

COACHING GAMES

Train To Train Module

By: Manitoba Badminton Association
Badminton Canada
Sport Manitoba





Train to Train



Males: Duration of growth spurt (12-16)
Females: Duration of growth spurt (11-15)

Technical/Tactical Skills

This is a critical stage for the development of high performance athletes. By the end of this stage athletes have generally made the commitment to reaching the top, or to play only for the love of the sport.

Athletes start their adolescent growth at different ages, and this gives some athletes a distinct advantage in age group competition. Keeping athletes in the sport during adolescence is key to the sport's success in Canada.

Technical Skills	
<input type="checkbox"/>	Basic Ready Position (body+racquet)
<input type="checkbox"/>	Racquet Hand/Arm vs Non-Racquet Hand/Arm
<input type="checkbox"/>	Racquet Leg vs Non-Racquet Leg
<input type="checkbox"/>	Basic Grip
<input type="checkbox"/>	Forehand (racquet 1 O'clock)
<input type="checkbox"/>	Backhand (racquet 11 O'clock)
<input type="checkbox"/>	Split Drop Step
<input type="checkbox"/>	Lunge (racquet leg)
<input type="checkbox"/>	Backhand service
<input type="checkbox"/>	Service receive position/hitting position
<input type="checkbox"/>	Feeding by hand/racquet
<input type="checkbox"/>	Forehand/Backhand Lunge Net Shot
<input type="checkbox"/>	Forehand Hitting Position
<input type="checkbox"/>	Forehand/Backhand Lunge Lift
<input type="checkbox"/>	Forehand Backhand Pushes/Drives
<input type="checkbox"/>	Basic Front and Mid Court Movement/Footwork

Technical Skills	
<input type="checkbox"/>	Forehand Underhand High Service
<input type="checkbox"/>	Forehand Overhead Clear
<input type="checkbox"/>	Swing/Stroke/Shot
<input type="checkbox"/>	Forehand Overhead Drop
<input type="checkbox"/>	Swing/Stroke/Shot
<input type="checkbox"/>	Forehand Overhead Smash
<input type="checkbox"/>	Swing/Stroke/Shot
<input type="checkbox"/>	Round the Head Clear, Drop & Smash
<input type="checkbox"/>	Swing/Stroke/Shot
<input type="checkbox"/>	Backhand Drop, Clear, Smash
<input type="checkbox"/>	Basic Front/Mid/Back Court Movement/Footwork

Tactical Skills	
<input type="checkbox"/>	Singles and doubles offence and defence positioning
<input type="checkbox"/>	Singles offence and defensive shots
<input type="checkbox"/>	Doubles offence and defensive shots
<input type="checkbox"/>	Identifying opponents weaknesses and playing to them
<input type="checkbox"/>	Baiting

Training	Competition
60%	40%

Single or Double Periodization
<input type="checkbox"/>

Disability Considerations

Movement around the court is the major technical difference for athletes with a disability. Wheelchair athletes must develop rapid start-stop ability, and the ability to move with speed in any direction. Conservation of momentum through turning (rather than stopping and re-starting) is increasingly important. For amputees, maintenance of balance when out of position is critical. Quality equipment - wheelchairs, prostheses and racquets is important for success.

Physical Capacity

	Development Priority		
	Low	Med	High
Endurance	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Hand/foot speed	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Whole body speed	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Speed-Endurance	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Relative Strength	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Strength-Endurance	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explosive Power	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Flexibility	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Note
Develop aerobic capacity after PHV, and for female athletes focus on strength development after athlete has passed peak height velocity. Maintaining flexibility is particularly important for males during this stage.

Sport Psych Skills

	Skill competence			
	Int.	Dev.	Ref.	Mas.
Goal setting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Positive attitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attention/Focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visualization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety reduction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional Control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decision making	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Error reduction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note
For females at this stage, acceptance by peers is a critical prerequisite for training effort and should be structured into training by coaches.

Life Skills

Athlete arrives at venue ready and equipped to train or compete. Athletes understand and implement sound nutrition and hydration protocol for daily living, training and competition. Player is comfortable traveling independently to and from local training and competition, and arrives on time. Athlete achieves balance between badminton, school and social life. Understands and appreciates cultural differences and values diversity among teammates and opponents. Develops personal standards of behaviour, and commits to ethical, drug free sport.

Can participate in training and travel to competitions with minimal assistance.

