

NÖBV / ÖBV trainers advanced training
Thema: Improving skills for U11 Players



Welcome

Prandtauerhalle, St. Pölten

- 09:00-09:15 Welcome, Introduction
- 09:15-10:15 Theory and overview
- 10:15-11:15 Planning: How to organise/prepare training period for U11 Players?
- 11:15-11:30 Brake
- 11:30-13:00 Technique skills in the hall (1st Part):
Racket skills
- 13:00-14:00 Lunch
- 14:00-15:30 Technique skills on the hall (2nd Part):
Footwork skills
- 15:30-16:30 Games and exercises (1st Part) off
court
- 16:30-16:45 Brake
- 16:45-17:45 Games and exercises (2nd Part) on
court
- 17:45-18:00 Feedback



Vladimir Vangelov

NÖBV

Regional National Coach

- National competitor in badminton and part of the Bulgarian National Team 2000-2014
- National Champion of Bulgaria
- Winning international tournaments - Romania, Slovenia, Bulgaria, Greece, Turkey
- International leagues: Germany, Austria, Swiss
- National coach of Norway
- NÖBV regional national coach
- ÖBV para badminton national coach



Theory and overview

1. Technique skills in the hall (Part 1) - racket skills

***Badminton grip**

- types**
- important key points**
- tips**

***Connection between finger power, wrist and forearm rotation**

- shots, 5 examples**
- what is wrong and correct?**

***Basic shots**

- grip**
- arm and racket position**
- advices**

Theory and overview

2. Technique skills in the hall (Part 2) - footwork skills

***Basic footwork 4 corners**

- technique**
- how to do it?**

***How to use the footwork in badminton**

- footwork, 5 examples**
- what is wrong and correct**

***five tips to get fast footwork**

3. Games and exercises (Part 1) - off court

***examples**

***team work**

- created your own exercise**

4. Games and exercise (Part 2) - on court

***examples**

***team work**

- created your own exercise**

Planning: How to organise/prepare training period for U11 Players?

1. Training period:

***learn rules (beginners)**

***racket feeling (beginners)**

- learn basic grips forehand/backhand (beginners)

- learn basic shots (net, lift, drop shot, clear, smash) beginners/intermediate)

***basic footwork**

- outside the court - main steps (beginners)

- on court (intermediate/advanced)

2. Training schedule:

***choose topic for the group (beginners)**

***choose individual topic for the players (intermediate/advanced)**

3. Tournament plan (intermediate/advanced)

ADVICE:

Have passion with Tournament for beginner players. They need at least six months work.

Pause



Brake

11:15 - 11:30

Technique skills in the hall (1st Part)

Racket skills

1. Badminton grip

1.1. Forehand grip: Index finger a bit higher up, then the other 3 fingers

ADVICE:

Always hold the grip with loose fingers. Easier to change to the other grips, and to add power to the shots

*Shots:

- over head shots (clear, smash, drop)
- high forehand serve
- forehand lift (front court>forehand corner)

1.2. Bevel grip: Place the thumb on the small edge on the racket

*Shots:

- backhand shot (rear court>straight or cross)
- backhand shot (middle court, defence>straight or cross)
- backhand net shot (front court>straight or cross)



Technique skills in the hall (1st Part)

Racket skills

1.3. Thumb grip: from bevel to thumb can be a great way to add more power

***Shots:**

- double defence (lift - high or active, contra attack - straight or cross, block - straight or cross)**
- backhand flat drives (middle court)**
- backhand kill at the net (front court)**

1.4. Hammer (Panhandle) grip

***Shots:**

- deceptive smash (rear court)**
- kill at the net (front court)**



Technique skills in the hall (1st Part)

Racket skills

1.5 Tips about grip handling

- *train the spin of the racket

- *have loose fingers

- *don't use too thick grip

- *train finger power!

- *use wrist and forearm rotation!



Technique skills in the hall (1st Part)

Racket skills

2. The connection between finger power, wrist and forearm rotation!

2.1. Fingere power: Why, How, Where?

***Why?**

- we use the finger power, to get more power with small movement. Having small movement, we are really fast for the shots without using big motions
- with finger power you can generate a lot of power without using swing of your arm

***How?**

- you must be very relaxed in the fingers, before get the finger power

***Where?**

- In a lot of shots around the court! Really good examples are flat game in double, lift or push (front court) etc.



