



BAYERISCHER BADMINTON-VERBAND E.V.

# BBV TECHNIK LEITFADEN

Oberhaching, 23.07.2017

[www.badminton-bbv.de](http://www.badminton-bbv.de)



BAYERISCHER BADMINTON-VERBAND E.V.

**WHAT TO TRAIN...**

**...and how to train it**



BAYERISCHER BADMINTON-VERBAND E.V.

## **WHAT IS OUR GOAL?**

**To develop players who can reach international level O19**

**Our players can reach their full potential**



## THE 4 DEVELOPMENT STAGES

<b>Badminton intro</b>	<b>5 – 8 years</b>	<b>U9</b>
<b>Pre puberty</b>	<b>9 – 12 years</b>	<b>U11 – U13</b>
<b>Puberty</b>	<b>13 – 15 years</b>	<b>U15</b>
<b>Post puberty</b>	<b>15 – 18 years</b>	<b>U17 – U19</b>



## 2 MODELS FOR TRAINING

### Early specialisation:

1. Learn to train
2. Train to compete
3. Train to win
4. Retirement

### Late specialisation:

1. Train fundamental movements
2. Learn to train
3. Train to be able to train
4. Train to compete
5. Train to win
6. Retirement



## LATE SPECIALISATION

**Pre puberty**

**Puberty**

**Post puberty**

**Fundamental movements**

**Learn to train**

**Train to be able to train**

**Train to compete**

**Train to win**



## **THE OPTIMAL TRAININGS AGE**

**Technique, tactic, physical and mental training are often trained at the same time.**

**BUT some are more important than others at a specific age!**

**”Open windows”**



## **PRE PUBERTY / 9 – 12 YEARS / U11 – U13**

### **Technique**

**All basic stroke development elements must be introduced:**

**Different points of impact: clear, slice, reverse slice, spin at the net etc. Shots with elements of wrist and finger movements and shots with dominant shoulder- and forearm rotation.**

**Shots from a high, medium and low position. Shots from in front of the body, at the side of the body and behind the body. Shots from all positions on court.**





## **PRE PUBERTY / 9 – 12 YEARS / U11 – U13**

**Shuttle trajectory in different heights, distance and direction**

**Different ways of deception**

**Following shots must be trained to a good functional level:**

**Clear, drop, net shots, serves, smash and defensive smash returns in both FH and BH**





## **PRE PUBERTY / 9 – 12 YEARS / U11 – U13**

**The players must be introduced to all basic elements of footwork techniques:**

**Timing to game situations and the opponent's stroke movements, changes of rhythm, high- and low center of gravity.**

**Split step movements for situations with no speed (ex. After the serve), slow speed, and full speed. Starts with direction forward, backwards, sideways and upwards**





## **PRE PUBERTY / 9 – 12 YEARS / U11 – U13**

**Starts and landings for jump shots forward, backwards, sideways and straight up. All foot work techniques in combination with the stroke developments**

**Attacking and defensive footwork techniques. Correction steps and fast feet, running steps, sideways steps, cross over steps, fast feet movements for split steps**





## **PRE PUBERTY / 9 – 12 YEARS / U11 – U13**

**The basic foot work techniques that must be trained to a high functional level:**

**Split steps all over the court, scissor jump (Umsprung), lunges, china jumps, jumps to attacking or blocking shots from the rear court.**

**Defensive footwork, effective use of running steps, cross over steps, side steps and fast feet movement for split steps.**



## **PRE PUBERTY / 9 – 12 YEARS / U11 – U13**

### **Tactic**

**Understand the concept of space, introduce the basic principles of using the corners, and own position based on the center of the court. This can be done for all.**