Train to Train

Team Games:

- Team Singles

Amount of players: 8+ players

Materials needed: Racquets, 1 shuttle

How to play: Divide the group into two teams. One team stands on one side of the court, and the other team, on the other side. One player from each team will start on their side of the court while the others wait behind their side. The players that start on the court will play a singles rally. The player that wins a rally gets a point for their team. The player that wins the point stays on, and the other switches with another player from his team. A player can stay on the court for a maximum of 3 points. Once a player has won 3 points in a row, he/she rotates with another player on the team. The first team to 21 points wins the game.

- Diamond

Amount of players: 4 players

Materials needed: Racquets, 1 shuttle

How to play: Diamond is played the same as English Doubles. The only difference is the point system. In this game, a player wants to have the least amount of points as possible. If a player lets the shuttle drop at certain zones on the court, they gain a certain number of points (showed in the picture below). If a player hits another player in the body with the shuttle, the player that got hit gains 10 points. The players rotate clockwise or counterclockwise once a player gets to 21 points or higher. (Once again, if there are extra players, one of the extra players rotates in the spot of the player that lost. To have more rotations, do not reset the points after rotating).

5	2	3	3	2	5
3	1	2	2	1	3
3	1	2	2	1	3
5	2	3	3	2	5

Front-Court Games

- "Roll Down The Net To Win"

How to play: Players play a game of netminton (net shots only; court consists of service line to the net) but the only way that either player can score a point is if they roll their net-shot and win that point. 2 points are awarded if both players roll a net-shot in the same rally.

- Net Push Game

Amount of players: 4 players

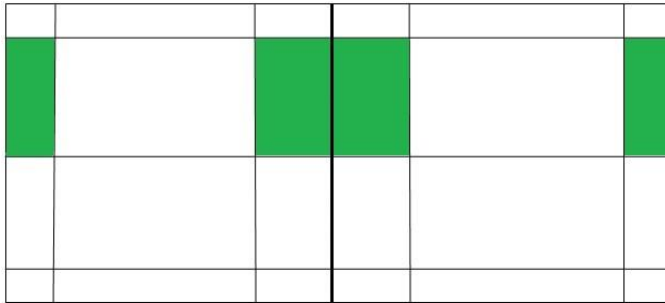
How to play: One team of two will be on one side of the net, the other team on the other side. The two players on each team will line up one behind the other, fairly close to the net, around the short service line. The person standing in front on both teams will start off hitting three net pushes each to one another. Once the first player hits three net pushes, the two players on the same side rotate and the second player hits three net pushes. The goal of this is to get the longest rally possible. This can be made into a game and see which group of 4 can keep going the longest.

- Reverse Box Game

Amount of players: 2 players

Materials needed: Racquets, 1 shuttle

How to play: Played the same as Box Game, except for the boundaries. The boundaries are: in front of the short service line, the back alley and the singles side line (as shown below).



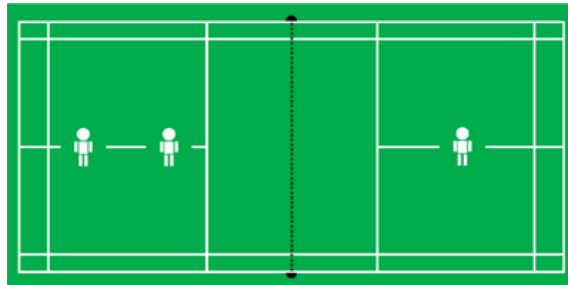
Full-Court/Half-Court Games

- 2 on 1

Amount of players: 3 players

Materials needed: Racquets, 1 shuttle

How to play: Played with the same rules and boundaries as Singles, except there are two people on one side, defending their own half of the court.



- Handicap singles

Amount of players: 2 players

Materials needed: Racquets, 1 shuttle

How to play: This game can be played on either half court or full court. The same rules and boundaries as singles except for the handicap, which the coach will choose for every rotation (ex. must use opposite hand, spin after every shot, must hit below the waist). The game goes until 21 or point limit, or it could also be timed games.

- Alley Badminton

Amount of players: 2 players

Materials needed: Racquets, 1 shuttle

How to play: Alley Badminton is played on half court. It has the same rules as a singles games, except for the boundaries, which is the side alley (shown below).

- Singles Doubles

Amount of players: 4 players

Materials needed: Racquets, 2 shuttles

How to play: The game starts with two games of half court singles being played on the same court. Once one of the half court singles rallies ends, they yell out “doubles”. When “doubles” has been yelled, the people that are playing on one side become a doubles team, as do the people on the other side. The person that won the singles rally gets one point for their doubles team, and the team that wins the doubles rally get one point for their team. When the singles rallies are in play, the boundaries are the singles lines. When the rally switches to doubles, the boundaries changes to doubles lines. The game is played until 21, or until any point limit.