Technique skills in the hall (1st Part)

Racket skills

2.2. Shots: finger power + wrist + forearm rotation

2.2.1. Clear (overhead shot)

- wrong: only wrist

*no forearm rotation, no power, no precision, no deceptions

- correct: forearm+wrist

*more power, better precision, great deceptions, more variations

2.2.2. Backhand drive

- wrong: only wrist

*no forearm rotation, no power, no precision, no deceptions, pain in the wrist (maybe get injury)

- correct: forearm + wrist

*more power, better precision, more variations, use of finger power



Technique skills in the hall (1st Part)

Racket skills

2.2.3. Low serve

- wrong: only wrist

*no precision, no consistency, no control, no power for the flick

- correct: neutral wrist

*better precision, better consistency, good control, ready for the flick serves

2.2.4. Forehand lift

- wrong: only wrist

*no precision, no deceptions, no finger power, no control, no power

- correct: forearm + wrist

*better precision, better consistency, good control, more finger power, small explosive shots



Technique skills in the hall (1st Part)

Racket skills

2.2.5. Backhand slice (rear court)

- wrong: only wrist

*no precision, no control, no power if long backhand

- correct: forearm + wrist

*better precision, better consistency, good control, more variations

ADVICE:

correct grip, neutral wrist, forearm rotation =
more power, better control, more variations



Technique skills in the hall (1st Part)

Racket skills

3. Basic shots

3.1. Front court

- Forehand side (net straight)

*neutral forehand grip with loose fingers

*arm position with small angle in your arm when you reach the shuttle

ADVICE:

be relaxed in your body and arm!

*racket position:

point a bit down the head of the racket to hit the shuttle clean on

ADVICE:

watch the angle and position of the racket and strings. Into the shuttle you go a bit to the right to do a small spin!



Technique skills in the hall (1st Part)

Racket skills

- Forehand side (net cross)

*grip - neutral forehead grip with loose fingers

*arm - arm position with small angle in your arm when you reach the shuttle

*racket position - show straight net shot, balance - left arm back, head of the racket point a bit downwards

ADVICE:

hit it from “outside” cross, lower elbow before rotating the forearm

Version 1

relaxed and smooth shot

Version 2

explosive and quick using finger power



Technique skills in the hall (1st Part)

Racket skills

- Forehand side (lift)

• Beginners

*grip - neutral forehand grip with loose fingers

*arm - full arm movement with forearm rotation

ADVICE:

full swing!

• Intermediate

*grip - neutral forehand grip with loose fingers. Tighten the grip

*arm - small but powerful outwards forearm rotation with finger power

*racket position - racket head pointing a bit downwards

ADVICE:

still there is swing, but in the end you stop racket and add finger power

• Advanced

*grip - neutral forehand grip with loose fingers. Tighten the grip

*arm - small but powerful movement and use finger power and small forearm rotation

ADVICE:

side to the net, arm up and reach it early



Technique skills in the hall (1st Part)

Racket skills

- Backhand side (net straight)

*grip - bevel grip, loose fingers

*arm position - elbow a bit high

*racket position - racket point downwards to hit the shuttle clean on

ADVICE:

into the shuttle you go a bit to the left to do a small spin!



Technique skills in the hall (1st Part)

Racket skills

- Backhand side (net cross)

*grip - bevel grip and very loose fingers

*arm - shoulder and elbow high up to reach it early

*racket position - racket head pointing a bit down wards

ADVICE:

hit it from the outside lower elbow and rotate forearm/wrist

Version 1

relaxed and smooth shot

Version 2

explosive and quick using finger power



Technique skills in the hall (1st Part)

Racket skills

- Backhand side (lift)

• Beginners

*grip - bevel grip with loose fingers

*arm - full movement (elbow up and rotation in forearm)

ADVICE:

full swing!