**Train the ability to observe.**

**Introduce “rules of thumb” and the basic principles of tactics before puberty.**

**Use strategy games and tasks.**

**Train “split vision” and think of more options for returns.**

**Explain short, precisely and simple.**



## **PUBERTY / 13 – 15 YEARS / U15**

### **Technique**

**All basic shots, variations and situations must be trained to a functional level.**

**All shot techniques must be trained in higher tempo and under more pressure.**

**Deceptions on the most used shots and with individual concerns.**





## **PUBERTY / 13 – 15 YEARS / U15**

**All basic footwork technical elements trains to a functional level**

**All techniques are trained in higher tempo and under more pressure with focus on technique and explosive movements**



## **PUBERTY / 13 – 15 YEARS / U15**

### **Tactic**

**Continue working with the “rules of thumb” and add on to the rules improvisation.**

**Introduce and train the ability to make a game plan – use the “rules of thumb” to exploit strength and weaknesses.**

**Talk more about tactics and incorporate tactics more into match exercises.**

**Stimulate the self-conscious and analytic player.**





## **PUBERTY / 13 – 15 YEARS / U15**

**Let the players advise each other.**

**Learn to position yourself – in doubles choose direction – and cover for the next shot.**

**Introduce tools for analyzing, log books, video etc.**

**Mix double tactics can be introduced**



## **POST PUBERTY / 15 – 18 YEARS / U17 – U19**

### **Technique**

**Serves, returns, third, 4th shot and attacking and defending.**

**Stability and safety in the technique during high playing tempo and pressure.**

**Individual techniques and deceptions.**





## **POST PUBERTY / 15 – 18 YEARS / U17 – U19**

**Speed and power in the arm/racket: hard smashes, deceptions and more options under pressure.**

**Double footwork techniques.**

**Speed and power in basic tempo, jump shots, defense and “desperate situations”**



## **POST PUBERTY / 15 – 18 YEARS / U17 – U19**

### **Tactic**

**Introduce tools for match analyzes – identify strength/weaknesses and habits.**

**Allow tactical challenges to be part of all games and matches.**

**Develop individual tools for analyzing matches and make strategies based on own strengths.**





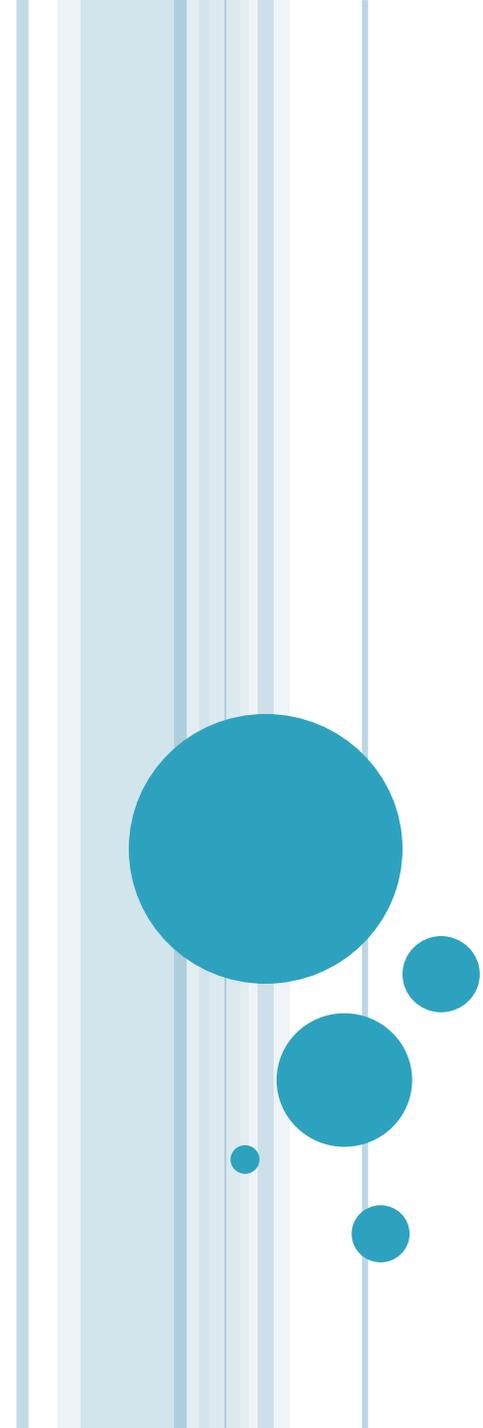
## **POST PUBERTY / 15 – 18 YEARS / U17 – U19**

**Include slowly mental aspects in the analyzes and the tactical understanding.**

**Allow the players to articulate and evaluate the tactics.**



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## HOW TO TRAIN TECHNIQUE



## HOW TO TRAIN TECHNIQUE

**Badminton technique can be described as "Seperated skills"**

**Seperated skills: skills that naturally has a start and end**

***"When does a badminton technique start and end?"***



## HOW TO TRAIN TECHNIQUE

Training the “whole” movement and when to split it up?

