating between backhand and forehand (5 each side) for player to hit.	<ul style="list-style-type: none"> • 5/10 landing past own service line. • Thumb & basic grip to be used.
Backhand net shots with chasse	Player starts behind own service line. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle close to net for player to hit net shot.	<ul style="list-style-type: none"> • 5/10 going over the net and landing inside opponent's service line. • Thumb grip to be used.
Forehand net shots with chasse	Player starts behind own service line. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle close to net for player to hit net shot.	<ul style="list-style-type: none"> • 5/10 going over the net and landing inside opponent's service line. • Basic grip to be used.
Backhand low serve	Player stands in service box and serves to the diagonal service box (5 serves in each service box).	<ul style="list-style-type: none"> • 5/10 going over the net and landing in diagonal service box. • Thumb grip to be used.

Phase 1, coaching sessions 6-10 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

- Introducing basic badminton movements
- Introducing lifts from forecourt
- Introducing flat play

The session plans in this section are designed to assist players in achieving their Level 2 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
6.1: Tagging game (10 min)		<ul style="list-style-type: none"> One player is chosen to be the 'chaser' and must try to 'tag' or touch all the other players. If a player is 'tagged' by the chaser, they must complete two laps around the outside of the playing area before they can re-join the game. 	<ul style="list-style-type: none"> Change the chaser often to give more players the chance to be the chaser. When tagged, give other activities before players can re-join the game (10 lunges; 10 sit-ups or active stretching). 	<ul style="list-style-type: none"> ↑ Progress the game by selecting more than one chaser. ↓ Keep only one chaser to maintain steady pace. 	<ul style="list-style-type: none"> If the class is too big, separate into more than one group and use the whole available space to spread the group apart.
6.2: Chasse game (10 min)		<ul style="list-style-type: none"> Players work in pairs facing each other. One player holds bean bag (or shuttle) and is the "leader". The other one is the "chaser" and must follow. The "leader" throws the bean bag and the "chaser" tries to catch and return it. 	<ul style="list-style-type: none"> Change roles on coach's signal. Approx. 2-3 metres between partners. 	<ul style="list-style-type: none"> ↑ Throwing with "racket arm" only. ↓ Throw with two hands from below only. 	<ul style="list-style-type: none"> Keep the pairs of players well-spaced apart. Allocate partners in terms of skill level/ability.
6.3: Chasse and hit: forehand side (15 min)		<ul style="list-style-type: none"> Players work in groups with one feeder. Feeder throws shuttle to forehand side, player chasses to forehand and hits the shuttle with basic grip. After hitting the shuttle, player returns to the back of the line ready for his next turn. Next player rotates on and sequence is repeated. 	<ul style="list-style-type: none"> No need for net or court. Feeder can be the coach, a player or another person helping. Game can be scored as individual or team. 	<ul style="list-style-type: none"> ↑ Use net and/or court. ↓ Reduce movement. 	<ul style="list-style-type: none"> Be aware of shuttles on ground.
6.4: Chasse and hit: backhand side (15 min)		<ul style="list-style-type: none"> Repeat the above exercise to the other side of the court. 	<ul style="list-style-type: none"> As above. 	<ul style="list-style-type: none"> As above. 	<ul style="list-style-type: none"> As above.
6.5: Group feed with choice (10 min)		<ul style="list-style-type: none"> Work in groups, players form a line in front of feeder. Feeder has the choice to throw to the left or right. Player uses chasse and hits to target with the appropriate grip. Next player in line starts and sequence is repeated. Players score points by hitting a target with the correct grip. 	<ul style="list-style-type: none"> No need for net or court. Feeder needs to give sufficient time for players to achieve objectives. Game can be scored as individual or team. 	<ul style="list-style-type: none"> ↑ Disguise or hide the feed. ↓ Reduce movement. 	<ul style="list-style-type: none"> As above.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
7.1: Calf-Touching (10 min) 	<ul style="list-style-type: none"> • Players work in pairs facing each other with low centre of gravity (racket leg forward). One player is the “attacker”. He places ‘racket’ arm forward trying to touch their opponent’s calf. The “defender” has to react quickly and copy the “attacker’s” movements. 	<ul style="list-style-type: none"> • Use short period of time (30-40 sec) and change roles (“attacker”/“defender”). • Count points each time the “attacker” touches the “defender’s” calf. 		<ul style="list-style-type: none"> • Keep group well-spaced apart during the demonstration.
7.2: Dynamic balance (5 min) 	<ul style="list-style-type: none"> • Standing on one leg, players place the shuttle as far in front of themselves as possible and returns to standing position on one leg. Then, remaining on one leg, retrieve the shuttle and return to starting position without falling over. • Repeat activity using the other leg. 	<ul style="list-style-type: none"> • Emphasize balance techniques and a controlled pace of exercise. 	<ul style="list-style-type: none"> ↑ Place shuttle further in front. Repeat consecutively on same leg. ↓ Change legs regularly and decrease distance. 	
7.3: Forehand lift (20 min) 	<ul style="list-style-type: none"> • Start practising the forehand lift – working in pairs, feeder slowly throws the shuttles and their partner hits a forehand lift as far and as high as possible. • The feeder runs back to baseline and tries to prevent the shuttle from touching the floor. The feeder cannot move until the shuttle is struck. • Change after 12 shots. 	<ul style="list-style-type: none"> • Ensure the correct grip is used. • Do not need net and court, can place or draw targets to give indication of distance. • Increase difficulty by adding movement as and when appropriate. 	<ul style="list-style-type: none"> ↑ If executed correctly, players can progress by hitting lifts with chasse and lunge. ↓ Concentrate on correct racket technique. Could use balloons for the start of the exercise. 	<ul style="list-style-type: none"> • Make sure group is well-spaced apart. Use the whole available space.
7.4: Forehand lift “Merry-go-round” (20 min) 	<ul style="list-style-type: none"> • Groups of 4-6 players start from the centre of the court. • Coach/helper throws shuttles and one by one the players execute forehand lift by using chasse and lunge. • Use targets to challenge and score points. 	<ul style="list-style-type: none"> • Relaxed grip changes to tighter grip on the impact. • Shuttle must leave the racket very fast and fly high to the baseline. 	<ul style="list-style-type: none"> ↑ Use targets and make the exercise competitive and “game like” to motivate players. ↓ Lower the net or do not use a net at all to assist the use of correct hitting technique. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” be aware of shuttles lying on the courts.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
8.1: Shuttle run team game. (10 min)	 <ul style="list-style-type: none"> • Players work in teams and line up with three shuttles per team placed on the floor. On signal they pick up a shuttle and sprint and lunge to place the shuttle before returning to the baseline to pick the other shuttles. The second player has to do the same but bring the shuttles back and so on until all the players have had a turn. 	<ul style="list-style-type: none"> • Number of teams and size of teams can be varied. • A short warm up may be required. 	<ul style="list-style-type: none"> ↑ Use same relay with chasse steps towards the two front corners. ↓ Decrease the number of shuttles. 	<ul style="list-style-type: none"> • Be aware of shuttles on the floor.
8.2: Dynamic balance (5 min)	 <ul style="list-style-type: none"> • Standing on one leg, players place the shuttle as far in front of themselves as possible and returns to standing position on one leg. Then, remaining on one leg, retrieve the shuttle and return to starting position without falling over. • Repeat activity using the other leg. 	<ul style="list-style-type: none"> • Emphasise balance techniques and a controlled pace of exercise. 	<ul style="list-style-type: none"> ↑ Place shuttle further in front. Repeat consecutively on same leg. ↓ Change legs regularly and decrease distance. 	
8.3: Backhand lift (20 min)	 <ul style="list-style-type: none"> • Start practising the backhand lift – working in pairs, feeder slowly throws the shuttles and their partner hits a backhand lift as far and as high as possible. • The feeder runs back to baseline and tries to catch the shuttle. The feeder cannot move until the shuttle is struck. • Change after 12 shots. 	<ul style="list-style-type: none"> • Ensure the correct grip is used. • You do not need a net and court. Place or draw targets to give indication of distance. • Increase difficulty by adding movement as and when appropriate. 	<ul style="list-style-type: none"> ↑ If executed correctly, players can progress by hitting lifts with chasse and lunge. ↓ Concentrate on correct racket technique. Could use balloons for the start of the exercise. 	<ul style="list-style-type: none"> • Make sure group is well-spaced out. Use the whole available space.
8.4: Backhand lift “Merry-go-round” (20 min)	 <ul style="list-style-type: none"> • Groups of 4-6 players start from the centre of the court. • Coach/helper throws shuttles and one by one the players execute backhand lift by using chasse and lunge. • Use targets to challenge and score points. 	<ul style="list-style-type: none"> • See key teaching points above. 	<ul style="list-style-type: none"> ↑ Use targets and make the exercise competitive and “game like” to motivate players. ↓ Lower the net or do not use a net at all to assist the use of correct hitting technique. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” be aware of shuttles lying on the courts

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
9.1: Balancing Shuttles (10 min)		<ul style="list-style-type: none"> • Players balance an upturned shuttle on their heads whilst walking forward using a basic lunge technique (see teaching points). 	<ul style="list-style-type: none"> • Lift the knee before kicking the foot forward. • First contact on the floor is with the heel. • Maintain upright posture. • Set challenges. 	<ul style="list-style-type: none"> ↑ Increase stride length. ↓ Walk with shuttle on the head. 	<ul style="list-style-type: none"> • Be aware of shuttles on the floor.
9.2: Forehand lift (10 min)		<ul style="list-style-type: none"> • Start practising the forehand lift – working in pairs, feeder slowly throws the shuttles and their partner hits a forehand lift as far and as high as possible. • The feeder runs back to baseline and tries to prevent the shuttle from touching the floor. The feeder cannot move until the shuttle is struck. • Change after 12 shots. 	<ul style="list-style-type: none"> • Ensure the correct grip is used. • Do not need net and court, can place or draw targets to give indication of distance. • Increase difficulty by adding movement as and when appropriate. 	<ul style="list-style-type: none"> ↑ If executed correctly, players can progress by hitting lifts with chasse and lunge. ↓ Concentrate on correct racket technique. Could use balloons for the start of the exercise. 	<ul style="list-style-type: none"> • Make sure group is well-spaced apart. Use the whole available space.
9.3: Backhand lift (10 min)		<ul style="list-style-type: none"> • Start practising the backhand lift – working in pairs, feeder slowly throws the shuttles and their partner hits a backhand lift as far and as high as possible. • The feeder runs back to baseline and tries to catch the shuttle. The feeder cannot move until the shuttle is struck. • Change after 12 shots. 	<ul style="list-style-type: none"> • Ensure the correct grip is used. • You do not need a net and court. Place or draw targets to give indication of distance. • Increase difficulty by adding movement as and when appropriate. 	<ul style="list-style-type: none"> ↑ If executed correctly, players can progress by hitting lifts with chasse and lunge. ↓ Concentrate on correct racket technique. Could use balloons for the start of the exercise. 	<ul style="list-style-type: none"> • Make sure group is well-spaced out. Use the whole available space.
9.4: Forehand and backhand lift “Merry-go-Round” (15 min)		<ul style="list-style-type: none"> • Groups of 4-6 players start from the centre of the court. The coach throws shuttles and one by one the players move to the shuttle by using chasse steps, and lunge. They make two lifts, starting on the forehand side, return to the centre then to the backhand side. 	<ul style="list-style-type: none"> • Feeding can also be made by one of the players (could be someone who is currently injured or cannot participate in the lesson (chance to include everyone in the activities) 	<ul style="list-style-type: none"> ↑ Ensure players return to the starting point after each shot. Count every stroke that lands on target placed on the rear court. ↓ Do not need net or court, but ensure you draw correct distance on the floor. 	<ul style="list-style-type: none"> • Ensure correct feeding technique.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
9.5: Net shot and lift rally (15 min)		<ul style="list-style-type: none"> • In pairs, players play net rallies on the front court. • When they are in a good position and decide, they can lift the shuttle aiming to hit a target placed on the rear court. If they hit the target they win a point. If they do not hit the target a point is taken off their score. Rally ends when one of the players hits a lift. 	<ul style="list-style-type: none"> • Time the game and change partners regularly. • Players can “carry” or take their score with them to the next game and count at the end of the exercise. 	<ul style="list-style-type: none"> ↑ Use a bigger playing area and use smaller targets. When a player lifts the opponent tries to catch the shuttle before it touches the floor for a bonus point. ↓ Lower or remove the net to ensure correct hitting technique. 	<ul style="list-style-type: none"> • Ensure players do not enter the courts when rally is being played.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
10.1: Mirror chase with throwing (5 min)		<ul style="list-style-type: none"> • Players are divided into pairs facing each other. One player holds a bean bag (or shuttle) and is the “leader”. The “chaser” must follow. The “leader” throws the bean bag and the “chaser” tries to catch it and return it. 	<ul style="list-style-type: none"> • Use only short distances to chase (avoid over-chasseing) • Change roles often (30-40 sec). • Encourage straight posture with knees slightly flexed. 	<ul style="list-style-type: none"> ↑ Throwing/catching with “racket arm” only. ↓ Throwing/catching with two hands. 	<ul style="list-style-type: none"> • Keep the pairs of players well-spaced apart. • Allocate partners in terms of skill level/ability.
10.2: Introducing racket speed (20 min)		<ul style="list-style-type: none"> • Players work in pairs. One is throwing the shuttle from the side of the court to their partner (shoulder height), therefore “hitters” direct the shuttle away from their partners. • ‘Feed’ from the forehand side for forehand drive and move to the other side for the backhand drive. 	<ul style="list-style-type: none"> • Change roles after 10 shots. • Both players are at the same side of the net. • Ensure correct speed and height of throwing. • Use short racket movements. • Hold racket in front of body. 	<ul style="list-style-type: none"> ↑ If players can do this correctly, increase the speed of feeding to reduce the length of swing. ↓ You do not need to use net or court for this exercise. 	<ul style="list-style-type: none"> • Ensure a safe distance between partners when throwing the shuttle to avoid pupils being hit. • Ensure that the feeders are positioned safely.
10.3: Flat play (15 min)		<ul style="list-style-type: none"> • Players work in pairs to play a rally with forehand or backhand drive only. Partners are working without net 5-6 meters away from each other (side lines). Start the rally with reduced speed concentrating on correct execution. • Gradually increase the speed. 	<ul style="list-style-type: none"> • Emphasise the ‘ready’ position. • Racket in front of body (do not pull elbow towards the body). • Finger work – tighten grip to generate power. 	<ul style="list-style-type: none"> ↑ Alternate between forehand and backhand drive (ensure correct change of grip). ↓ No change of direction – backhand or forehand drives only and change roles after a few minutes. 	<ul style="list-style-type: none"> • Keep safe distance between pairs. • Group well-spaced apart.
10.4: Mid-court game with body hits (10 min)		<ul style="list-style-type: none"> • Players practice midcourt drives (backhand to forehand) from tramlines to tramlines (5-6 metres). • Start with backhand serve. The challenge is to hit the opponent’s body below head height to score a point. • The objective is to increase racket speed around the body. 	<ul style="list-style-type: none"> • Start with reduced speed. • Change partners regularly. • Encourage strategic play (low to high, left to right etc). 	<ul style="list-style-type: none"> ↑ Increase speed and intensity. ↓ Start with shots to alternate sides (one plays straight, one plays cross) to develop grip change. 	<ul style="list-style-type: none"> • Keep safe distance between pairs. • Emphasise the importance of aiming for body below head height.
10.5: How many shots per minute? (10 min)		<ul style="list-style-type: none"> • Working in pairs over a net, both players approx. 2.5 metres from the net. The objective is to hit the maximum number of shots in the time allowed. If they make a mistake, the score goes back to zero. 	<ul style="list-style-type: none"> • Start with 30 seconds and gradually increase. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Reduce the distance between the players to increase the speed. ↓ Lower the net or take net away. 	<ul style="list-style-type: none"> • Emphasize safe distances.