• Intermediate

*grip - bevel grip with loose fingers. Tighten the grip

*arm - small but powerful outwards forearm rotation with finger power

*racket position - racket head pointing a bit downwards

ADVICE:

still there is swing, but in the end you stop racket and add finger power

• Advanced

*grip - bevel grip with loose fingers. Tighten the grip

*arm - small but powerful movement and use tiger power and small forearm rotation

ADVICE:

side to the net, arm up and reach it early



Technique skills in the hall (1st Part)

Racket skills

3.2. Middle court

- Drives (flat game)

*grip - forehand or thumb grip with loose fingers

*arm - small wrist and forearm rotation with small finger power push

*racket position - racket up

ADVICE:

do not add full power!



Technique skills in the hall (1st Part)

Racket skills

- Forehand side (defence straight)

*grip - forehand grip with loose fingers

*arm - small forearm rotation

*racket position - racket head a bit above grip/
hand and do small rotation

ADVICE:

do not use wrist only. Get the shuttle early!

- Forehand side (defence cross)

*grip - forehand grip with loose fingers

*arm - wrist in neutral position and add small
forearm rotation and finger power push

*racket position - racket head a bit high

ADVICE:

do not use wrist only, go a bit backwards with
racket, but not too much!



Technique skills in the hall (1st Part)

Racket skills

- Backhand side (defence straight)

*grip - bevel grip with loose fingers

*arm - small forearm rotation

*racket position - racket head a bit above grip/
hand and do small rotation

ADVICE:

do not use wrist only. Get the shuttle early!

- Backhand side (defence cross)

*grip - bevel grip with push/switch to the thumb
grip

*arm - wrist bends a bit backwards, add small
forearm rotation and finger power push

*racket position - racket head a bit high

ADVICE:

do not use wrist only, go a bit backwards with



Technique skills in the hall (1st Part)

Racket skills

3.3.Back court

- Drop shot

*grip - have the wrist in a neutral position make a “V” between the thumb and index finger, loose fingers

*body position - side to the net and both arms up. The hip and elbow moves forward and the racket backwards. After this, swing “into” the shuttle with smooth touch

*hit the shuttle high up in the air

*small angle with the wrist - elbow forward - follow through with the racket

ADVICE:

use the drop not to win the point. Use it as variation and to move your opponent



Technique skills in the hall (1st Part)

Racket skills

- Clear

***have the side to the net - easier to swing your arm and to rotate your body which will add power**

***arms up and racket arm backwards. Ready to do the swing**

***the swing and body rotation**

• hip move forward

• elbow back - forward

• forearm rotation

• hit the shuttle up in the air and continue with body rotation and follow through the shot

***forehand grip, wrist in neutral position loose fingers**

***be relax in your body**



Technique skills in the hall (1st Part)

Racket skills

- Smash (power smash)

***get the correct position and timing**

***side to the net and the shuttle. Bend your back knee to admire power. Upwards to the shuttle. Start the rotation with the hip moving forward. Also watch the racket how far back it is to generate the big swing. Move the elbow forward - racket is still pointing back wards. Swing forward using forearm rotation. Hit the shuttle at the highest possible position. Use full swing and rotation adding more power and also making you move forward after the smash**

***normal forehand grip, loose fingers**





Lunch

13:00 - 14:00

Technique skills in the hall (2nd Part)

Footwork skills

1. Basic footwork - 4 corners

- front court (forehand)

***split step (direction) - side shuffle - lunge**

- front court (backhand)

Variation 1:

***split step (direction) - one lunge**

Variation 2:

***split step (direction) - skip jump - lunge**



Technique skills in the hall (2nd Part)

Footwork skills

1. Basic footwork - 4 corners

- back court (forehand)

***split step (direction) - side shuffle - scissor jump**

- back court (backhand)

***split step (direction) - rotation jump - scissor jump**



Technique skills in the hall (2nd Part)

Footwork skills

2. How to use the footwork in badminton!

2.1. Lunge (fron court, forehand)

- Wrong movement

***pull up the back leg = no balance!**

***tricky to make good shots**

***can't stretch for the shuffle**

***no power backwards**

***lean over the knee = no balance!**

***stress on the knee**

***tricky to push back**

- Correct movement

***correct landing = good balance!**

***can stretch for the shuffle**

***low gravity so it is easier to push back**



Technique skills in the hall (2nd Part)

Footwork skills

2.2. Scissor jump (back court, forehand)

- Wrong movement

- *rotate before the swing/hit = no rotation power!**
- *landing with legs too narrow = no balance!**
- *landing with straight back foot = no balance**
- *stress in achilles, can cause injury**
- *no power back towards the center**