*“As whole as possible, and as split as necessary!”*



# HOW TO TRAIN TECHNIQUE

## Basic guidelines for technical training

### The beginner:

- **Bloc training**
- **Shadow training**
- **Multifeeding 1-2 different shots w/o variation**
- **Multifeeding w. min. 3 different shorts or variations**
- **Feeder w/o movement, one shuttle, no variations**





## HOW TO TRAIN TECHNIQUE

The experienced before the technique is staple:

- Serial training, random training
- Multifeeding w. min. 3 different shorts or variations
- Feeder w/o movement, one shuttle, no variations
- Feeder w/o movement, one shuttle, w. variations





## HOW TO TRAIN TECHNIQUE

The experienced w. staple technique:

- Serial training, random training, variable training
- Feeder w/o movement, one shuttle, no variations
- Feeder w/o movement, one shuttle, w. variations
- Feeder and player w. movement, one shuttle
- Small games



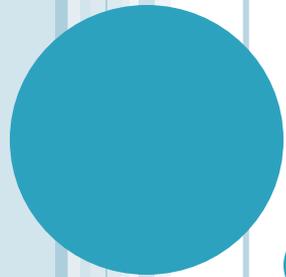
## HOW TO TRAIN TECHNIQUE

### The expert

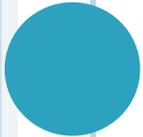
- (serial training), random training, variable training
- Feeder w/o movement, one shuttle, w. variations
- Feeder and player w. movement, one shuttle
- Small games
- Match training w. special focus



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## HOW TO TRAIN TACTIC





## HOW TO TRAIN TACTIC

### Definition of tactics:

***“to evaluate every single game situation by the shuttles placement, the players own placement, speed and balance and the opponent’s situation. And based on that making a decision for a specific action, which can lead to success in the competition - and finally execute it.”***



## HOW TO TRAIN TACTIC

**Tactical training is about the players getting better in reading situations in the game and have good options for responses – to play clever.**

**For that to happen, the player must develop motivation and ability in noticing, what happens in exercises and matches.**

**Next, the player have to train the ability to “read” what is clever and what is inexpedient.**

**Tactical training is therefor all about getting in situations where you can gather experience and make decisions – a lot like chess.**



## HOW TO TRAIN TACTIC

### 3 steps in tactical training for kids and young players

- 1. First step is to train the observation skill. Learning “rules of thumb” and the basic principles for “good play”, and the same time learning to observe.**
- 2. The player has to train and automate the games fundamentals “rules of thumbs” – where is it clever to play the shuttle and position yourself. Based on the “rules of thumb” development of variation can be used and make basis for a match specific game plan. They should be trained to a level, that will work in match situations.**
- 3. When the players can use the basic principles on court, the more complex understanding and match analysis is develop. The systematic ability to read the game, development of tools to read the opponent, seeing contexts and develop strategies, tactical counter measures are develop.**



## HOW TO TRAIN TACTIC

### In general

- **Organize the tactical training on the technical level and adjust for the mental maturity (cognitive development).**
- **Whenever possible have tactical aspect in the technical and physical training.**
- **Create a strong tactical awareness and talk much about tactics and strategies.**
- **Have focus on always giving the players new tactical challenges.**
- **Make variation in the tactical exercises.**
- **Always be specific, forward thinking, simple and manageable.**
- **Use video, log books, diaries, and always seek new tools to help.**



## HOW TO TRAIN TACTIC

### **“Rules of thumb”**

**These are learned by training on court. It requires discussion and dialog of limitations and what is expedient in the specific situations. The players must know, that there are more than one option.**



## HOW TO TRAIN TACTIC

### Tactical strategies and “rules of thumb”

**These are trained in technical exercises and games. There has to be choices/options, evaluation and feedback. It is important to have a clear goal and success criteria for the exercise/game.**



## HOW TO TRAIN TACTIC

**The basic ability to “think” and develop solutions**

**Trained through games and play with limitations, special assignments, tasks or rules. It is a good sign on development when the players seek ways to bend the rules.**



## HOW TO TRAIN TACTIC

**Tactical training is also to train “the good habits” – to evaluate, plan and do**

**To train the ability to remember and keeping focus in the specific match and in the long run. This requires much organized talk and dialog during the training and match.**



# HOW TO TRAIN TACTIC

**“The rules of thumb”**

**Single**

**The short serve**

- **Pass close over the net**
- **Have high speed**
- **Variation towards the middle- and the sideline. Also towards the forehand/backhand area**

**Receiving the short serve**

- **Hit the shuttle as early and high as possible**
- **Pressure on high and imprecise serves towards the body**
- **Use spin and deceptive returns to all 4 corners**
- **Variation in the returns**





## HOW TO TRAIN TACTIC

### In a total attacking situation

- Try to end the rally with a hard smash, or alternatively a stick or drop
- Hit with variation
- Follow up on your own attack

### In a constructive attacking situation

- Use precision instead of power
- Use shots to all 4 corners to get in a better situation
- Move forward on the court when the opponent is under pressure





## HOW TO TRAIN TACTIC

### At the net

- Hit the shuttle as high and close to the net as possible
- Play with spin when hitting the shuttle close to the net (<50 cm from the net)
- Only play the shuttle close to the net if < 1 m from the net
- Often play in the opposite side of where the opponent is