- Blind Badminton

Amount of players: 2-4 players per court.

Materials needed: Racquets, 1 shuttle, 3 garbage bags.

How to play: Coaches will drape the garbage bags along the net so that players cannot see through to the other side. Athletes may play singles or doubles games up to 21.

- Triples

Amount of players: 6 players

Materials needed: Racquets, 1 shuttle

How to play: Same rules and boundaries as doubles, except there are three people on court instead of two. The players start off with one player covering the front, one in the back right corner, one in the back left corner. The player in the front always serves and always receives the serve. The players in the back only receives the serve when the serve is coming to their side. At every 7 points (7, 14, 21), the players rotate so that everyone gets the chance to play each position. The game goes until 21 or desired point limit.

- Obstacle Course

Amount of players: Unlimited



Materials needed: To be decided by coaches

How to play: Coaches set up an obstacle course for two teams to complete head to head.

Note: The next section consists of game from both categories, Learn To Train and Train to Train.

L2T & T2T

Team Games:

- King's/Queen's Court

Amount of players: 12+ players

Materials: Racquets, 1 shuttle for each pair of players (ex. 12 players, 6 shuttles. 15 players, 7 shuttles)

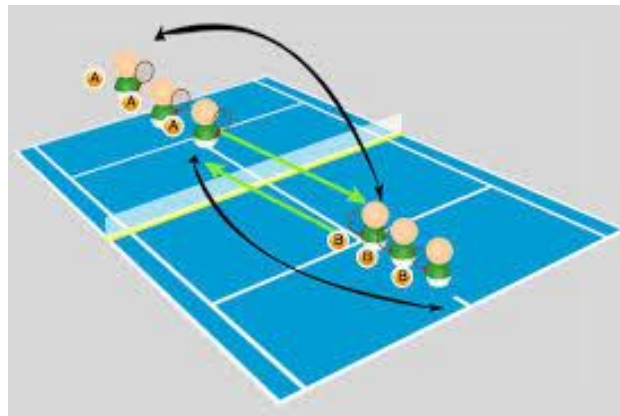
How to play: Start by telling the players to pick a quarter of a court. Once the players have picked their quarter, tell them which court is the King's/Queen's court (the King's/Queen's court must be a court at either end of the facility [shown below]). The players play half court singles against their opponent. They play until the time runs out, but they also keep track of their score. The coach decides how long they play. The player that wins the half court singles moves a quarter of the court towards the King's/Queen's court. The game goes on until the desired amount of time.

- Around the world

Amount of players: 6-8 players

Materials needed: Racquets, 1 shuttle

How to play: Get the players to form a line behind both ends of the court. There must be an equal amount of players on both sides (or as equal as possible). One person on each side starts on court. After every shot a player hits, they run to the end of the line on the other end of the court (as seen below). Smashing is not allowed in this game and every shot must be past the short service line and inside the singles side line. Once there's 4 players left, the players must only do clears. When two people are left, both players must spin after hitting a clear. Every player has 3 lives; a player loses a life if they make a mistake.



- Team Doubles

Amount of players: 6-8 players

Materials needed: Racquets, 1 shuttle

How to play: The game starts with one person from each team on the court. They play a singles rally, and the team who wins the rally adds another player from their team on the court. The other player gets rotated off with another player on their team. The first team to win a point with all the players of their team on court wins.

- Lives

Amount of players: 3-4+ players

Materials needed: 1 shuttle

How to play: A coach on one side of the net, and all other players lined up one behind the other on the other side of the net, off the back of the court. The coach then hits the shuttle up and the first player in line comes onto the court and returns the shuttle with a chosen shot. This player then runs to the back of the line. The coach then plays another shot and the next player in line has to run onto court and return the coaches shot. This keeps going until a shot is missed. If a player misses a shot they lose a life, however if a player manages to beat the coach with a shot they get an extra life.

- Prison

Amount of players: 5+ players

Materials needed: Racquets, 1 shuttle

How to play: This game is similar to Racquet Elimination. Two teams line up on either end of the court. One person from each team starts on the court, after the player hits their shot, they run to the back of their line. Unlike Racquet Elimination, where the team loses a racquet when a point is lost, in Prison, if a team loses a point, the player that made the mistake goes to the side of the court, which is the "Prison." Every time a team "wins" a point, they decide whether the opposing player goes to the prison or if they bring back a team member that was in their prison. The game goes until everyone from the opposing team is in the prison.