- Correct movement

- *correct rotation and landing = good balance**
- *less chance of achilles injury**
- *great power and variation in the shots**
- *quickly back towards the center**



Technique skills in the hall (2nd Part)

Footwork skills

2.3. Split step

- Wrong movement

- *very high split step = slow reaction**
- *no rhythm**
- *no change of direction**
- *if the feet are too narrow = no push of power**
- *no balance**

- Correct movement

- *correct step = good balance**
- *good power towards the corners**
- *easier to change direction**



Technique skills in the hall (2nd Part)

Footwork skills

2.4. Side shuffle

- Wrong movement

***to high and big = slower movement**

***bad for next move, scissor jump, lunge etc.**

- Correct movement

***small and quick = good balance**

***explosive footwork, fast reaction**

***batter flow and rhythm**



Technique skills in the hall (2nd Part)

Footwork skills

2.5. China jump (back court, both corners)

- Wrong movement

- *narrow landing = no balance**
- *high legs = unnatural jump**
- *cover less distance**
- *lower quality in shots**

- Correct movement

- *natural jump side ways = good balance**
- *good shots and better landing**
- *push away power towards the center**



Technique skills in the hall (2nd Part)

Footwork skills

3. Five tips to get fast footwork

3.1. Low gravity

***will help to activate our muscles in your legs**

***easier to have balance on the legs and to move a way with explosive movement around the court**

***stiff or straight legs will not help you to activate your muscles and move around, with explosive (fast) movement on court**

***low gravity is limited. Don't go too much down, because your muscles will be over stressed. Find the balance in between, where is comfortable for you to move around**



Technique skills in the hall (2nd Part)

Footwork skills

3.2. Space between your legs

- *will help you to have low gravity**
- *will be easier to move around and cover the full court**
- *will help you to have good balance and to be strong enough to push a way to the corners**
- *will not space between the legs will be very tricky to go low and is very tricky to move to the corners**
- *isn't easy to stretched and reach the shuttle. No good balance and not strong in the muscles**



Technique skills in the hall (2nd Part)

Footwork skills

3.3. Work on your toes

***standing on your toes you will be ready and have good power to push a way to the corners**

***standing on your achilles is tricky! Not good balance, no quick reactions to be explosive**

3.4. Land correctly in the corners

***landed correctly will give you fast feet**

***landed the wrong way you will not be able to push a way from the corner, to be fast back to the middle or to the net (back from the net)**

3.5. Be relaxed and explosive



Games and Exercises

(1st Part) off court

1. Exercises

*coordination (ladder) - exercises

- plan “B” use court lines

*shadow exercise (two players and line with 4 or 5 shuttles)

- side steps

- front or back running always stop with right leg

*jumps and balance (balance pillow)

*footwork

- with handball

- with tennis ball

*your ideas - groups, do your own exercise and present it!

2. Games

*competition game with 1 type step - throwing shuttles - sprint

*”sea chess” - two teams, max. 5 players in each team

*”ball fight” - two teams, max. 5 players in each team

*game (ladder) - stone, paper, scissor

*your ideas - groups, do your own game and present it!



Pause



Brake

16:30 - 16:45

Games and Exercises

(2nd Part) on court

1. Exercises

*on court

- without shuttle. Focus on the racket movement (one corner only), beginners!
- without shuttle. Focus on the racket movement and footwork (one or more corner/corners), intermediate/advanced!
- with shuttle. Focus on hit up with correct technique (one corner), beginners!
- with shuttle. Focus on hit up with correct technique and footwork (one or more corner/corners), intermediate/advanced!

ADVICE:

don't do it to long (20-30min.)!

*your ideas - groups, do your own exercise and present it!

2. Games

*two teams - one shot - player out - player with 3 mistakes is out, beginners!

*two teams - half court games - winning three rallies one shuttle down - 10, 15, 20 shuttle behind the courts, intermediate/advanced!

*two teams - two courts - two shuttles in the same time - set to 21, intermediate/advanced!

ADVICE:

beginners should have focus with exercises (hitting) on court!

*your ideas - groups, do your own game and present it!





Feedback and Comments

Thank you !

– Vladimir Vangelov