Activity	Description	Assessment Criteria
Forehand hit with chasse	Player starts in the centre of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle to the forehand side service line for player to chasse and hit.	<ul style="list-style-type: none"> • 5/10 going over the net. • Basic grip to be used. • Correct chasse movement used (racket leg leading).
Backhand hit with chasse	Player starts in the centre of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle to the backhand side service line for player to chasse and hit.	<ul style="list-style-type: none"> • 5/10 going over the net. • Thumb grip to be used. • Correct chasse movement used (racket leg leading).
Alternate hit with chasse	Player starts in the centre of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle alternating between forehand and backhand (5 each side) for player to chasse and hit.	<ul style="list-style-type: none"> • 5/10 going over the net. • Basic and thumb grip to be used. • Correct chasse movements used (racket leg leading).
Forehand lift with chasse	Player starts in the centre of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle to the forehand side service line for player to chasse and lift.	<ul style="list-style-type: none"> • 5/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct chasse movement used (racket leg leading).
Backhand lift with chasse	Player starts in the centre of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle to the backhand side service line for player to chasse and lift.	<ul style="list-style-type: none"> • 5/10 going high over the net landing at least mid-court • Thumb grip to be used. • Correct chasse movement used (racket leg leading).
Flat play	Player and coach stand in opposite side tramlines. Player and coach play a rally with forehand or backhand drive only.	<ul style="list-style-type: none"> • Rally must contain 5 continuous shots from player. • Basic and thumb grip to be used. • Racket in front of body (do not pull elbow towards the body).

Phase 1, coaching sessions 11-16 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

- Introducing basic badminton movements
- Introducing forehand clear
- Introducing forehand drop
- Introducing forehand smash
- Introducing block defense

The session plans in this section are designed to assist players in achieving their Level 3 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (📹). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
11.1: Scissor jump (10 min) 	<ul style="list-style-type: none"> Group shadow work with coach corrections: - Players with one shuttle/beanbag each throw the shuttle forwards using scissor jump and move forward after landing running to pick up their shuttle/beanbag. Execute first without chassing backwards then with two chasse steps. 	<ul style="list-style-type: none"> Players are in line facing the coach. Give as many instructions as necessary to encourage correct scissor jump technique. Kick through. Land on the non-racket foot and move forward. 	<ul style="list-style-type: none"> ↑ Start, with split step, to chasse to scissor jump and return to starting position. ↓ Players work in pairs to correct each other's technique. 	<ul style="list-style-type: none"> Keep group well-spaced apart.
11.2: Scissor jump practice (10 min) 	<ul style="list-style-type: none"> Group shadow work with coach corrections. Players with racket standing sideways on a line, weight on the racket leg. On signal players make a scissor jump and move forward after landing. Execute first without chassing backwards then with two chasse steps. 	<ul style="list-style-type: none"> See teaching points above. 	<ul style="list-style-type: none"> ↑ Use shuttles and targets to make into a competitive game. ↓ Concentrate on correct execution of scissor jump (kicking through). 	<ul style="list-style-type: none"> Keep distance between players and be aware of objects laying on the floor.
11.3: Forehand clear (20 min) 	<ul style="list-style-type: none"> In groups of three, player 1 on the same side of the net as player 2, throws the shuttle high for player 2 to hit forehand clear with rotation. Player 3 on the other side of the net catches the shuttle and throws it back to player 1 to repeat the exercise. Players rotate positions after 10 repetitions. 	<ul style="list-style-type: none"> Focus on correct overhead hitting technique. Side-on position. Arms/elbows should be at shoulder height. Racket hand must be moved actively to the shuttle. Fast racket and high interception point. 180° rotation. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. ↓ Chasse to scissor kick. 	<ul style="list-style-type: none"> Keep distance between players and be aware of objects laying on the floor.
11.4: Forehand clear rally (10 min) 	<ul style="list-style-type: none"> Work in pairs – the rally starts with a high lift to the rear court and continues with forehand clears. The objective is to hit as high and long as possible. Partners to give feedback on length. 	<ul style="list-style-type: none"> See teaching points above. May do the exercise with no net. Players can rotate onto court after 10 clears. 	<ul style="list-style-type: none"> ↑ Move back to centre between shots. ↓ Try to create time with height and length and to challenge players touch short service line with racket between shots. 	

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
12.1: Throwing game with scissor jump (10 min)		<ul style="list-style-type: none"> • Players work in groups. Every player has a shuttle/beanbag or sponge ball. To practise the scissor jump players are challenged to throw the ball for maximum distance after running backwards. • After this they run forward and pick the shuttle up. • You can also work in pairs with one shuttle 	<ul style="list-style-type: none"> • Encourage scissor jump to change direction. • Use racket arm only. • Side on for maximum efficiency. • Full shoulder turn. • High release. 	<ul style="list-style-type: none"> ↑ Increase the intensity by reducing the number of players. ↓ Increase or decrease the playing area to vary the difficulty. 	<ul style="list-style-type: none"> • No contact.
12.2: Forehand clear (20 min)		<ul style="list-style-type: none"> • In groups of three, player 1 on the same side of the net as player 2, throws the shuttle high for player 2 to hit forehand clear with rotation. Player 3 on the other side of the net catches the shuttle and throws it back to player 1 to repeat the exercise. • Players rotate positions after 10 repetitions. 	<ul style="list-style-type: none"> • Focus on correct overhead hitting technique. • Side-on position. • Arms/elbows should be at shoulder height. • Racket hand must be moved actively to the shuttle. • Fast racket and high interception point. • 180° rotation. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. ↓ Chasse to scissor kick. 	<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor.
12.3: Forehand clear rally with tricks (15 min)		<ul style="list-style-type: none"> • Work in pairs – the rally starts with a high lift to the rear court and continues with forehand clears. The objective is to hit as high and long as possible. • Players try to perform a “trick” in between clears. For example – while the shuttle is in the air: <ul style="list-style-type: none"> — Change racket hand to non-racket hand and return. —Pass the racket behind their back. —Sit down and stand up. 	<ul style="list-style-type: none"> • See teaching points above. • May perform exercise with no net. • Players can rotate on/off court each 10 clears. 	<ul style="list-style-type: none"> ↑ Move back to centre between shots. ↓ Try to create time with height and length to touch short service line with racket between shots. 	

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
12.4: Forehand clear practice (15 min)		<ul style="list-style-type: none"> • Work in pairs. Place a marker 5 big step away from the net (moving towards the back line). Players have to try and hit the shuttle hard and high in the air. If the shuttle falls short of the marker the other player wins a point. If you work with a big class, this game can be played in teams – 2 against 2 on a half court. Players take turns to hit overhead clear and score points as a team. • Followed by players working in pairs playing rallies (this can be done over the net or on open court area. How many overhead clear shots they can hit to each other without making a mistake. 	<ul style="list-style-type: none"> • Focus on correct overhead hitting technique and kicking through. • Arms/elbows should be at shoulder height. • Racket hand must be moved actively to the shuttle. • Fast racket and high interception point. • 180° rotation. • Divide groups according to level. Change partners to make more competitive. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Use smaller targets to increase difficulty. ↓ Can play either game without net or court. 	<ul style="list-style-type: none"> • If more players are working on the same court ensure that clear instructions are given regarding how they move out of the way after they have completed the shot to avoid getting hit by the next player. • Waiting players should be placed in safe positions.

Activity/Time	Description	Main teaching Points	Variations	Points to Note
13.1: Throwing game with scissor jump (10 min) 	<ul style="list-style-type: none"> • Players work in groups. Every player has a shuttle / beanbag or sponge ball. To practise the scissor jump players are challenged to throw the ball for maximum distance after running backwards. • After this they run forward and pick the shuttle up. • You can also work in pairs with one shuttle 	<ul style="list-style-type: none"> • Encourage scissor jump to change direction. • Use racket arm only. • Side on for maximum efficiency. • Full shoulder turn. • High release. 	<ul style="list-style-type: none"> ↑ Increase the intensity by reducing the number of players. ↓ Increase or decrease the playing area to vary the difficulty. 	<ul style="list-style-type: none"> • No contact.
13.2: Scissor jump revision (10 min) 	<ul style="list-style-type: none"> • Group shadow work with coach corrections: • Players with racket standing against a wall (sideward, non-racket leg and shoulder closer to the wall) or on a line, weight on the racket leg. • On signal players make a scissor jump and move forward after landing. First without chassing backwards then with two chasse steps. 	<ul style="list-style-type: none"> • Players are in line facing coach. • Encourage correct scissor jump technique • Kick through. • Land on the non-racket foot and move forward. 	<ul style="list-style-type: none"> ↑ Start with split step to chasse to scissor jump and return to starting position. ↓ Players work in pairs to correct each other's technique. 	<ul style="list-style-type: none"> • Keep group well-spaced apart.
13.3: Overhead drop shot (20 min) 	<ul style="list-style-type: none"> • In groups of 3, player 1 on the same side of the net as player 2, throws the shuttle high for player 2 to hit forehand drop with rotation. Player 3 on the other side of the net catches the shuttle and throws it back to player 1 to repeat the exercise. • Players rotate positions after 10 repetitions. 	<ul style="list-style-type: none"> • Focus on correct overhead hitting technique. • Side-on position. • Arms/elbows should be at shoulder height in preparation. • Maintain high interception point, but check the throwing action pre-impact and strike shuttle with pushing action. • 180° rotation. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on accuracy of drop shot. ↓ Chasse to scissor kick. 	
13.4: Lifts and drops (10 min) 	<ul style="list-style-type: none"> • Work in pairs – rally starts with high lift (serve), followed by straight drop. • The rally continues with 1 player lifting and the other practicing drop shot from the rear court. • Change on time or shots. 	<ul style="list-style-type: none"> • See teaching points above. • Focus on accuracy of lifts to allow good quality practice. • Emphasise both players practicing different skills. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Add movement for both players to increase difficulty. ↓ Focus on walk through and rotation. 	<ul style="list-style-type: none"> • General court safety.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
14.1: Shuttle chase (10 min) 	<ul style="list-style-type: none"> • Work in groups in a half court (or defined area) with one shuttle. One player starts as a “chaser” with shuttle and tries to “tag” the other players by throwing the shuttle and hitting them on the body (below head height). Once the shuttle hits someone – the player who is “tagged” joins the chaser – and they both use the one shuttle to ‘tag’ others. The player who is last to be “tagged” is the winner. 	<ul style="list-style-type: none"> • Chasers to work as a team passing the shuttle to tag players. • A short warming up may be required. 	<ul style="list-style-type: none"> ↑ Start with more than one chaser. ↓ Increase playing area. 	<ul style="list-style-type: none"> • Be aware of shuttles on the floor.
14.2: Lifts and drops (10 min) 	<ul style="list-style-type: none"> • Work in pairs – rally starts with high lift (serve), followed by straight drop. • The rally continues with 1 player lifting and the other practicing drop shot from the rear court. • Change on time or shots. 	<ul style="list-style-type: none"> • See teaching points above. • Focus on accuracy of lifts to allow good quality practice. • Emphasise both players practicing different skills. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Add movement for both players to increase difficulty. ↓ Focus on walk through and rotation. 	<ul style="list-style-type: none"> • General court safety.
14.3: Lift-drop-net (10 min) 	<ul style="list-style-type: none"> • Work in pairs. Exercise starts with high lift (serve), followed by drop shot, then net shot and then high lift again to repeat the sequence (lift-drop-net). • If too difficult, start with lift-drop-net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Challenge players’ accuracy. ↓ Lower net. Go back to lift and drop only with regular changes. 	<ul style="list-style-type: none"> • General court safety during rallies
14.4: Lift-drop-net variations (10 min) 	<ul style="list-style-type: none"> • Choices are introduced to the previous sequence e.g.: <ul style="list-style-type: none"> — Clear or drop from the rear court followed by clear or net. • Sequence continues. <ul style="list-style-type: none"> — Lift or block from front court followed by overhead choice from rear court or lift from front court. 	<ul style="list-style-type: none"> • Develop your own combinations from the sequences. • Reduce choices if not executed correctly. • Reinforce technical elements. 	<ul style="list-style-type: none"> ↑ Increase choices. ↓ Return to closed routines. 	<ul style="list-style-type: none"> • General court safety.