- Transporter

Amount of players: 2 players per half court

Materials needed: 6 shuttles per pair

How to play: Place the 6 shuttles down in a corner of the court. Get the player to stand in the middle of the court in the ready position. The player has to grab a shuttle from one corner and place it in the other corner specified. Once all the 6 shuttles have been transported to the other corner, the next person goes. The shuttles can be transported from the front backhand corner to the front forehand corner; they

can also be transported from the front backhand corner to the back forehand corner, etc.

- Copy Cat

Amount of players: 2 players

Materials needed: None

How to play: The two players stand face to face on the badminton court. One player is the leader and the other player is the "Copy Cat." The leader does footwork from side to side, not necessarily alternating sides. The players do this until the coach says stop.

Front-Court Games

- Netminton English Doubles

Amount of players: 4 players

How to play: Using the Netminton boundaries, but with the English Doubles rules. See page 18 and 19 for further explanation.

- Target Practice

Have various targets set up (Hoola hoops, mats, tubes) and designate points for hitting each target from both forehand and backhand net. Can be done in partners or in teams. Each partner takes turns feeding the other partner net shots (eg. 10 shots) and counts up score. For teams, designate one athlete to be feeder and go through entire team keeping track of all scores.

- Badminton Baseball

For more advanced groups, have partners face each other at a throwing distance. Athlete that is feeding will throw the bird and has to run to catch the lift. Athlete who are hitting will want to make their lifts go high so that their partner has time to catch.

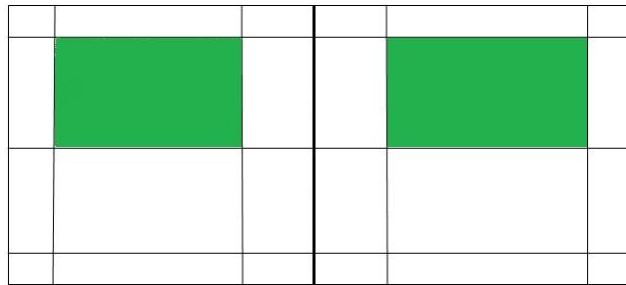
Mid-Court Games

- Box game

Amount of players: 2 players

Materials needed: Racquets, 1 shuttle

How to play: Box Game is played on half a court. The boundaries are: the short service line, the doubles service line and the singles side line (as shown below). Same rules apply as to a regular singles game. The game can be played until any point limit; the game may also be timed.



- Drive through the Hula Hoop/Target

Amount of players: 2-20

Materials needed: Racquets, 1 shuttle per pair, 1 hula hoop/target per pair

How to play: Have 2 athletes per half court, place hula hoop/target on the net. Athletes should try to hit drives and flat rallies through the hula hoop/ target.

Rear-Court Games

- Shuttle toss

Amount of players: Unlimited amount of pairs

Materials needed: 1 shuttle per pair

How to play: Have one player sit on the service line and the other player on the service line on the other side of the net. Get the players to gently toss the bird in an

overhead motion to the player on the other side of the net. (Preparation for drop shot).

- Grab and Throw

Amount of players: Unlimited amount of pairs

Materials needed: 1 shuttle per pair

How to play: Have the players stand one in front of the other. The player in the back will be holding a shuttle by the feathers at the height of the other player's head. The player in the front will then take a step back, pointing their racquet foot out so their feet are in an "L" shape. Once the player is standing sideways, they turn their torso to grab the shuttle from the player in the back and throws it forward in one fluid motion.

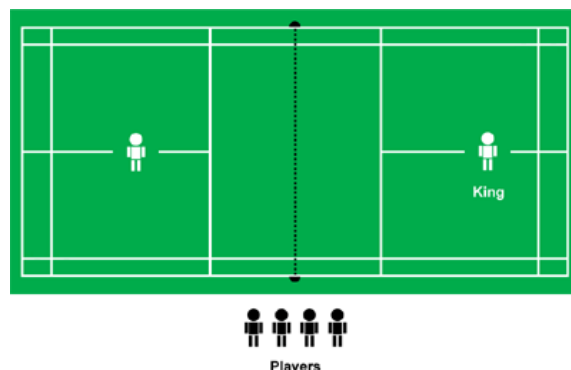
Full-Court/Half-Court Games

- King/Queen of the Court

Amount of players: 4+ players

Materials needed: Racquets, 1 shuttle

How to play: King/Queen of the Court is played on a full singles court. The two players play a rally. The winner of the rally stays on the court, the other goes off and switches with the next player. Every rally a player wins, they get a point. First player to reach 21 points wins.

