

Ebbisham Junior Badminton Club

J1/J2 Coaching Program

This is our J1/J2 36 week coaching program for the 2021/22 season. Our Sessions aim to be Fun, improve technical hitting skills, the relevant technical movement and also tactical elements. Throughout the program our sessions will contain team/individual challenges, tactical games and accuracy/target challenges to test the players skills and see how they are progressing. During sessions we aim to provide players with as much individual attention as possible, to do so we may split the group as a whole into smaller groups to aid progression and to cater for individual needs.

	Themes	Focus
12/9/21	Overhead Clear	Develop throwing action with basic grip and being side on - Linking in high serve
19/9/21		Good preparation with use of kick through
26/9/21		Develop split drop for quick movement behind shuttle
3/10/21		Use of overhead clear when moving back from net - Linking in lunges and net shots
10/10/21	Overhead Smash	Ensure contact point is in front of body - Linking in lunging and net shots
17/10/21		Use the smash to set up opportunity for a net kill
24/10/21		
31/10/21	Overhead Drop Shot	Get drop shot coming down skimming the net and landing in forecourt area
7/11/21		Recap overhead prep to ensure all shots look the same. Linking in drops and smashes to see if they can be deceptive with their overhead prep.
14/11/21		
21/11/21	Net Shots	Developing soft fingers with the basic grip along with lunge technique
28/11/21		Developing soft fingers with the thump grip along with lunge technique
5/12/21		Ability to change between grips in unpredictable situations around net - Linking in other shots
12/12/21	Patterns of Play	Linking together shots already practiced to form and engrain patterns - Adding more open rallies for advanced player
19/12/21	Fun Tournament	A fun finish to the year with various games (Singles Focused)
26/12/21		
2/1/22		
9/1/22	Lifts & Flicks	Develop lift action with thump grip - Linking in overhead shots
16/1/22		Develop flick action by using finger squeeze to keep swing short ensuring net and flick look the same
23/1/22		Think about when to use the flick through use of opponent awareness - Linking in net shots
30/1/22	Defence	Backhand defence - Square on to net with thump grip and good racket/elbow prep
6/2/22		To be able to use both push and drive actions when defending
13/2/22	Tactical Games	Match play session with conditioned games and zones to get players thinking and using a wide range of shots
20/2/22		
27/2/22	Singles Tactics	Start each rally with a good serve and hitting into space on return of serve
6/3/22		Opponent awareness and playing into space
13/3/22	Pushes & Drives	Drives - Recap finger squeeze for short swing and ensure shuttle is taken early in front of body
20/3/22		Pushes - Use of soft fingers with smooth push action

27/3/22		Think about when to use each shot and having identical preparation so opponent can't tell which shot is being played
3/4/22	Backhand Overheads	Focus is on intercepting the shuttle in the midcourt area with thumb grip and bring the shuttle down
10/4/22		
17/4/22		
24/4/22	Backhand Overheads	To start to develop 'stun the pot' technique to allow players to pull the shuttle back into the court from behind them
1/5/22	Doubles S&R	Focusing on developing serving action with small tap action + Looking at return of serve stance
8/5/22		Focus on attacking low serve and practicing the variety of returns available.
15/5/22	Doubles Tactics	Low serve and attacking options on return - Hitting into space
22/5/22		Attacking and defensive positioning and when to use each one
29/5/22		
5/6/22	Overhead Deception	Focus on ensuring all shorts look and feel the same
12/6/22	Overhead Variation	Looking at using a range of shots in different situations
19/6/22	Match Play	Opportunity to put into practice skills learnt previously but in match scenarios (Doubles Focused)
26/6/22	Tournament Day	Provide a competitive environment to test skills against each other
3/7/22	Fun Tournament	A fun finish to the year with various games