Activity/Time	Description	Main teaching Points	Variations	Points to Note
15.1: Fast feet (10 min) 	<ul style="list-style-type: none"> • Players are spread in rows in front and facing the coach executing the following footwork on the spot: —Jogging on the spot, then with maximum fast feet. —Split steps and back – slow to fast. —Cross steps forward (left and right). —2 steps forward and 2 back. 	<ul style="list-style-type: none"> • Coach demonstrates and then executes with players. • Each exercise starts with slow movement to establish correct technique. • On signal from the coach, players maintain the sequence with maximum speed. 	<ul style="list-style-type: none"> ↑ Add variations which challenge coordination. ↓ Keep pace low and concentrate on correct footwork. 	<ul style="list-style-type: none"> • Keep players well spread.
15.2: The smash (15 min) 	<ul style="list-style-type: none"> • Explain and show the technique of smash (shadow). • The players then work in pairs and practice shadowing the smash. They give corrections to each other. • Progress by practising with shuttles – work in pairs. Player 1 starts with a high serve, player2 practices smash, and player 1 lets the shuttle fall on the floor and then gives it back. 	<ul style="list-style-type: none"> • Preparation as for clear • Interception point is in front of body. • Strong throwing action. • Shuttle should be hit in a downward direction (lower net where necessary). • 180° rotation (scissor jump). 	<ul style="list-style-type: none"> ↑ Could include chasse steps before shot and moving forward after. ↓ Lower net where necessary. 	<ul style="list-style-type: none"> • Keep pairs well-spaced apart as racket speed is very high.
15.3: Block defence (10 min) 	<ul style="list-style-type: none"> • Players work in pairs – one using a throw feed to allow partner to practice block defence from waist height and below. • Start by practising backhand and forehand block individually. • Progress by practising alternate forehand and backhand. • Change roles after 10 shots. 	<ul style="list-style-type: none"> • Starting position with racket in front of body. • Elbow in front of body. • Racket to shuttle (no big back swing). • Short follow through. • Short pushing action. 	<ul style="list-style-type: none"> ↑ Move to alternate feed to increase intensity and difficulty. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Keep pairs well-spaced apart.
15.4: Smash and block defence practice (15 min) 	<ul style="list-style-type: none"> • In pairs players practice on half court. Fixed sequence of shots. Player 1 starts with high serve, player 2 smashes, 1 plays defensive shot to the net, 2 plays back to the net and 1 lifts again. Sequence is repeated. 	<ul style="list-style-type: none"> • Change according to time or number of smashes. • If it is a bigger group, change roles more often to avoid longer waiting times. • If there are players waiting, they can be given different roles like referee to count the smashes that are on target 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the smash. ↓ Keep competitive element out of the game to concentrate on correct execution 	<ul style="list-style-type: none"> • If players wait for their turn on court, ensure they are standing on the side of the court away from the line.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
16.1: Group agility (10 min) 	<ul style="list-style-type: none"> • Players work in groups. First players start footwork on signal, examples from “fast feet” • On coach’s signal the group executes an agility movement – for example: <ul style="list-style-type: none"> —“Turn” (one complete fast turning) —“Down” (make one ‘push up’ on the floor) —“Jump” (jump with hands up in the air) • In between the coaches signals the group continues footwork. • When the coach shouts “go” – the group runs to the opposite side of the hall (20 meters) and the next group starts. 	<ul style="list-style-type: none"> • Form the groups depending on space. • Exercises are executed with maximum speed. 	<ul style="list-style-type: none"> ↑ Use size of group to control intensity. ↓ Change exercise and vary commands to control the intensity. 	<ul style="list-style-type: none"> • Sufficient space between players to exercises.
16.2: Smash and block defence practice (15 min) 	<ul style="list-style-type: none"> • In pairs players practice on half court. Fixed sequence of shots. Player 1 starts with high serve, player 2 smashes, 1 plays defensive shot to the net, 2 plays back to the net and 1 lifts again. Sequence is repeated. 	<ul style="list-style-type: none"> • Change according to time or number of smashes. • If it is a bigger group, change roles more often to avoid longer waiting times. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the smash. ↓ Keep competitive element out of the game to concentrate on correct execution 	<ul style="list-style-type: none"> • If players wait for their turn on court, ensure they are standing on the side of the court away from the line.
16.3: Lift-smash-block (20 min) 	<ul style="list-style-type: none"> • Work in pairs – rally starts with high serve, followed by smash, then block defence, which is followed by a lift. Then the sequence starts again which means that this exercise is alternating (lift-smash-block-lift). 	<ul style="list-style-type: none"> • Reinforce technical teaching points. • Divide players by level. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Challenge players with accuracy targets. ↓ Lower net or smaller court. 	<ul style="list-style-type: none"> • General court safety.
16.4: Half court singles with ‘winner smash’ (20 min) 	<ul style="list-style-type: none"> • ½ court singles game on reduced court area – in front of short service line is out. • Normal scoring with 2 points awarded for winning the rally with smash. 	<ul style="list-style-type: none"> • If the group is too big, 3 or 4 players can play on the same half court. The winner stays on court, but the player who enters the game continues from the previous losing score and the winner starts from zero. • Can be played as a team game with mixed ability teams or points counting. 	<ul style="list-style-type: none"> ↑ Automatic win if smash touches floor without opponent touching it. ↓ Lower the net and/or reduce size of court. 	<ul style="list-style-type: none"> • General court safety.

Activity	Description	Selection Criteria
Forehand clear with scissor jump	Player starts in centre of half a court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 5/10 going high over the net landing at least mid-court. • Basic grip to be used. • Hit with rotation. • Scissor Jump used.
Drop shot	Player starts in centre of half a court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 5/10 going down over the net landing in front of or around the opponent's service line. • Basic grip to be used. • Hit with rotation. • Scissor Jump used.
Smash	Player starts in centre of half a court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 5/10 going down over the net landing in the mid-court. • Basic grip to be used. • Hit with rotation. • Scissor Jump used.
Block defence	Player stands in the mid-court. Coach stands at the net (same side as the player) and hand feeds the shuttle down for the player to block (5 forehand 5 backhand).	<ul style="list-style-type: none"> • 3/5 each side going over the net landing in front of or around the opponent's service line. • Basic and thumb grip to be used.

Phase 1, coaching sessions 17-20 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

- Introducing basic badminton movements
- Introducing basic singles tactics
- Introducing basic doubles tactics

The session plans in this section are designed to assist players in bringing together the skills developed in previous sessions and develop learn to win skills to be used in match play.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
17.1: Agility ladder 1 (10 min) 	<ul style="list-style-type: none"> Use one ladder for approximately 10 players. Place the ladder on the floor and ensure there is enough space for players to return back along the side of the ladder to the starting position. Possible drills are: <ul style="list-style-type: none"> —Normal running —One-two in, one-two in. —One-two in, one-two out, one-two in, one- two out. 	<ul style="list-style-type: none"> Control speed to ensure correct execution of drills. Relaxed arms, shoulders and hands. Head must be kept still as much as possible. Ensure the drills are executed with weight on the front of the feet. If no ladder is available use tramlines or draw/chalk lines on floor. 	<ul style="list-style-type: none"> ↑ Increase pace if drills are executed correctly. ↓ Keep drills simple and increase pace gradually. 	<ul style="list-style-type: none"> Ensure players wait their turn and do not start drill before the previous player has finished.
17.2: Half-court singles with tactics 1 (15 min) 	<ul style="list-style-type: none"> Play half-court singles where players are trying to incorporate singles tactics of creating space Play with no smash to encourage players to use or create space. 	<ul style="list-style-type: none"> Play for a fixed period of time “Up and down the river” (winner moves up – loser moves down). If the group is too big, keep the time down to avoid waiting long. Give alternative roles to the players waiting to include them in the game. 	<ul style="list-style-type: none"> ↑ Start the better players towards the end of the hall so they can try to progress “up the river” ↓ Divide the group into different games to ensure that players meet opponents of their own level to avoid discouragement if opponents are too strong. 	<ul style="list-style-type: none"> Make sure players are aware of safety around the badminton court (ex. do not cross the court when match is being played etc).
17.3: Half-court singles with tactics 2 (15 min) 	<ul style="list-style-type: none"> Play a half-court game where players are trying to incorporate singles tactics for change of speed. Players score 2 points each time they play a winning shot which touches the floor either before the short service line or in the rear tramlines. 	<ul style="list-style-type: none"> As above. 	<ul style="list-style-type: none"> ↑ If the players’ level is too different, divide the class into groups of level. ↓ It is important not to discourage players. Ensure everyone has a positive experience by reducing the court size or by lowering the net. 	<ul style="list-style-type: none"> As above.
17.4: Half or full court singles with tactics 1 and 2 (15 min) 	<ul style="list-style-type: none"> Play a half-court game where players are trying to incorporate singles tactics 1 and 2. Depending on available space and level play on half or full court (note: if full court players can also create space to the sides). 	<ul style="list-style-type: none"> Timing as above. Question the players briefly after their match which tactics they were trying to use and why. The second activity is used to improve the use of depth and height. 	<ul style="list-style-type: none"> ↑ Progressively reduce the target areas/size to challenge accuracy. ↓ Simplify games and adapt court where necessary. 	<ul style="list-style-type: none"> As above.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
18.1: Agility ladder 2 (15 min)		<ul style="list-style-type: none"> Place the ladder on the floor and ensure enough space for players to return on the side of the ladder to starting position. Possible drills are: <ul style="list-style-type: none"> Two in, two in Two in, two out, two in, two out Two in, two in, right one out and balance, two in, two in, left one out and balance Give the players an opportunity to try each exercise at a slow pace before performing at pace. 	<ul style="list-style-type: none"> Control speed to ensure correct execution of drills. Relaxed arms, shoulders and hands. Head must be kept still as much as possible. Ensure the drills are executed with weight on the front of the feet. If no ladder is available use tramlines or draw/chalk lines on floor. 	<ul style="list-style-type: none"> ↑ Increase pace if drills are executed correctly. ↓ Keep drills simple and increase pace gradually. 	<ul style="list-style-type: none"> Ensure players wait their turn and do not start drill before the previous player has finished.
18.2: Half-court team game (20 min)		<ul style="list-style-type: none"> Half court singles – 3 players against 3 players. Player 1 starts the rally and leaves the court to the side, player 2 takes the next shot and leaves to the side, player 3 comes on court for the third shot and sequence is repeated. Players can only enter the court from base line and leave court from side. Opposing team follows the same system. 	<ul style="list-style-type: none"> Short games to allow matches against maximum number of opponents. All players points to count towards their score. 	<ul style="list-style-type: none"> ↑ Challenge better players, for example giving opponents a few points to start; increase/decrease court size; reduce points scoring areas. ↓ Modify court for lower ability players. 	<ul style="list-style-type: none"> Make sure players are aware of safety around the badminton court – for example, do not cross the court when match is being played.
18.3: Half-court singles team game (25 min)		<ul style="list-style-type: none"> Players are divided into mixed ability teams. Players then compete against similar ability opponents scoring points for their team. Half-court game. Players score 2 points each time they play a winning shot which touches the floor without their opponent touching it. 	<ul style="list-style-type: none"> Teams challenged to think tactically. Encourage team work and communication. Select teams on ability. 	<ul style="list-style-type: none"> ↑ Play the same game on full court. ↓ Increase number of players in teams. 	<ul style="list-style-type: none"> As above.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
19.1: Revision of backhand serve (10 min)		<ul style="list-style-type: none"> • Players work in pairs practicing the backhand short serve trying to place it in a hoop (or other target on the floor). 	<ul style="list-style-type: none"> • Players practice in pairs. • Relaxed grip. • Hit shuttle from hand. • If players complete the shots correctly, return of serve can be introduced – one player serving and the other one returning. Change roles on coach's signal. 	<ul style="list-style-type: none"> ↑ If executed correctly make targets smaller or/and place a rope or string a few centimetres on top of the net to practice service trajectory (or use partners arm). ↓ Focus on correct serving technique. 	<ul style="list-style-type: none"> • If practicing returns, make sure the court is clear of shuttles before serving again.
19.2: Midcourt and front court play (25 min)		<ul style="list-style-type: none"> • Work in pairs on half court, both players start from midcourt. They play flat midcourt to midcourt and if there is an opportunity, one of them tries to move forward towards the net and takes the attack. The other player then retreats into a defensive position. 	<ul style="list-style-type: none"> • Start slowly and increase pace gradually. • When moving towards the net the attacking player keeps the racket up – short racket movements. • In defence – bend knees and lower centre of gravity, and ensure elbow in front of body. Try to encourage mainly backhand defence. • If the group is large, the players who are waiting their turn can practice defence against the wall (good practice for doubles defence). 	<ul style="list-style-type: none"> ↑ If executed correctly, increase pace. Could also introduce lift and smash to increase difficulty and add a competitive element such as scoring points with smash winner. (use discretion). ↓ If too difficult, keep midcourt play only, then move to front court/defence and change roles in signal from coach. 	<ul style="list-style-type: none"> • Use one shuttle only.
19.3: Positional play in doubles (25 min)		<ul style="list-style-type: none"> • Shadow work – 4 players per court numbered 1 to 4. Coach calls a number, the players with this number moves to rear court to a smash position in the rear court. Partner takes net position to complete attacking formation and opponents move to “sides” defensive position. Coach then calls another number and players respond by adopting appropriate formations. 	<ul style="list-style-type: none"> • For big groups of players/pairs are rotated on/off court on regular intervals. 	<ul style="list-style-type: none"> ↑ Progress quicker to rally situation. ↓ Lower net. 	<ul style="list-style-type: none"> • General court safety.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
20.1: The "Stone Game" (10 min) 	<ul style="list-style-type: none"> This running game is good for increasing speed and reaction. Players line up holding their hands behind their backs; one is given a small stone by the coach (unseen by the others). This player decides when to start, but must reach the other side (distance determined by coach) without being caught by the others. Loser which means the one with the stone or the rest of the group must make easy exercise at the end of court. Go on with next team after first team has finished the run. 	<ul style="list-style-type: none"> Divide groups by physical ability. Use helpers/players to distribute stones to enable more than one group to work at a time. Keep running distance short. 	<ul style="list-style-type: none"> ↑ Increase/decrease distance. 	<ul style="list-style-type: none"> Keep groups well-spaced apart.
20.2: Mid-court game 1 (20 min) 	<p>Play a game on half-court 1 against 1.</p> <ul style="list-style-type: none"> The front and the rear court (in front of service line and behind the rear tramlines) are 'out'. The rallies are played in the midcourt area only. Start with low or flick backhand serve and encourage flat play. 	<ul style="list-style-type: none"> Play on time or points. Play "up and down the river". 	<ul style="list-style-type: none"> ↑ Double points for direct winner (touching the floor without the opponents touching it). ↓ Use only short or flick serves to reduce uncertainty. 	<ul style="list-style-type: none"> General court safety.
20.3: Mid-court game 2 (15 min) 	<ul style="list-style-type: none"> As above, but playing on full court with partner. 	<ul style="list-style-type: none"> Players stay in their own quarter of the court. Encourage fast flat play. Short games to rotate and reduce waiting time. 	<ul style="list-style-type: none"> ↑ Double points for direct winner (touching the floor without the opponents touching it). ↓ Use only short or flick serves to reduce uncertainty. 	<ul style="list-style-type: none"> General court safety.
20.4: Doubles exercise and game (15 min) 	<ul style="list-style-type: none"> Rally starts with backhand low service. The return is a lift, server takes net position, partner smashes, opponents adopt defensive position and use block defence. Net player lifts and formations change (lift-smash-block). Progression – play a normal set of doubles. 	<ul style="list-style-type: none"> Remind pupils of rules of play. Reinforce positional play. Encourage attacking play. Rotate pairs regularly. Exercise should be cooperative to encourage rallies and practice doubles positional play. 		<ul style="list-style-type: none"> General court safety.