### Change of pace in the rally

- Actively change the pace in the rally
- Speed up when a chance occurs
- Slow down as variation in the rally





## HOW TO TRAIN TACTIC

### Middle play

- Play flat towards the body or block fast and short to the net when the shuttle is at net height
- Play soft and flat to the service line when the shuttle is below the height of the net
- Make active or high lifts when the shuttle is more than 50 cm below the net

### In a controlled defensive situation

- Return smashes/attacking shots opposite of the opponent
- Play returns and neutralization shot away from the net with an angle into the court





# HOW TO TRAIN TACTIC

## Special for ladies single

### Serving

- More long serves than short serves
- The short forehand serve is used more than the backhand serve
- Long serves with deception is very effective specially towards the deep forehand corner





## HOW TO TRAIN TACTIC

### In an attacking situation

- Clears are used to come in a better situation
- Stick and slices are the most used attacking shots
- Have to be closer to the net before trying finish the rally

### In a defensive situation

- Position towards the net if the opponent can attack
- Often use a return short and close to the net
- Use flat drives as counter attack when opponent attacks cross court





# HOW TO TRAIN TACTIC

## Doubles

### Serving

- Short serves often towards the middle
- Two types of flick serves, long and long with deception
- The server covers the net after a short serve
- The partner of the server stand close behind the server

### Return of service

- Attacking returns when possible
- Only have a player at net and at the rear in a good situation
- Often “side-by-side” after a flat return to the rear corners





## HOW TO TRAIN TACTIC

### Attacking situation

- One at the net, one at the rear
- The net player shows with his/her position the placement of the smashes

### Defensive situation

- Side-by-side shifted towards the side the smash comes from
- Lift and smash return are played towards one of the corners of the court
- Backhand smash return are mostly used





## HOW TO TRAIN TACTIC

### Rotation

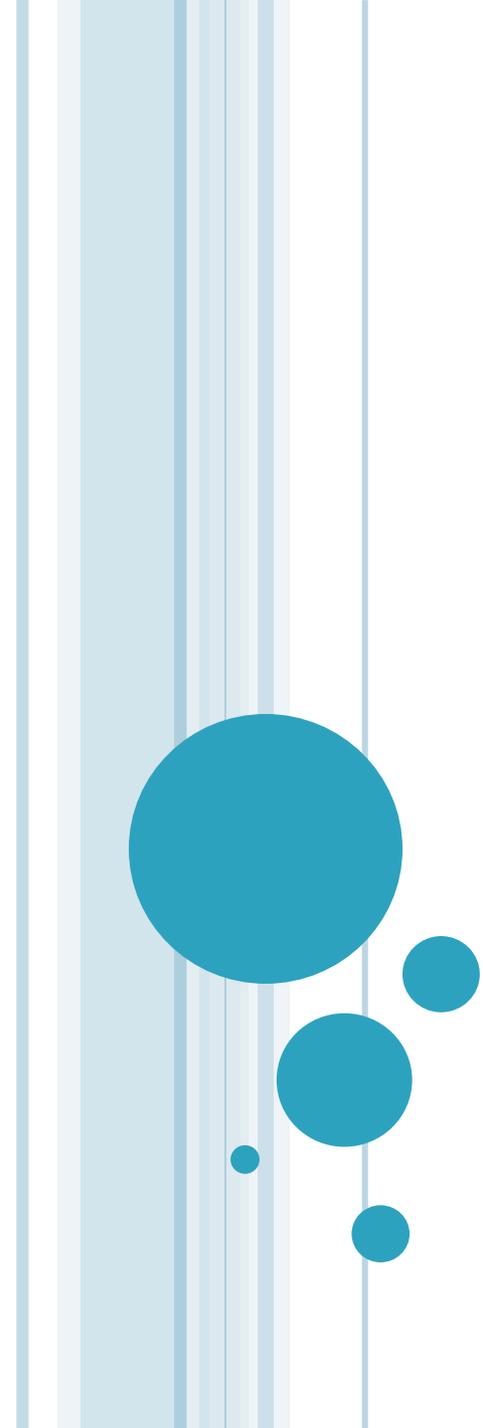
- The net player shows with his/her placement when the rotation is made
- Rotation after cross court smashes with a right handed/left handed pair is very effective
- Rotation to two net players make sure the net is better covered

### Counter attack

- Deep flat smash returns are the most used shots for counter attack
- Both players move forward side-by-side after a flat counter attack
- Short smash returns do not very often work as a counter attack



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A decorative graphic on the left side of the page features several vertical lines of varying shades of blue. Overlaid on these lines are several circles of different sizes, also in shades of blue, arranged in a descending pattern from top to bottom.

**A NEW BEGINNING**  
NOT "the end"!