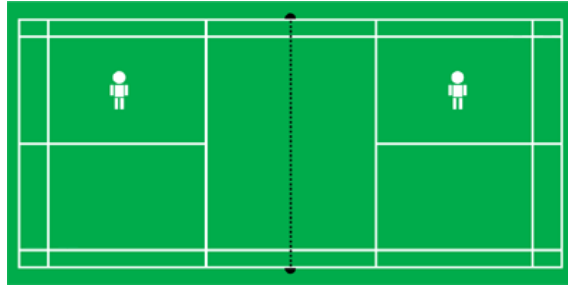


- Half court singles

Amount of players: 2 players

Materials needed: Racquets, 1 shuttle

How to play: Played with the same rules and boundaries as Singles, except it's played on half of the court.



- Mystery Singles

Amount of players: 2 players

Materials needed: Racquets, 1 shuttle, deck of cards

How to play: Mystery Singles is played exactly like regular singles. The coach shuffles the cards and gets the two players to pick a card. If player A picks a 5, he/she must get 5 points to win the game. If player B picks a jack, he/she must get 11 points to win the game. The players don't know which card their opponent picked, which makes the game more intense. The first one to reach their point objective wins the game. The rules of this game can also be applied to different games as well.

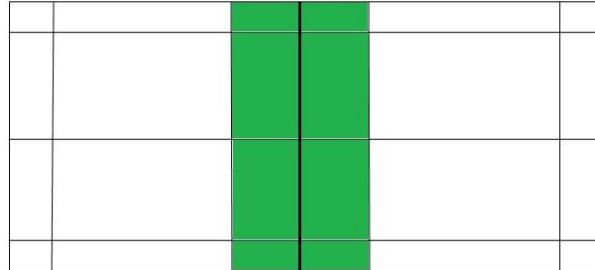
- Netminton

Amount of players: 2-4 players

Materials needed: Racquets, 1 shuttle

How to play: There are various ways to play Netminton. It can be played on half court or full court, singles or doubles. The only shots that players are allowed to do in this game are net shots. The boundary is the space before the short service line. If the players are playing Doubles Netminton, the doubles side line is used; if the players

are playing Singles/half court Netminton, the singles side line is used (as shown below). Players play until desired point limit or keep score until time runs out.



- English Doubles

Amount of players: 4 players

Materials needed: Racquets, 1 shuttle

How to play: English Doubles has the same rules and boundaries as regular doubles. In English Doubles, it's every player for themselves. Every player has a number of lives. A player loses a life when the shuttle drops on their quarter of the court or if the player makes a mistake. If the shuttle drops on the centre line, or in the middle of the area before the short service line, both players lose a life. A player can help out the player on the same side if they wish. Although, if player 1 helps out player 2, but misses the shuttle and lands on player 2's side, player 2 is the one who loses a life. Once a player loses all their lives, the players rotate a quarter court clockwise or counterclockwise and the lives reset. (If there is an extra player, the extra player takes the place of the player that lost. To have more rotations, the lives do not reset after rotating).

- Full House

Amount of players: 5+ players

Materials needed: Racquest, 1 shuttle

How to play: The players are separated into two teams, and each team lines up on one end of the court. One player from each team plays a singles rally. The player that wins the rally brings another player on the court, while the player that lost the rally switches off with another player. If the team that has two players on court loses the next rally, both of them come off court and another player comes on, meanwhile, the player that won the rally against the two players on the other team brings on another player. The game can only be won when a team wins a point with all of their players on court. The singles lines are used throughout the whole game.

Warm Up Games/Relay

- Shuttle Carry Relay

Amount of players: Unlimited

Materials needed: 2 shuttles

How to play: Split the group into two teams. One person from each team places a shuttle on their racquet and tries to go to the wall and back as fast as they can. Once the player gets back to their team, they hand the shuttle to the next person in line, then sits down. When putting the shuttle on the racquet, the shuttle must be on it's side and not standing up on the feathers. The first team to go through all their players, wins.

- Vacuum

Amount of players: Unlimited

Materials needed: An even amount of shuttles

How to play: Spread a big number of shuttles onto the courts. The number of shuttles have to be the same on both teams' side. Split the group into two teams. Set the empty tubes at the start of the line for both teams. One at a time, the players have to grab one shuttle from the courts and bring it back and put it

in the tube. The next player can't go before the previous player puts the shuttle in the tube. If the players start to cheat and leave early, the coaches can take a shuttle that is closer to the team and put it farther. The first team to vacuum up all their birds wins.

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For information on NCCP Coaching Courses, please contact Badminton
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