TheNEWway

Badminton Project

Badminton Coaching Session
Plan Manual – Junior Clubs
Phase 2, Level 4-7

Introduction to Phase 2 Coaching Session Plans 21-24 (Level 4).....	31
Introduction to Grips.....	32
Phase 2 Coaching Session Plan 21 – Forehand Net Shot (Technical).....	33
Phase 2 Coaching Session Plan 21 – Backhand Net Shot (Technical).....	34
Phase 2 Coaching Session Plan 21 – Net Shots with Footwork.....	35
Phase 2 Coaching Session Plan 22 – Forehand Net Kill (Technical).....	36
Phase 2 Coaching Session Plan 22 – Backhand Net Kill (Technical).....	37
Phase 2 Coaching Session Plan 22 – Net Kills with Footwork.....	38
Phase 2 Coaching Session Plan 22 – Net Kills with Footwork (continued).....	39
Phase 2 Coaching Session Plan 23 – Backhand Low Serve (Technical).....	40
Phase 2 Coaching Session Plan 23 – Backhand Low Serve.....	41
Phase 2 Coaching Session Plan 24 – Forehand Net Lift (Technical).....	42
Phase 2 Coaching Session Plan 24 – Backhand Net Lift (Technical).....	43
Phase 2 Coaching Session Plan 24 – Net Lifts with Footwork.....	44
Phase 2 Coaching Session Plan 24 – Net Lifts with Footwork (continued).....	45
Phase 2 Sgiliau Badminton Level 4 Assessment Criteria.....	46

Introduction to Phase 2 Coaching Session Plans 25-27 (Level 5).....	47
Phase 2 Coaching Session Plan 25 – Backhand Flick Serve (Technical).....	48
Phase 2 Coaching Session Plan 25 – Forehand Drive (Technical).....	49
Phase 2 Coaching Session Plan 25 – Backhand Drive (Technical).....	50
Phase 2 Coaching Session Plan 25 – Drives with Footwork.....	51
Phase 2 Coaching Session Plan 26 – Backhand Block Defence (Technical).....	52
Phase 2 Coaching Session Plan 26 – Backhand Block Defence.....	53
Phase 2 Coaching Session Plan 27 – Forehand Block (Technical).....	54
Phase 2 Coaching Session Plan 27 – Backhand Block (Technical).....	55
Phase 2 Coaching Session Plan 27 – Blocks with Footwork.....	56
Phase 2 Coaching Session Plan 27 – Blocks with Footwork (continued).....	57
Phase 2 Sgiliau Badminton Level 5 Assessment Criteria.....	58

Introduction to Phase 2 Coaching Session Plans 28-31 (Level 6).....	59
Phase 2 Coaching Session Plan 28 – Forehand High Serve (Technical).....	60
Phase 2 Coaching Session Plan 28 – Forehand Clear (Technical).....	61
Phase 2 Coaching Session Plan 28 – Forehand Clear with Footwork.....	62
Phase 2 Coaching Session Plan 28 Forehand Clear with Footwork (continued).....	63
Phase 2 Coaching Session Plan 29 Forehand Clear (Technical).....	64
Phase 2 Coaching Session Plan 29 – Forehand Clear with Footwork.....	65
Phase 2 Coaching Session Plan 29 – Forehand Clear with Footwork (continued).....	66
Phase 2 Coaching Session Plan 30 – Forehand Drop Footwork (Technical).....	67
Phase 2 Coaching Session Plan 30 – Forehand Drop (Technical).....	68
Phase 2 Coaching Session Plan 30 – Forehand Drop with Footwork.....	69
Phase 2 Coaching Session Plan 30 – Forehand Drop with Footwork (continued).....	70
Phase 2 Coaching Session Plan 31 – Forehand Smash Footwork (Technical).....	71
Phase 2 Coaching Session Plan 31 – Forehand Smash (Technical).....	72
Phase 2 Coaching Session Plan 31 – Forehand Smash with Footwork.....	73
Phase 2 Sgiliau Badminton Level 6 Assessment Criteria.....	74

Introduction to Phase 2 Coaching Session Plans 32-34 (Level 7).....	75
Phase 2 Coaching Session Plan 32 – Forehand pulled Drop (Technical).....	76
Phase 2 Coaching Session Plan 32 – Forehand Pulled Drop.....	77
Phase 2 Coaching Session Plan 33 – Backhand Pulled Drop (Technical).....	78
Phase 2 Coaching Session Plan 33 – Backhand Pulled Drop.....	79
Phase 2 Coaching Session Plan 34 – Backhand Clear (Technical).....	80
Phase 2 Coaching Session Plan 34 – Backhand Clear.....	81
Phase 2 Sgiliau Badminton Level 7 Assessment Criteria.....	82
Phase 2 Sgiliau Badminton Level 4-7 Assessment Criteria Table.....	Appendix

Phase 2, coaching sessions 21-24 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

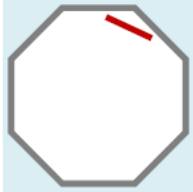
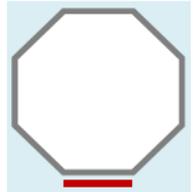
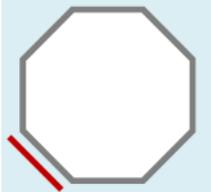
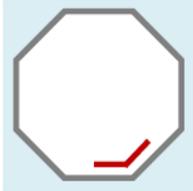
- Introducing more complex badminton movements
- Introducing more complex technique at the net, including net shots, kills and lifts
- Introducing more technical backhand short serve

The session plans in this section are designed to assist players in achieving their Level 4 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

<p>Basic grip</p>		<p>The basic grip is used to play strokes where the shuttle is level with the player, on both the forehand and backhand sides. The thumb and first finger of the hand creates a “v” shape on the racket handle. The position of the bottom of the “v” is important and is shown in the illustrations below. The basic grip is also called the “v” grip.</p>		 
<p>Thumb grip</p>		<p>The thumb grip is used to play basic backhand strokes in front of the body. Examples include net shots, net lifts, net kills, backhand serves and backhand drives (when struck in front of the body). The thumb is placed at the back of the racket handle, with a slight gap between the hand and the racket handle.</p>		 
<p>Corner grip</p>		<p>The corner grip is an alternative used for backhand strokes when the shuttle is level with or slightly behind the player. These strokes include backhand drives and blocks (when the shuttle is at the side of the body), backhand clears, backhand drop shots and backhand smashes.</p>		 
<p>Panhandle grip</p>		<p>The panhandle grip is used for forehand strokes when the shuttle is well in front of the player for example net kills and forehand drives. It can also be used for backhand strokes when the shuttle is well behind the player for example backhand drop shots.</p>		 

<p>Movement to the forecourt forehand side</p>		<p style="text-align: center;">SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p style="text-align: center;">CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p style="text-align: center;">LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p style="text-align: center;">CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand net shot</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Relaxed reach. • Rotate arm. • Present racket strings to shuttle. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Use momentum of whole body. • Push through shuttle. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Bring racket up ready to anticipate opponent's next stroke.

<p>Movement to the forecourt backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Backhand net shot</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Establish relaxed thumb grip • Relaxed reach. • Rotate arm. • Present racket strings to shuttle. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Use momentum of whole body. • Push through shuttle. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Bring racket up ready to anticipate opponent's next stroke.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
21.1: Forehand net shot (20 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices forehand net shot. • Start the exercise using a chasse movement and lunging forward with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
21.2: Backhand net shot (20 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices backhand net shot. • Start the exercise using a chasse movement and lunging forward with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
21.3: Forehand and backhand net shot (10 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net to the forehand and backhand side alternately. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic and thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.

<p>Movement to the forecourt forehand side</p>		<p style="text-align: center;">SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p style="text-align: center;">CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p style="text-align: center;">LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p style="text-align: center;">CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse (recover just behind service line)
<p>Forehand net kill</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Adjust grip to panhandle. • Bend elbow. • Rotate upper and lower arm outwards. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Reach forwards by straightening elbow. • Rotate upper and lower arm inwards. • Hit powerfully downwards. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • As arm relaxes racket momentum causes further arm rotation inwards. • Recover racket quickly to anticipate a return.

<p>Movement to the forecourt backhand side</p>		<p style="text-align: center;">SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p style="text-align: center;">CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p style="text-align: center;">LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p style="text-align: center;">CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Backhand net kill</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Establish relaxed thumb grip • Raise and bend elbow. • Rotate lower arm inwards. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Straighten arm. • Rotate lower arm outwards. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate outwards as it relaxes. • Recover racket quickly to anticipate return.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
22.1: Forehand net shot (10 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices forehand net shot. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
22.2: Forehand net kill (10 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices forehand net kill. • Start the exercise using a chasse movement (from just behind the service line) and lunging forward with the racket foot when playing the shot. • Progress the exercise by playing a forehand net shot, recovering to just behind the service line and moving forward for the net kill. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle above the top of the net. • Panhandle grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When feeding for this shot ensure feeder is safe from being struck by the shuttle. • When working with “multi-shuttles” watch out for shuttles lying on the floor.
22.3: Backhand net shot (10 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices backhand net shot. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
22.4: Backhand net kill (10 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices backhand net kill. • Start the exercise using a chasse movement (from just behind the service line) and lunging forward with the racket foot when playing the shot. • Progress the exercise by playing a backhand net shot, recovering to just behind the service line and moving forward for the net kill. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle above the top of the net. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When feeding for this shot ensure feeder is safe from being struck by the shuttle. • When working with “multi-shuttles” watch out for shuttles lying on the floor.

<p>Backhand low serve</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Stance can vary, but most common is with the racket foot forwards, close to the "T" on the court. • Use a short, relaxed thumb grip (for doubles). • Place the racket out in front of the body. • Place shuttle on racket. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Take the racket back a short distance. • Open racket face slightly. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Push through the shuttle. • Strike the shuttle out of the hand. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Continue pushing action. • Bring racket up to threaten service reply.
<p>Receiving the low serve</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Stand with non-racket leg forward. • Keep knees bent slightly ready to push off. • Hold racket out in front of body at net height. 	<p>HIT</p>  <ul style="list-style-type: none"> • Push off racket leg stepping through • Keep racket out in front of body ready to take shuttle early. • Land on racket leg 	<p>PREPARE</p>  <ul style="list-style-type: none"> • Stand with non-racket leg forward. • Keep knees bent slightly ready to push off. • Hold racket out in front of body at net height. 	<p>HIT</p>  <ul style="list-style-type: none"> • Push off racket leg stepping through • Keep racket out in front of body ready to take shuttle early. • Land on non-racket leg

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
23.1: Backhand low serve (20 min)	<ul style="list-style-type: none"> • Coach demonstrates a backhand serve, aiming to get the shuttle in area (e.g. from low service line into opposite service area). • Experiment in hitting to different areas along service line. 	<ul style="list-style-type: none"> • Hit from hand. • See above shot teaching points. • Racket pointing down. • Thumb grip 	<ul style="list-style-type: none"> ↑ Reduce target area (for example, corner box of court). 	<ul style="list-style-type: none"> • Video shows no use of net. Nets should be used at this stage. • Keep group well-spaced apart.
23.2: Backhand serve: team competition (15 min)	 <ul style="list-style-type: none"> • Players play a serve competition into a target (i.e. a box). At the start they have a lot of shuttles laying in a hoop (at least 10 per person). • When finished, count how many they hit into the box. • The fastest team gets one extra point. 	<ul style="list-style-type: none"> • Hit from hand. • Strike below waist. • Take time for hitting the target. • Change quickly after each serve. 	<ul style="list-style-type: none"> ↑ With better players, point out and explain the service boxes and encourage different ways to strike shuttle – to the left of the opponent, to the right of the opponent, higher above the opponents head so they cannot reach this. ↓ Low net or no net. 	<ul style="list-style-type: none"> • Video shows no use of net. Nets should be used at this stage. • Keep the groups well-spaced apart.
23.3: Net singles (15 min)	 <ul style="list-style-type: none"> • Players work in pairs on half court playing net rallies starting with backhand low serve. • After the serve the court is restricted to front court area only (low service line). • Game is scored. Length depends on number of players. 	<ul style="list-style-type: none"> • Relaxed grip. • Start on smaller area and increase difficulty gradually on larger area. 	<ul style="list-style-type: none"> ↑ Allow players to play on larger area and using both forehand and backhand net shots (split step, chasse and lunge). ↓ Concentrate on the correct technique (no competitive situation). 	<ul style="list-style-type: none"> • General court safety.

<p>Movement to the forecourt forehand side</p>		<p style="text-align: center;">SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p style="text-align: center;">CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p style="text-align: center;">LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p style="text-align: center;">CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand net lift</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Relaxed reach. • Rotate arm outwards. • Bend wrist. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Straighten wrist. • Hit through the shuttle. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes.

<p>Movement to the forecourt backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Backhand net lift</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Establish thumb grip. • Relaxed reach. • Rotate arm inwards. • Slight bend of elbow. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Reach and rotate arm outwards. • Hit through shuttle. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate outwards as it relaxes.

Activity/Time	Description	Main Teaching Points	Variations	Things to Note
S&C (10 min)				
24.1: Forehand net lift (15 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices forehand net lift. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. • Feeder runs back trying to prevent the shuttle from touching the floor. The feeder cannot move until the shuttle is struck. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Basic grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • Make sure group is well-spaced apart. Use the whole available space.
24.2: Backhand net lift (15 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices forehand net lift. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. • The feeder runs back trying to prevent the shuttle from touching the floor. The feeder cannot move until the shuttle is struck. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • Make sure group is well-spaced out. Use the whole available space.
24.3: Forehand and backhand lift “Merry-go-Round” (10 min)	 <ul style="list-style-type: none"> • Players work in groups of 4-6 players. Coach throws the shuttle up and over the net. Players practice forehand lift then backhand lift before returning to the back of the que. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. 	<ul style="list-style-type: none"> • See above movement and shot teaching points. • Hold racket out in front of the body. • Basic and thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into an individual/group competition to motivate players. ↓ Do not need net or court, but ensure you draw correct distance on the floor. 	<ul style="list-style-type: none"> • Ensure correct feeding technique.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
24.4: Net shot and lift rally (10 min)		<ul style="list-style-type: none"> • Players work in pairs. • Players start by playing a net rally. • When a player is in a good position, they can lift the shuttle aiming to hit a target placed on the rear court. If they hit the target they win a point. 	<ul style="list-style-type: none"> • Ensure players move in and out from net between shots to create space for the lift. • Time the game and change partners regularly. 	<ul style="list-style-type: none"> ↑ Use a bigger playing area and use smaller targets. ↓ Lower or remove the net to ensure correct hitting technique. 	<ul style="list-style-type: none"> • Ensure players do not enter other courts when rally is being played.

Activity	Description	Assessment Criteria
Forehand net shots with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net shot.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent's service line. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand net shots with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net shot.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent's service line. • Thumb grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand low serve	Player stands in service box and serves to the diagonal service box (5 serves in each service box).	<ul style="list-style-type: none"> • 6/10 going over the net and landing in within 1m of the service line in the diagonal service box. • Thumb grip to be used
Forehand net kill	Player starts behind own service line. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle high and close to net for player to hit net kill.	<ul style="list-style-type: none"> • 6/10 going over the net and landing in opponent's mid-court. • Panhandle grip to be used.
Backhand net kill	Player starts behind own service line. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle high and close to net for player to hit net kill.	<ul style="list-style-type: none"> • 6/10 going over the net and landing in opponent's mid-court. • Thumb grip to be used.
Forehand lift with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit lift.	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand lift with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net lift.	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).

