



Safari Badminton Club

6 Week Safari Syllabus – Beginner Week 1

Welcome:

- Coach introductions.
- Get to know the group.
- Warm-up games.

Coaching Content:

- Understanding the forehand (FH) & backhand (BH) racket grips.
- Understanding the court lines.
- Demonstrate the 'ready position' and a 'split drop'.
- Demonstrate 'hand feeding' the shuttle.
- Play and practice net shots.
- Play and practice a BH short serve.

Weekly Aims:

- To be familiar with the name of the coach and those players in the group.
- To understand and adopt the correct racket grip.
- To understand the layout of the court lines.
- To understand the benefit of the 'ready position' and 'split drop'.
- To understand the benefit of 'hand feeding' the shuttle to a partner.
- To be confident in playing a net shot in the FH and BH position from ready position through the shot, recovery and back to ready position.
- To be confident in playing a BH short serve over the net and into the opponent's court.

Coaching Tips:

- Ensure the correct grip is being adopted.
- Feet side-by-side (square to the net) in the ready position.
- Keep your racket up in the ready position and throughout the shot.