Phase 2, coaching sessions 25-27 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

- Introducing more complex badminton movements
- Introducing more technical flat play
- Introducing singles and doubles defense
- Introducing backhand flick serve

The session plans in this section are designed to assist players in achieving their Level 5 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

<p>Backhand flick serve</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Stance can vary, but most common is with the racket foot forwards, close to the "T" on the court. • Use a short, relaxed thumb grip (for doubles). • Place the racket out in front of the body. • Place shuttle on racket. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Bend wrist and rotate forearm slightly. • Take the racket back a short distance. • Open the racket face. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Accelerate the racket head forwards. • Flick the shuttle out of the hand. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Momentum of racket continues arm rotation.
------------------------------------	---	---	--	--	---

<p>Movement to the mid-court forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, widening feet in the square on position. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Non-racket foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet parallel with each other. • If done well the player will skim quickly across the ground. 	<p>SIDE LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse.
<p>Forehand drive</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Retain basic grip if striking at the side of the body, adjust to panhandle if striking in front (as in this example). • Raised but bent elbow. • Rotate upper and lower arm outwards. • Bend wrist. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Straighten elbow. • Rotate upper and lower arm inwards. • Strike in front of body (panhandle grip) or side of body (basic grip). 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Rotation of forearm will continue after impact. • Recover racket quickly in preparation for next shot.

<p>Movement to the mid-court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, widening feet in the square on position. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Racket foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet parallel with each other. • If done well the player will skim quickly across the ground. 	<p>SIDE LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse.
<p>Backhand drive</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Establish thumb grip. • Elbow up, forwards and bent. • Rotate upper and lower arm inwards. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Straighten elbow. • Rotate lower arm outwards. • Hit hard through the shuttle. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Recovery racket quickly using a rebound action and get ready for the next shot.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
25.1: Backhand flick serve (10 min)	<ul style="list-style-type: none"> • Coach demonstrates a backhand flick serve, aiming to hit the shuttle mid-height to the rear of the service box. • Experiment in hitting to different areas along the inside tramline. 	<ul style="list-style-type: none"> • Hit from hand. • See above shot teaching points. • Racket pointing down. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Reduce target area (for example, corner box of rear service box). 	<ul style="list-style-type: none"> • Keep group well-spaced apart.
25.2: Forehand drive (15 min)	 <ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle, shoulder height from the side of the court to their partner. Their partner practices forehand drive. • Start the exercise lunging with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Panhandle grip. 	<ul style="list-style-type: none"> ↑ If players can do this correctly, increase the speed of feeding to reduce the length of swing. ↓ You do not need to use net or court for this exercise. 	<ul style="list-style-type: none"> • Video shows low forehand drive. Set the players in same way, but throwing and hitting as per description. • Ensure a safe distance between partners when throwing the shuttle to avoid players being hit. • Ensure that the feeders are positioned safely.
25.3: Backhand drive (15 min)	 <ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle, shoulder height from the side of the court to their partner. Their partner practices backhand drive. • Start the exercise lunging with the non-racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Thumb grip. 	<ul style="list-style-type: none"> ↑ If players can do this correctly, increase the speed of feeding to reduce the length of swing. ↓ You do not need to use net or court for this exercise. 	<ul style="list-style-type: none"> • Video shows low backhand drive. Set the players in same way, but throwing and hitting as per description. • Ensure a safe distance between partners when throwing the shuttle to avoid players being hit. • Ensure that the feeders are positioned safely.
25.4: Flat play (10 min)	 <ul style="list-style-type: none"> • Players work in pairs to play a rally with forehand and backhand drives. • Start the rally with reduced speed concentrating on correct execution. • Gradually increase the speed. 	<ul style="list-style-type: none"> • Emphasise the 'ready' position. • Racket in front of body (do not pull elbow towards the body). • Finger work – tighten grip to generate power. 	<ul style="list-style-type: none"> ↑ Alternate between forehand and backhand drive (ensure correct change of grip). ↓ No change of direction – backhand or forehand drives only and change roles after a few minutes. 	<ul style="list-style-type: none"> • Video shows no use of net. Nets should be used at this stage. • Keep safe distance between pairs. • Group well-spaced apart.

<p>Backhand block defence (off the body)</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Widen feet in square on position. • Establish relaxed thumb grip. • Elbow forwards. • Bend elbow. • Open racket face (upper and lower arm rotation, bent wrist). 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Extend elbow. • Keep racket face open to hit slightly underneath shuttle. • Push through shuttle. • (In this photo player steps in on racket foot – not always possible). 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate outwards as it relaxes. • Re-establish basic grip and racket position in front of body.
---	---	--	--	--	--

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
26.1: Block defence (20 min)	 <ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle down into the player's body. Their partner practices block defence. • Start the exercise by throwing the shuttle in the same place. • Progress by throwing the shuttle at different heights (between shoulder and knee). 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Wide feet with relaxed stance. • Thumb grip 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Keep pairs well-spaced apart.
26.3: Smash and block defence practice (15 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then block defence. • Player smashing lets the shuttle hit the floor to see where it lands. • Rally restarts with a high serve. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Wide feet with relaxed stance. • Thumb grip 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Video shows continuous play. This can be done once players hit targets regularly. • General court safety.
26.3: Lift-smash-block (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then block defence, which is followed by a lift. Then the sequence starts again which means that this exercise is alternating (lift-smash-block-lift). 	<ul style="list-style-type: none"> • Reinforce technical teaching points. • Divide players by level. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Challenge players with accuracy targets. ↓ Lower net or smaller court. 	<ul style="list-style-type: none"> • General court safety.

<p>Movement to the mid-court forehand side</p>		<p style="text-align: center;">SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, widening feet in the square on position. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Non-racket foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p style="text-align: center;">CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p style="text-align: center;">SIDE LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p style="text-align: center;">CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse.
<p>Forehand block (singles)</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Lunge out to side (racket leg lead). • Reach out. • Take racket back by supinating forearm and hyper-extending Wrist. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Pronate forearm slightly and straighten wrist • Push through shuttle 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Complete pushing through the shuttle. • Turn and recover racket quickly to anticipate possible returns.

<p>Movement to the mid-court backhand side</p>		<p style="text-align: center;">SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, widening feet in the square on position. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Racket foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p style="text-align: center;">CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p style="text-align: center;">SIDE LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p style="text-align: center;">CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse.
<p>Backhand block (singles)</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Establish relaxed thumb grip. • Lunge out to side. • Reach out. • Rotate upper and lower arm inwards (pronation of forearm). 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Pronate forearm slightly. • Push through shuttle. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Complete pushing through the shuttle. • Turn and recover racket quickly to anticipate possible returns.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
27.1: Forehand block defence (singles) (15 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle down along the side tramline. Their partner practices forehand block. • Start the exercise using a chasse movement and lunging sideways with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Racket to shuttle (no big back swing). • Short follow through. • Short pushing action. • Basic grip. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • General court safety.
27.2: Backhand block defence (singles) (15 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle down along the side tramline. Their partner practices backhand block. • Start the exercise using a chasse movement and lunging sideways with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Racket to shuttle (no big back swing). • Short follow through. • Short pushing action. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • General court safety.
27.3: Forehand block defence and smash practice (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then block defence. • Start the exercise using a chasse movement and lunging sideways with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start defending player in the centre of the court, with smash hit down the sides. • Video shows continuous play. This can be done once players hit targets regularly. • General court safety.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
Backhand block defence and smash practice (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then block defence. • Start the exercise using a chasse movement and lunging sideways with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start defending player in the centre of the court, with smash hit down the sides. • Video shows continuous play. This can be done once players hit targets regularly. • General court safety.

Activity	Description	Assessment Criteria
Backhand flick serve	Player stands in service box and serves to the diagonal service box (5 serves in each service box).	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least the middle of the diagonal service box. • Thumb grip to be used.
Forehand drive with split step and chasse	Player starts in the centre of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle flat to the mid-court - 3/4 court for player to split step, chasse and hit drive.	<ul style="list-style-type: none"> • 6/10 going flat over the net and landing at least mid-court. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand drive with split step and chasse	Player starts in the centre of the court. Coach stands in the forecourt (same side of the net as the player) and hand feeds shuttle flat to the mid-court - 3/4 court for player to split step, chasse and hit drive.	<ul style="list-style-type: none"> • 6/10 going flat over the net and landing at least mid-court. • Thumb grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand block (off body)	Player starts in the centre of the court. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle down (waist height or below) to the mid-court - 3/4 court for player to hit block off the body.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent's service line. • Thumb grip to be used.
Forehand block with split step and chasse	Player starts in the centre of the court. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle down (waist height or below) to the mid-court - 3/4 court for player to split step, chasse hit block.	<ul style="list-style-type: none"> • 5/10 going over the net and landing inside opponent's service line. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand block with split step and chasse	Player starts in the centre of the court. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle down (waist height or below) to the mid-court - 3/4 court for player to split step, chasse hit block.	<ul style="list-style-type: none"> • 5/10 going over the net and landing inside opponent's service line. • Thumb grip to be used. • Correct split step direction and chasse movement used (racket leg leading).

Phase 2, coaching sessions 28-31 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

- Introducing more complex badminton movements
- Introducing forehand clear
- Introducing forehand drop
- Introducing forehand smash
- Introducing forehand high serve

The session plans in this section are designed to assist players in achieving their Level 6 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

<p>Forehand high serve</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Adopt a sideways stance within service box. • Basic grip. • Racket and shuttle in elevated position. • Weight on rear leg. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Begin transfer of weight forwards. • Drop the shuttle to the side/in front. • Lower the racket. • Bend the wrist and supinate the forearm. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Continue weight transfer to front foot. • Swing racket forwards. • Accelerate racket head by pronating forearm and straightening wrist. • Strike under shuttle – hard, in front and to side of body. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Momentum carries racket through high and long.
-----------------------------------	---	---	---	---	---

<p>Movement to the rear court forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet parallel with each other. • If done well the player will skim quickly across the ground. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand clear</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Drive up and forwards off rear leg. • Push rear hip forwards. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. • Front arm pulls in to control body rotation. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully above/slightly in front of racket shoulder. • Rear leg overtakes front leg (after impact). 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes. • Rear foot lands to become the new front foot.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
28.1: Forehand high serve (10 min)	<ul style="list-style-type: none"> • Coach demonstrates a forehand high serve, aiming to hit the shuttle high to the rear of the court. • Experiment in hitting to different areas along the rear tramline. 	<ul style="list-style-type: none"> • Hit the shuttle to the side/in front of the body. • See above shot teaching points. • Basic grip. 	<ul style="list-style-type: none"> ↑ Reduce target area (for example, corner box of rear service area). 	<ul style="list-style-type: none"> • Keep group well-spaced apart.
28.2: Scissor jump practice (10 min)	 <ul style="list-style-type: none"> • Group shadow work with coach corrections. • Players with racket standing sideways on a line, weight on the racket leg. On signal players make a scissor jump and move forward after landing. • Start the exercise using a chasse movement getting into a side-on stance. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • See teaching points above. • Basic grip. 		<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor.
28.3: Forehand Clear (forehand side) (20 min)	 <ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices forehand clear (forehand corner). Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a chasse movement getting into a side-on stance. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Basic grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. ↓ Chasse to scissor kick. 	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this stage. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
28.4: Forehand clear rally (forehand side) (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve to the rear court and continues with forehand clears (on forehand side). • Players should use the split step and chasse movement to get into a side on stance behind the shuttle. 	<ul style="list-style-type: none"> • Players can rotate onto court after 10 clears. • See above teaching points. • Basic grip. 	<ul style="list-style-type: none"> ↑ Move back to centre between shots. ↓ Try to create time with extra height and length. 	<ul style="list-style-type: none"> • General court safety.

<p>Movement to the rear court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the non-racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>PIVOT AROUND NON-RACKET LEG</p>  <ul style="list-style-type: none"> • From the split step, player pushes off the racket leg and pivots 180° around the non-racket leg • If this action does not get the player underneath the shuttle extra chasse steps may be needed. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand clear</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Drive up and forwards off rear leg. • Push rear hip forwards. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. • Front arm pulls in to control body rotation. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully above/slightly in front of racket shoulder. • Rear leg overtakes front leg (after impact). 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes. • Rear foot lands to become the new front foot.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
29.1: Forehand high serve (10 min)	<ul style="list-style-type: none"> • Coach demonstrates a backhand serve, aiming to get the shuttle in area (e.g. from low service line into opposite service area). • Experiment in hitting to different areas along service line. 	<ul style="list-style-type: none"> • Hit from hand. • See above shot teaching points. • Basic grip 	<ul style="list-style-type: none"> ↑ Reduce target area (for example, inside rear tramlines). 	<ul style="list-style-type: none"> • Keep group well-spaced apart.
29.2: Scissor jump practice (10 min)	 <ul style="list-style-type: none"> • Group shadow work with coach corrections. • Players with racket standing sideways on a line, weight on the racket leg. On signal players make a scissor jump and move forward after landing. • Start the exercise using a chasse movement getting into a side-on stance. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • See above movement teaching points. • Basic grip. 		<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor.
29.3: Forehand clear (backhand side) (20 min)	 <ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices forehand clear (backhand corner). Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise pivoting around the non-racket leg. • Progress by adding the split step and pivot from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Basic grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. ↓ Pivot to scissor kick. 	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this level. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

Activity		Description	Main Teaching Points	Variations	Points to Note
29.4: Forehand clear rally (backhand side) (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high lift to the rear court and continues with forehand clears (on backhand side). • Players should use the split step and pivot movement to get into a side on stance behind the shuttle. 	<ul style="list-style-type: none"> • Players can rotate onto court after 10 clears. • See above teaching points. • Basic grip. 	<ul style="list-style-type: none"> ↑ Move back to centre between shots. ↓ Try to create time with extra height and length. 	<ul style="list-style-type: none"> • General court safety.

<p>Movement to the rear court forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet parallel with each other. • If done well the player will skim quickly across the ground. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Movement to the rear court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the non-racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>PIVOT AROUND NON-RACKET LEG</p>  <ul style="list-style-type: none"> • From the split step, player pushes off the racket leg and pivots 180° around the non-racket leg • If this action does not get the player underneath the shuttle extra chasse steps may be needed. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse

<p>Forehand drop shot</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Drive up and forwards off rear leg. • Push rear hip forwards. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. • Front arm pulls in to control body rotation. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully above/slightly in front of racket shoulder. • Just prior to hitting rotation of arm stops - push through the shuttle. • Rear leg overtakes front leg (after impact). 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes. • Rear foot lands to become the new front foot.
----------------------------------	---	--	--	---	---

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
30.1: Scissor jump revision (5 min)	 <ul style="list-style-type: none"> • Group shadow work with coach corrections: • Players with racket standing against a wall (sideward, non-racket leg and shoulder closer to the wall) or on a line, weight on the racket leg. • On signal players make a scissor jump and move forward after landing. First without chassing backwards then with two chasse steps. 	<ul style="list-style-type: none"> • Players are in line facing coach. • Encourage correct scissor jump technique • Kick through. • Land on the non-racket foot and move forward. 		<ul style="list-style-type: none"> • Keep group well-spaced apart.
30.2: Forehand drop shot (forehand and backhand side) (25 min)	 <ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices forehand drop shot. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a chasse/pivot movement getting into a side-on stance. • Progress by adding the split step and chasse/pivot movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Practice drop shots from both forehand and backhand side • See above movement and shot teaching points. • Basic grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on accuracy of drop shot. 	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this stage. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.
30.3: Lifts and drops (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by straight drop. • The rally continues with 1 player lifting and the other practicing drop shot from the rear court. • Change on time or shots. 	<ul style="list-style-type: none"> • See teaching points above. • Focus on accuracy of lifts to allow good quality practice. • Emphasise both players practicing different skills. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Add movement for both players to increase difficulty. ↓ Focus on walk through and rotation. 	<ul style="list-style-type: none"> • General court safety.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
30.4: Lift-drop-net (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by drop shot, then net shot and then high lift again to repeat the sequence (lift-drop-net-lift). • If too difficult, start with lift-drop-net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Challenge players' accuracy. ↓ Lower net. Go back to lift and drop only with regular changes. 	<ul style="list-style-type: none"> • General court safety.

<p>Movement to the rear court forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet parallel with each other. • If done well the player will skim quickly across the ground. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Movement to the rear court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the non-racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>PIVOT AROUND NON-RACKET LEG</p>  <ul style="list-style-type: none"> • From the split step, player pushes off the racket leg and pivots 180° around the non-racket leg • If this action does not get the player underneath the shuttle extra chasse steps may be needed. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse

<p>Forehand smash</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Drive up and forwards off rear leg. • Push rear hip forwards. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. • Front arm pulls in to control body rotation. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully in front of racket shoulder. • Rear leg overtakes front leg (after impact). 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes. • Rear foot lands to become the new front foot.
------------------------------	---	--	--	---	---

Activity/Time	Description	Main Teaching Points	Variations	Things to Note
S&C (10 min)				
31.1: The Smash (forehand and backhand side) (25 min)	 <ul style="list-style-type: none"> • Players work in pairs. One player hits the shuttle high over the net. Their partner practices the smash. Player one lets the shuttle fall on the floor and repeats the exercise. • Start the exercise using a chasse/pivot movement getting into a side-on stance. • Progress by adding the split step and chasse/pivot movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Practice drop shots from both forehand and backhand side • See above movement and shot teaching points. • Basic grip. 	<ul style="list-style-type: none"> ↑ Could include chasse steps before shot and moving forward after. ↓ Lower net where necessary. 	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this stage. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.
31.2: Lift-smash-block (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then block defence and then high a lift again to repeat the sequence (lift-smash-block-lift). • If too difficult, start with lift-smash-block-net. 	<ul style="list-style-type: none"> • Reinforce technical teaching points. • Divide players by level. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Challenge players with accuracy targets. ↓ Lower net or smaller court. 	<ul style="list-style-type: none"> • General court safety.
31.3: Half-court singles with 'winner smash' (10 min)	 <ul style="list-style-type: none"> • Players play a half court singles game with reduced court area (in front of short service line is out). • Normal scoring with 2 points awarded for winning the rally with smash. 	<ul style="list-style-type: none"> • Reinforce technical teaching points. • Divide players by level. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Automatic win if smash touches floor without opponent touching it. ↓ Lower the net and / or reduce size of court. 	<ul style="list-style-type: none"> • If the group is too big, 3 or 4 players can play on the same half court. The winner stays on court, but the player who enters the game continues from the previous losing score and the winner starts from zero. • Can be played as a team game with mixed ability teams or points counting. • General court safety.

Activity	Description	Assessment Criteria
Forehand high serve	Player stands in service box and serves to the diagonal service box (5 serves in each service box).	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court in the diagonal service box. • Basic grip to be used.
Forehand clear (forehand side) with split step, chasse and scissor jump	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading) and scissor jump.
Forehand clear (backhand side) with split step, pivot and scissor jump	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct split step direction, pivot and scissor jump.
Forehand Drop shot (forehand side) with split step, chasse and scissor jump	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going down over the net landing in front of the opponent's service line. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading) and scissor jump.
Forehand drop shot (backhand side) with split step, pivot and scissor jump	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going down over the net landing in front of the opponent's service line. • Basic grip to be used. • Correct split step direction, pivot and scissor jump.
Forehand smash (forehand side) with split step, chasse and scissor jump	Player starts in centre of half a court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going down over the net landing in the mid-court • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading) and scissor jump.
Forehand smash (backhand side) with split step, pivot and scissor jump	Player starts in centre of half a court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going down over the net landing in the mid-court • Basic grip to be used. • Correct split step direction, pivot and scissor jump.

Phase 2, coaching sessions 32-34 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

- Introducing more complex badminton movements
- Introducing forehand pulled drop shot
- Introducing backhand pulled drop shot
- Introducing overhead backhand clear

The session plans in this section are designed to assist players in achieving their Level 7 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

<p>Movement to the rear court forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CROSS BEHIND</p>  <ul style="list-style-type: none"> • Turn and step with the lead foot pointing towards the shuttle. • Rear foot passes behind the lead foot. • Prepare to lunge when rear foot lands. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. 	<p>PIVOT/SPIN QUICKLY INTO COURT</p>  <ul style="list-style-type: none"> • Pivot/spin pushing off racket leg, turning towards the net with racket leading.
<p>Forehand pulled drop shot</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Carry racket with racket head above hand. • Bent elbow. • Turn racket in hand towards a thumb grip (more turn if you want to hit cross-court). 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Rotate upper and lower arm outwards. • Maintain bent elbow. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Straighten arm (relaxed reach). • Rotate lower upper and lower arm inwards. • Aim to get racket hand underneath shuttle. • Just prior to striking, reduce arm rotation and push through shuttle. • Impact slightly behind player. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Complete pushing through shuttle. • Use follow through to help you turn quickly to face the net.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 mins)				
32.1: Forehand pulled drop with hand feeding (20 min)	<ul style="list-style-type: none"> • Players work in groups of three. One player, standing on the same side, throws the shuttle high. Their partner practices forehand pulled drop. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise with the player in a forehand stance. • Progress by adding a cross behind movement and lunging toward the shuttle with the racket foot when playing the shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Corner grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. 	<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor
32.2: Forehand pulled drop with racket feeding (20 min)	<ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices forehand pulled drop. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a cross behind movement and lunging toward the shuttle with the racket foot when playing the shot. • Progress by adding the split step and turn from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Corner grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. 	<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor.
32.3: Lift-drop-net (forehand pulled drop) (10 min)	<ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by forehand pulled drop shot, then net shot and then high lift again to repeat the sequence (lift-drop-net). • If too difficult, start with lift-drop-net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Challenge players' accuracy. ↓ Lower net. Go back to lift and drop only with regular changes. 	<ul style="list-style-type: none"> • General court safety during rallies

<p>Movement to the rear court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the non-racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>TURN AND CHASSE</p>  <ul style="list-style-type: none"> • Turn back to net • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>HALF LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. 	<p>PIVOT/SPIN QUICKLY INTO COURT</p>  <ul style="list-style-type: none"> • Pivot/spin pushing off racket leg, turning towards the net with racket leading.
<p>Backhand pulled drop shot</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Corner grip (panhandle if deeper). • Approach with elbow down, racket head up. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Maintain bent elbow. • Start to raise elbow and drop the racket head (upper/low arm rotates inwards). • Make sure backswing flows immediately into forward swing (this position is not held). 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Straighten arm (relaxed reach). • Rotate upper/lower arm outwards. • Just prior to striking, reduce arm rotation and push through shuttle. • Impact slightly behind player, with hand below the shuttle. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Complete pushing through shuttle and use racket momentum to help you turn quickly into court.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 mins)				
33.1: Backhand pulled drop with hand feeding (20 min)	<ul style="list-style-type: none"> • Players work in groups of three. One player, standing on the same side, throws the shuttle high. Their partner practices backhand pulled drop. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise with the player in a backhand stance. • Progress by adding a chasse movement and half-lunging toward the shuttle with the racket foot when playing the shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Corner grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. 	<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor
33.2: Backhand Pulled drop with racket feeding (20 min)	<ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices backhand pulled drop. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a chasse movement and half-lunging toward the shuttle with the racket foot when playing the shot. • Progress by adding the split step and turn from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Corner grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. 	<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor.
33.3: Lift-drop-net (backhand pulled drop) (10 min)	<ul style="list-style-type: none"> • Players work in pairs. Rally starts with high lift (serve), followed by backhand pulled drop shot, then net shot and then high lift again to repeat the sequence (lift-drop-net). • If too difficult, start with lift-drop-net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Challenge players' accuracy. ↓ Lower net. Go back to lift and drop only with regular changes. 	<ul style="list-style-type: none"> • General court safety during rallies

<p>Movement to the rear court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the non-racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>TURN AND CHASSE</p>  <ul style="list-style-type: none"> • Turn back to net • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>HALF LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. 	<p>PIVOT/SPIN QUICKLY INTO COURT</p>  <ul style="list-style-type: none"> • Pivot/spin pushing off racket leg, turning towards the net with racket leading.
<p>Overhead backhand clear</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Corner grip (turn to panhandle if deeper). • Approach with elbow down, racket head up. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Maintain bent elbow. • Start to raise elbow and drop the racket head (upper/low arm rotates inwards). • Make sure backswing flows immediately into forward swing. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Straighten arm (relaxed reach). Rotate upper/lower arm outwards. • Impact at side/slightly behind player, with hand below the shuttle. • "Punch" the shuttle, hitting hard but stopping hand immediately on impact. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Hand stops but racket head continues as racket bends. • As hand relaxes racket rebounds backwards.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 mins)				
34.1: Backhand clear with hand feeding (20 min)	<ul style="list-style-type: none"> • Players work in groups of three. One player, standing on the same side, throws the shuttle high. Their partner practices backhand clear. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise with the player in a backhand stance. • Progress by adding a chasse movement and half-lunging toward the shuttle with the racket foot when playing the shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Corner grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. 	<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor
34.2: Backhand clear with racket feeding (20 min)	<ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices backhand clear. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a chasse movement and half-lunging toward the shuttle with the racket foot when playing the shot. • Progress by adding the split step and turn from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Corner grip. 	<ul style="list-style-type: none"> ↑ Player 3 to give feedback on length of clear. 	<ul style="list-style-type: none"> • Keep distance between players and be aware of objects laying on the floor.
34.3: Backhand clear rally (10 min)	<ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high lift to the rear court and continues with backhand clears. The objective is to hit as high and long as possible. • Partners to give feedback on length. 	<ul style="list-style-type: none"> • Players can rotate onto court after 10 clears. • See above teaching points. • Corner grip. 	<ul style="list-style-type: none"> ↑ Move back to centre between shots. ↓ One player to use forehand clear 	<ul style="list-style-type: none"> • General court safety.

Activity	Description	Assessment Criteria
Forehand pulled drop shot with split step and cross behind step	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the rear court.	<ul style="list-style-type: none"> • 5/10 going down over the net landing in front of the opponent's service line. • Basic corner to be used. • Correct split step direction and cross behind movement used.
Backhand pulled drop shot with split step and chasse	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the rear court.	<ul style="list-style-type: none"> • 5/10 going down over the net landing in front of the opponent's service line. • Corner/panhandle grip to be used. • Correct split step direction, pivot and scissor jump.
Backhand clear with split step, turn and chasse	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 5/10 going high over the net landing at least mid-court. • Corner/panhandle grip to be used. • Correct split step direction, pivot and scissor jump.

TheNEWway

Badminton Project

Badminton Coaching Session
Plan Manual – Junior Clubs
Phase 3, Level 8-10

Introduction to Phase 3 Coaching Session Plans 35-37 (Level 8).....	83
Introduction to Grips.....	84
Phase 3 Coaching Session Plan 35 – Forehand Spin Net Shot 1 (Technical).....	85
Phase 3 Coaching Session Plan 35 – Backhand Spin Net Shot 1 (Technical).....	86
Phase 3 Coaching Session Plan 35 – Spin Net Shots 1 with Footwork.....	87
Phase 3 Coaching Session Plan 36 – Forehand Spin Net Shot 2 (Technical).....	88
Phase 3 Coaching Session Plan 36 – Backhand Spin Net Shot 2 (Technical).....	89
Phase 3 Coaching Session Plan 36 – Spin Net Shots 2 with Footwork	90
Phase 3 Coaching Session Plan 37 – Forehand Cross Net Shot (Technical).....	91
Phase 3 Coaching Session Plan 37 – Backhand Cross Net Shot (Technical).....	92
Phase 3 Coaching Session Plan 37 – Cross Net Shots with Footwork.....	93
Phase 3 Sgiliau Badminton Level 8 Assessment Criteria.....	94

Introduction to Phase 3 Coaching Session Plans 38-40 (Level 9).....	95
Phase 3 Coaching Session Plan 38 – Backhand Drive Defence (Technical).....	96
Phase 3 Coaching Session Plan 38 – Backhand Drive Defence	97
Phase 3 Coaching Session Plan 39 – Backhand Long Defence (Technical).....	98
Phase 3 Coaching Session Plan 39 – Backhand Long Defence.....	99
Phase 3 Coaching Session Plan 40 – Forehand Cross Block (Technical).....	100
Phase 3 Coaching Session Plan 40 – Backhand Cross Block (Technical).....	101
Phase 3 Coaching Session Plan 40 – Cross Blocks with Footwork.....	102
Phase 3 Coaching Session Plan 40 – Cross Blocks with Footwork (continued).....	103
Phase 3 Sgiliau Badminton Level 9 Assessment Criteria.....	104

Introduction to Phase 3 Coaching Session Plans 41-45 (Level 10).....	105
Phase 3 Coaching Session Plan 41 – Forehand Cross Slice (Technical).....	106
Phase 3 Coaching Session Plan 41 – Forehand Cross Slice.....	107
Phase 3 Coaching Session Plan 41 – Forehand Cross Slice (continued).....	108
Phase 3 Coaching Session Plan 42 – Forehand Cross Reverse Slice (Technical).....	109
Phase 3 Coaching Session Plan 42 – Forehand Cross Reverse Slice.....	110
Phase 3 Coaching Session Plan 42 – Forehand Cross Reverse Slice (continued).....	111
Phase 3 Coaching Session Plan 43 – Forehand Reverse Slice (Technical).....	112
Phase 3 Coaching Session Plan 43 – Forehand Reverse Slice	113
Phase 3 Coaching Session Plan 43 – Forehand Reverse Slice (continued).....	114
Phase 3 Coaching Session Plan 44 – Forehand Straight Slice (Technical).....	115
Phase 3 Coaching Session Plan 44 – Forehand Straight Slice	116
Phase 3 Coaching Session Plan 44 – Forehand Straight Slice (continued).....	117
Phase 3 Coaching Session Plan 45 – Forehand Stik Smash (Technical).....	118
Phase 3 Coaching Session Plan 45 – Forehand Stik Smash	119
Phase 3 Sgiliau Badminton Level 10 Assessment Criteria.....	120
Phase 3 Sgiliau Badminton Level 8-10 Assessment Criteria Table.....	Appendix

Phase 2, coaching sessions 35-37 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

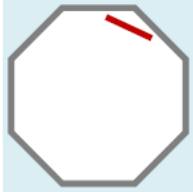
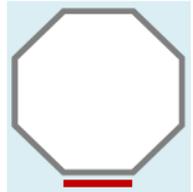
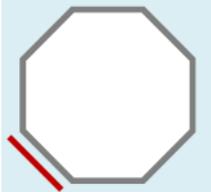
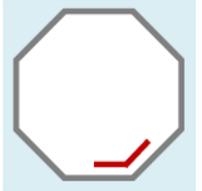
- Introducing more complex badminton movements
- Introducing more complex technique at the net, including spin net shots and cross-court net shots

The session plans in this section are designed to assist players in achieving their Level 8 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

<p>Basic grip</p>		<p>The basic grip is used to play strokes where the shuttle is level with the player, on both the forehand and backhand sides. The thumb and first finger of the hand creates a “v” shape on the racket handle. The position of the bottom of the “v” is important and is shown in the illustrations below. The basic grip is also called the “v” grip.</p>			
<p>Thumb grip</p>		<p>The thumb grip is used to play basic backhand strokes in front of the body. Examples include net shots, net lifts, net kills, backhand serves and backhand drives (when struck in front of the body). The thumb is placed at the back of the racket handle, with a slight gap between the hand and the racket handle.</p>			
<p>Corner grip</p>		<p>The corner grip is an alternative used for backhand strokes when the shuttle is level with or slightly behind the player. These strokes include backhand drives and blocks (when the shuttle is at the side of the body), backhand clears, backhand drop shots and backhand smashes.</p>			
<p>Panhandle grip</p>		<p>The panhandle grip is used for forehand strokes when the shuttle is well in front of the player for example net kills and forehand drives. It can also be used for backhand strokes when the shuttle is well behind the player for example backhand drop shots.</p>			

<p>Movement to the forecourt forehand side</p>		<p style="text-align: center;">SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p style="text-align: center;">CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p style="text-align: center;">LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p style="text-align: center;">CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand spin net shot (in to out)</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Relaxed reach. • Supinate forearm. • Present racket strings to shuttle. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Move the racket across the shuttle (in to out). • Racket creates a shallow arc shape. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Complete the shallow arc shape. • Maintain a high racket position in anticipation of a weak net return.

<p>Movement to the forecourt backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Backhand spin net shot (in to out)</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Establish relaxed thumb grip • Rotate arm inwards (pronation). • Racket head is slightly to the inside of the intended impact point. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Use slight outward rotation (supination). • The racket moves from in to out, creating an arc underneath the shuttle. • Impact just prior to or at the bottom of the arc. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Continue to supinate in a relaxed manner. • Maintain a high racket position to look for an opportunity to net kill.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
35.1: Forehand spin net shot (in to out) (20 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices forehand spin net shot. • Start the exercise using a chasse movement and lunging forward with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
35.2: Backhand spin net shot (in to out) (20 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices backhand spin net shot. • Start the exercise using a chasse movement and lunging forward with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
35.3: Forehand and backhand spin net shot (in to out) (10 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net to the forehand and backhand side alternately. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic and thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.

<p>Movement to the forecourt forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand spin net shot (out to in)</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Relaxed reach. • Supinate forearm. • Take racket head slightly outside the line of flight of the shuttle. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Continue to supinate the forearm • Move the racket across the shuttle (out to in). • Racket creates a shallow arc shape. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Very little follow through. • Maintain a high racket position in anticipation of a weak net return.

<p>Movement to the forecourt backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Backhand spin net shot (out to in)</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Establish relaxed thumb grip • Reach forwards. • Raise racket slightly outside the intended shuttle impact point. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • The racket moves from out to in, creating an arc underneath the shuttle by pronating the forearm slightly. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Very little follow through. • Maintain a high racket position to look for an opportunity to net kill.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
36.1: Forehand spin net shot (out to in) (20 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices forehand spin net shot. • Start the exercise using a chasse movement and lunging forward with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
36.2: Backhand spin net shot (out to in) (20 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices backhand spin net shot. • Start the exercise using a chasse movement and lunging forward with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
36.3: Forehand and backhand spin net shot (out to in) (10 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net to the forehand and backhand side alternately. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic and thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.

<p>Movement to the forecourt forehand side</p>		<p style="text-align: center;">SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p style="text-align: center;">CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p style="text-align: center;">LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p style="text-align: center;">CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand cross net shot</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Relaxed reach. • Supinate forearm so racket head goes slightly outside of the shuttle flight. 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Rotate arm inwards (pronation) • Maintain angle between forearm and racket. • Short contact time with shuttle. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Very little follow through. • Maintain a high racket position in anticipation of opponent's next return.

<p>Movement to the forecourt backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Rear foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Turn out rear-foot to help with balance and range of movement. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Backhand cross net shot</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Establish relaxed corner grip • Reach forwards. • Pronate forearm (rotate forearm inwards). • Racket head slightly outside the line of flight of the shuttle. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Rotate arm outwards (supination). • Maintain slight angle between forearm and racket. • Short contact time with shuttle. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Very little follow through. • Maintain a high racket position to look for an opportunity to net kill.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
37.1: Forehand cross net shot (20 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices forehand cross net shot. • Start the exercise using a chasse movement and lunging forward with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
37.2: Backhand cross net shot (20 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net. Their partner practices backhand cross net shot. • Start the exercise using a chasse movement and lunging forward with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.
37.3: Forehand and backhand cross net shot (10 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle up and over the net to the forehand and backhand side alternately. • Start the exercise using the split step and chasse movement from the centre of the court, recovering to centre after each shot. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Contact with shuttle close to the top of the net. • Basic and thumb grip. 	<ul style="list-style-type: none"> ↑ Use targets and turn into a competition to motivate players. ↓ Lower the net for younger players or remove the net completely to work on technique only. 	<ul style="list-style-type: none"> • When working with “multi-shuttles” watch out for shuttles lying on the floor.

Activity	Description	Assessment Criteria
Forehand spin net shots (in – out) with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net shot.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent’s service line. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Forehand spin net shots (out – in) with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net shot.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent’s service line. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand spin net shots (in – out) with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net shot.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent’s service line. • Thumb grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand spin net shots (out – in) with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net shot.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent’s service line. • Thumb grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Forehand cross net shots with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net shot.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent’s service line. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand cross net shots with split step and chasse	Player starts in the centre of the court. Coach stands in the mid-court (opposite side of the net as the player) and hand feeds shuttle close to net for player to split step, chasse and hit net shot.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent’s service line. • Thumb grip to be used. • Correct split step direction and chasse movement used (racket leg leading).

Phase 3, coaching sessions 38-40 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

- Introducing more complex badminton movements
- Introducing more complex doubles and singles defense

The session plans in this section are designed to assist players in achieving their Level 9 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

<p>Backhand drive defence (off the body)</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Widen feet in square on position. • Establish relaxed thumb grip. • Elbow forwards. • Bend elbow. • Open racket face (upper and lower arm rotation, bent wrist). 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Extend elbow. • Rotate lower arm outwards. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate outwards as it relaxes. • Re-establish basic grip and racket position in front of body.
---	---	--	---	---	--

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
38.1: Drive defence (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle down into the player's body. Their partner practices drive defence. • Start the exercise by throwing the shuttle in the same place. • Progress by throwing the shuttle at different heights (between shoulder and knee). 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Wide feet with relaxed stance. • Thumb grip 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • The video shows block defence practice. The set-up is the same for drive defence. • Keep pairs well-spaced apart.
38.2: Smash and drive defence practice (15 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then drive defence. • Player smashing lets the shuttle hit the floor to see where it lands. • Rally restarts with a high serve. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Wide feet with relaxed stance. • Thumb grip 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Video shows continuous play. This can be done once players hit targets regularly. • General court safety.
38.3: Lift-smash-drive defence (25 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then drive defence, which is followed by a lift. Then the sequence starts again which means that this exercise is alternating (lift-smash-block-lift). 	<ul style="list-style-type: none"> • Reinforce technical teaching points. • Divide players by level. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Challenge players with accuracy targets. ↓ Lower net or smaller court. 	<ul style="list-style-type: none"> • General court safety.

<p>Backhand long defence (off the body)</p>		<p style="text-align: center;">PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p style="text-align: center;">BACKSWING</p>  <ul style="list-style-type: none"> • Widen feet in square on position. • Establish relaxed thumb grip. • Elbow forwards. • Bend elbow. • Open racket face (upper and lower arm rotation, bent wrist). 	<p style="text-align: center;">FORWARD SWING</p>  <ul style="list-style-type: none"> • Extend elbow. • Keep racket face open to hit slightly underneath shuttle. • Strike through and under the shuttle. 	<p style="text-align: center;">FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate outwards as it relaxes. • Re-establish basic grip and racket position in front of body.
--	---	--	---	---	--

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)					
39.1: Backhand long defence (10 min)		<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle down into the player's body. Their partner practices long defence. • Start the exercise by throwing the shuttle in the same place. • Progress by throwing the shuttle at different heights (between shoulder and knee). 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Wide feet with relaxed stance. • Thumb grip 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Video shows block defence practice. The set-up is the same for long defence. • Keep pairs well-spaced apart.
39.2: Smash and long Defence practice (25 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then long defence. • Player smashing lets the shuttle hit the floor to see where it lands. • Rally restarts with a high serve. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Hold racket out in front of the body. • Wide feet with relaxed stance. • Thumb grip 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Video shows continuous play. This can be done once players hit targets regularly. • General court safety.
39.3: Lift-smash-long defence (15 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then long defence, which is followed by a clear/lift. Then the sequence starts again which means that this exercise is alternating (lift-smash-long defence-clear/lift). 	<ul style="list-style-type: none"> • Reinforce technical teaching points. • Divide players by level. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Challenge players with accuracy targets. ↓ Lower net or smaller court. 	<ul style="list-style-type: none"> • General court safety.

<p>Movement to the mid-court forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, widening feet in the square on position. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Non-racket foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>SIDE LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse.
<p>Forehand cross block (singles)</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Lunge out to side (racket leg lead). • Reach out. • Take racket back by supinating forearm and hyper-extending wrist. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Pronate forearm slightly and straighten wrist • Push through shuttle in a cross court direction. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Complete pushing through the shuttle. • Turn and recover racket quickly to anticipate possible returns.

<p>Movement to the mid-court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, widening feet in the square on position. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Racket foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet and racket foot pointing toward hitting area. • If done well the player will skim quickly across the ground. 	<p>SIDE LUNGE</p>  <ul style="list-style-type: none"> • Lead foot points towards the shuttle. • Lead leg knee and foot point of contact in the same direction to protect knee/ankle joints. • Bend rear knee to reduce strain on knee. • Extend rear arm for balance. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse.
<p>Backhand cross block (singles)</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Hold racket out in front of body. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Establish relaxed corner grip. • Lunge out to side. • Reach out. • Rotate upper and lower arm inwards (pronation of forearm). 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Supinate upper and lower arm outwards. • Push through shuttle in a cross court direction. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Complete pushing through the shuttle. • Turn and recover racket quickly to anticipate possible returns.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C (10 min)				
40.1: Forehand cross block defence (singles) (15 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle down along the side tramline. Their partner practices forehand block. • Start the exercise using a chasse movement and lunging sideways with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Racket to shuttle (no big back swing). • Short follow through. • Short pushing action. • Basic grip. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • General court safety.
40.2: Backhand cross block defence (singles) (15 min)	<ul style="list-style-type: none"> • Players work in pairs. One player throws the shuttle down along the side tramline. Their partner practices backhand block. • Start the exercise using a chasse movement and lunging sideways with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Racket to shuttle (no big back swing). • Short follow through. • Short pushing action. • Corner grip. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • General court safety.
40.3: Forehand cross block defence and smash practice (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then cross block defence. • Start the exercise using a chasse movement and lunging sideways with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start defending player in the centre of the court, with smash hit down the sides. • Video shows continuous play. This can be done once players hit targets regularly. • General court safety.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
40.4: Backhand cross block defence and smash practice (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by smash, then cross block defence. • Start the exercise using a chasse movement and lunging sideways with the racket foot when playing the shot. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. 	<ul style="list-style-type: none"> ↑ Progress by using targets on the floor for the block. ↓ Remove or lower net. 	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start defending player in the centre of the court, with smash hit down the sides. • Video shows continuous play. This can be done once players hit targets regularly. • General court safety.

Activity	Description	Assessment Criteria
Backhand block (off body)	Player starts in the centre of the court. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle down (waist height or below) to the mid-court - 3/4 court for player to hit block off the body.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent's service line. • Thumb grip to be used.
Backhand long defence	Player starts in the centre of the court. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle down (waist height or below) to the mid-court - 3/4 court for player to hit block off the body.	<ul style="list-style-type: none"> • 6/10 going over the net and landing inside opponent's service line. • Thumb grip to be used.
Forehand cross block with split step and chasse	Player starts in the centre of the court. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle down (waist height or below) to the mid-court - 3/4 court for player to split step, chasse hit block.	<ul style="list-style-type: none"> • 5/10 going over the net and landing inside opponent's service line. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading).
Backhand cross block with split step and chasse	Player starts in the centre of the court. Coach stands in the forecourt (opposite side of the net as the player) and hand feeds shuttle down (waist height or below) to the mid-court - 3/4 court for player to split step, chasse hit block.	<ul style="list-style-type: none"> • 5/10 going over the net and landing inside opponent's service line. • Thumb grip to be used. • Correct split step direction and chasse movement used (racket leg leading).

Phase 3, coaching sessions 41-45 of 'The NEW way' Badminton Coaching Session Plan Manual, are designed to support badminton coaches in developing junior players to achieving the following:

- Introducing more complex badminton movements
- Introducing more complex overhead slice shots

The session plans in this section are designed to assist players in achieving their Level 10 grading of Sgiliau Badminton.

Each session plan has a number of different activities based around a certain skill, which are supported by written, photographic and video aids (which can be accessed by clicking the video button (📺) which will then take you to the 'YouTube' website). Each activity builds on the skills developed from the previous activity and introduces more complex/higher level elements of badminton.

Each session plan is designed for approximately 60 minutes, however the timing of the activities can be adjusted to suit a shorter or longer period.

NOTE: Some videos do not directly match the written description of the activity and are only there to help visualize the set-up of the activity.

<p>Movement to the rear court forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet parallel with each other. • If done well the player will skim quickly across the ground. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand cross-court slice</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Drive up and forwards off rear leg. • Push rear hip forwards. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. • Front arm pulls in to control body rotation. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully above/slightly in front of racket shoulder. • Slice along the outside of the shuttle with a fast racket head speed. • Rear leg overtakes front leg (after impact). 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes. • Rear foot lands to become the new front foot. • Recover racket quickly in preparation for the next shot.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C				
41.1: Scissor jump revision (5 min)	 <ul style="list-style-type: none"> • Group shadow work with coach corrections: • Players with racket standing against a wall (sideward, non-racket leg and shoulder closer to the wall) or on a line, weight on the racket leg. • On signal players make a scissor jump and move forward after landing. First without chasising backwards then with two chasse steps. 	<ul style="list-style-type: none"> • Players are in line facing coach. • Encourage correct scissor jump technique • Kick through. • Land on the non-racket foot and move forward. 		<ul style="list-style-type: none"> • Keep group well-spaced apart.
41.2: Forehand cross-court slice (25 min)	 <ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices forehand cross-court slice. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a chasse movement getting into a side-on stance. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Practice drop shots from both forehand and backhand side • See above movement and shot teaching points. • Basic grip. 	↑ Player 3 to give feedback on accuracy of cross court slice.	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this stage. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.
41.3: Lifts and cross-court slices (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by cross-court slice. • The rally continues with 1 player lifting and the other practicing cross-court slice from the rear court. • Change on time or shots. 	<ul style="list-style-type: none"> • See teaching points above. • Focus on accuracy of lifts to allow good quality practice. • Emphasise both players practicing different skills. • Rotate players regularly. 	↑ Add movement for both players to increase difficulty. ↓ Focus on walk through and rotation.	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
41.4: Lift-cross-court slices-net (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by cross-court slice, then net shot and then high lift again to repeat the sequence (lift-cross-court slice-net-lift). • If too difficult, start with lift-cross-court slice- net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Challenge players' accuracy. ↓ Lower net. Go back to lift and drop only with regular changes. 	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

<p>Movement to the rear court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the non-racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>PIVOT AROUND NON-RACKET LEG</p>  <ul style="list-style-type: none"> • From the split step, player pushes off the racket leg and pivots 180° around the non-racket leg • If this action does not get the player underneath the shuttle extra chasse steps may be needed. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand cross-court reverse slice</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip or adjust to panhandle grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Drive up and forwards off rear leg. • Push rear hip forwards. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. • Front arm pulls in to control body rotation. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully above/slightly in front of racket shoulder. • Bring racket head across the shuttle to send it in a cross-court direction. • Rear leg overtakes front leg (after impact). 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes. • Rear foot lands to become the new front foot. • Recover racket quickly in preparation for the next shot.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C				
42.1: Scissor jump revision (5 min)	 <ul style="list-style-type: none"> • Group shadow work with coach corrections: • Players with racket standing against a wall (sideward, non-racket leg and shoulder closer to the wall) or on a line, weight on the racket leg. • On signal players make a scissor jump and move forward after landing. First without chasseeing backwards then with two chasse steps. 	<ul style="list-style-type: none"> • Players are in line facing coach. • Encourage correct scissor jump technique • Kick through. • Land on the non-racket foot and move forward. 		<ul style="list-style-type: none"> • Keep group well-spaced apart.
42.2: Forehand cross-court reverse slice (25 min)	 <ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices forehand cross-court reverse slice. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a pivot movement getting into a side-on stance. • Progress by adding the split step and pivot movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Practice drop shots from both forehand and backhand side • See above movement and shot teaching points. • Basic grip. 	↑ Player 3 to give feedback on accuracy of drop shot.	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this stage. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.
42.3: Lifts and cross-court reverse slices (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by cross-court reverse slice. • The rally continues with 1 player lifting and the other practicing cross-court reverse slice from the rear court. • Change on time or shots. 	<ul style="list-style-type: none"> • See teaching points above. • Focus on accuracy of lifts to allow good quality practice. • Emphasise both players practicing different skills. • Rotate players regularly. 	↑ Add movement for both players to increase difficulty. ↓ Focus on walk through and rotation.	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
42.4: Lift-cross-court reverse slice-net (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by cross-court reverse slice, then net shot and then high lift again to repeat the sequence (lift-drop-net-lift). • If too difficult, start with lift-cross-court reverse slice-net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Challenge players' accuracy. ↓ Lower net. Go back to lift and drop only with regular changes. 	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

<p>Movement to the rear court forehand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet parallel with each other. • If done well the player will skim quickly across the ground. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand reverse slice</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Drive up and forwards off rear leg. • Push rear hip forwards. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. • Front arm pulls in to control body rotation. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully above/slightly in front of racket shoulder. • Bring the racket head across the shuttle from out to in. • Rear leg overtakes front leg (after impact). 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes. • Rear foot lands to become the new front foot. • Recover racket quickly in preparation for the next shot.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C				
43.1: Scissor jump revision (5 min)	 <ul style="list-style-type: none"> • Group shadow work with coach corrections: • Players with racket standing against a wall (sideward, non-racket leg and shoulder closer to the wall) or on a line, weight on the racket leg. • On signal players make a scissor jump and move forward after landing. First without chassing backwards then with two chasse steps. 	<ul style="list-style-type: none"> • Players are in line facing coach. • Encourage correct scissor jump technique • Kick through. • Land on the non-racket foot and move forward. 		<ul style="list-style-type: none"> • Keep group well-spaced apart.
43.2: Forehand reverse slice (25 min)	 <ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices forehand reverse slice. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a chasse movement getting into a side-on stance. • Progress by adding the split step and chasse movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Practice drop shots from both forehand and backhand side • See above movement and shot teaching points. • Basic grip. 	↑ Player 3 to give feedback on accuracy of drop shot.	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this stage. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.
43.3: Lifts and reverse slices (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by reverse slice. • The rally continues with 1 player lifting and the other practicing reverse slice from the rear court. • Change on time or shots. 	<ul style="list-style-type: none"> • See teaching points above. • Focus on accuracy of lifts to allow good quality practice. • Emphasise both players practicing different skills. • Rotate players regularly. 	↑ Add movement for both players to increase difficulty. ↓ Focus on walk through and rotation.	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
43.4: Lift-reverse slice-net (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by reverse slice then net shot and then high lift again to repeat the sequence (lift-reverse slice-net-lift). • If too difficult, start with lift-reverse slice-net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Challenge players' accuracy. ↓ Lower net. Go back to lift and drop only with regular changes. 	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

<p>Movement to the rear court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the non-racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>PIVOT AROUND NON-RACKET LEG</p>  <ul style="list-style-type: none"> • From the split step, player pushes off the racket leg and pivots 180° around the non-racket leg • If this action does not get the player underneath the shuttle extra chasse steps may be needed. 	<p>JUMP AND TURN IN THE AIR</p>  <ul style="list-style-type: none"> • Non-racket foot lifts off the floor. • Bend racket leg and push high and slightly forward off the floor. • Turn body in the air so racket leg leads. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand straight slice from backhand rear-court</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip or adjust to panhandle grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • Drive up and forwards off rear leg. • Push rear hip forwards. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. • Front arm pulls in to control body rotation. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully above/slightly in front of racket shoulder. • Slice along the side of the shuttle with a fast racket head speed. • Rear leg overtakes front leg (after impact). 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket momentum causes arm to rotate inwards as it relaxes. • Rear foot lands to become the new front foot. • Recover racket quickly in preparation for the next shot.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C				
44.1: Scissor jump revision (5 min)	 <ul style="list-style-type: none"> • Group shadow work with coach corrections: • Players with racket standing against a wall (sideward, non-racket leg and shoulder closer to the wall) or on a line, weight on the racket leg. • On signal players make a scissor jump and move forward after landing. First without chasising backwards then with two chasse steps. 	<ul style="list-style-type: none"> • Players are in line facing coach. • Encourage correct scissor jump technique • Kick through. • Land on the non-racket foot and move forward. 		<ul style="list-style-type: none"> • Keep group well-spaced apart.
44.2: Forehand straight slice (25 min)	 <ul style="list-style-type: none"> • Players work in groups of three. One player hits the shuttle high over the net. Their partner practices forehand straight slice. Player 3 on the other side of the net catches the shuttle and throws it back to feeder to repeat the exercise. • Start the exercise using a pivot movement getting into a side-on stance. • Progress by adding the split step and pivot movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • Practice drop shots from both forehand and backhand side • See above movement and shot teaching points. • Basic grip. 	↑ Player 3 to give feedback on accuracy of drop shot.	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this stage. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.
44.3: Lifts and straight slices (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by straight slice. • The rally continues with 1 player lifting and the other practicing straight slice from the rear court. • Change on time or shots. 	<ul style="list-style-type: none"> • See teaching points above. • Focus on accuracy of lifts to allow good quality practice. • Emphasise both players practicing different skills. • Rotate players regularly. 	↑ Add movement for both players to increase difficulty. ↓ Focus on walk through and rotation.	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

Activity/Time		Description	Main Teaching Points	Variations	Points to Note
44.4: Lift-straight slice-net (10 min)		<ul style="list-style-type: none"> • Players work in pairs. Rally starts with a high serve, followed by straight slice, then net shot and then high lift again to repeat the sequence (lift-straight slice-net-lift). • If too difficult, start with lift-straight slice-net-net. 	<ul style="list-style-type: none"> • Exercise is a cooperative activity for development. • Rotate players regularly. 	<ul style="list-style-type: none"> ↑ Challenge players' accuracy. ↓ Lower net. Go back to lift and drop only with regular changes. 	<ul style="list-style-type: none"> • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.

<p>Movement to the rear court backhand side</p>		<p>SPLIT STEP</p>  <ul style="list-style-type: none"> • Player performs a shallow jump, turning body so the non-racket leg points towards the hitting area. • Upper body relaxed and between the feet, with slight bend forwards at hips. • Front foot lands first and pushes off from the ground on landing (this should be explosive with ground contact time short to move off quickly). • Landing occurs with or after the opponent has struck the shuttle. 	<p>CHASSE</p>  <ul style="list-style-type: none"> • One foot chases the other, but never quite catches it. • Performed with wide feet parallel with each other. • If done well the player will skim quickly across the ground. 	<p>JUMP IN THE AIR</p>  <ul style="list-style-type: none"> • From the chasse, jump in the air in the direction of the shuttle. • keep body facing the net. • Land on non-racket leg and move forward. 	<p>CHASSE BACK</p>  <ul style="list-style-type: none"> • See chasse
<p>Forehand overhead stik smash</p>		<p>PREPARE</p>  <ul style="list-style-type: none"> • Basic grip or adjust to panhandle grip. • Racket in overhead ready position. • Front arm up. • Sideways stance. 	<p>BACKSWING</p>  <ul style="list-style-type: none"> • chasse and jump in the direction of the shuttle off front leg • keep body facing the net. • Rear shoulder and elbow move upwards and forwards. • Upper and lower arm rotate outwards. 	<p>FORWARD SWING</p>  <ul style="list-style-type: none"> • Upper and lower arm rotates inwards. • Reach to strike shuttle powerfully above/slightly in front of racket shoulder. • Strike the shuttle in a downwards direction with a fast racket head speed. • Land on non-racket leg pushing back into court. 	<p>FOLLOW THROUGH</p>  <ul style="list-style-type: none"> • Racket rebounds. • Recover racket quickly in preparation for the next shot.

Activity/Time	Description	Main Teaching Points	Variations	Points to Note
S&C				
45.1: Forehand stik smash (25 min)	 <ul style="list-style-type: none"> • Players work in pairs. One player hits the shuttle high over the net. Their partner practices the stik smash. Player one lets the shuttle fall on the floor and repeats the exercise. • Start the exercise using a pivot movement getting into a side-on stance. • Progress by adding the split step and pivot movement from the centre of court. 	<ul style="list-style-type: none"> • Swap roles after 12 shuttles each. • See above movement and shot teaching points. • Basic grip. 	<ul style="list-style-type: none"> ↑ Could include chasse steps before shot and moving forward after. ↓ Lower net where necessary. 	<ul style="list-style-type: none"> • Video shows players hand feeding. Racket feeding should be used at this stage. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners. • Keep distance between players and be aware of objects laying on the floor.
45.2: Lift-stik smash-block (10 min)	 <ul style="list-style-type: none"> • Players work in pairs. Rally starts with high serve, followed by stik smash, then block defence and then high a lift again to repeat the sequence (lift-stik smash-block-lift). • If too difficult, start with lift-stik smash- block-net. 	<ul style="list-style-type: none"> • Reinforce technical teaching points. • Divide players by level. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Challenge players with accuracy targets. ↓ Lower net or smaller court. 	<ul style="list-style-type: none"> • General court safety. • Video shows players standing in the middle of the half court. For this practice start hitting player in the centre of the court, with lift hit into the rear corners.
45.3: Half-court singles with 'winner stik smash' (10 min)	 <ul style="list-style-type: none"> • Players play a half court singles game with reduced court area (in front of short service line is out). • Normal scoring with 2 points awarded for winning the rally with smash. 	<ul style="list-style-type: none"> • Reinforce technical teaching points. • Divide players by level. • Change partners regularly. 	<ul style="list-style-type: none"> ↑ Automatic win if smash touches floor without opponent touching it. ↓ Lower the net and / or reduce size of court. 	<ul style="list-style-type: none"> • If the group is too big, 3 or 4 players can play on the same half court. The winner stays on court, but the player who enters the game continues from the previous losing score and the winner starts from zero. • Can be played as a team game with mixed ability teams or points counting. • General court safety.

Activity	Description	Assessment Criteria
Forehand cross slice (forehand side) with split step, chasse and scissor jump	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading) and scissor jump.
Forehand reverse cross slice (backhand side) with split step, pivot and scissor jump	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct split step direction, pivot and scissor jump.
Forehand reverse straight slice (forehand side) with split step, chasse and scissor jump	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct split step direction and chasse movement used (racket leg leading) and scissor jump.
Forehand straight slice (backhand side) with split step, pivot and scissor jump	Player starts in centre of the court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going high over the net landing at least mid-court. • Basic grip to be used. • Correct split step direction, pivot and scissor jump.
Forehand stik smash (backhand side) with split step, pivot and scissor jump	Player starts in centre of half a court. Coach stands behind the service line (opposite side of the net as the player) and racket feeds shuttle high to the mid-court - 3/4 court.	<ul style="list-style-type: none"> • 6/10 going down over the net landing in the mid-court • Basic grip to be used. • Correct split step direction, pivot and scissor jump.

