



# Safari Badminton Club

## 6 Week Safari Syllabus – Beginner Week 2

### Welcome:

- Warm-up games and player introduction recap.
- Recap racket grips (FH & BH).
- Recap court lines.

### Coaching Content:

- Play and practice a FH short serve.
- Play and practice a FH high serve.
- Demonstrate and recap 'hand feeding' the shuttle to a partner.
- Play and practice a FH & BH lift.
- To demonstrate achievements through fun games.

### Weekly Aims:

- To be confident in playing a FH short and long serve.
- To understand and demonstrate the benefit of a neutral start position of the serve.
- To be confident in 'hand feeding' the shuttle to a partner.
- To understand the correct technique to play a FH and BH lift using the correct movement and recovery.
- To be confident in anticipating shuttle position through correct use of the 'ready position'.

### Coaching Tips:

- Ensure the correct grip is being adopted.
- Keep your racket up in the ready position and throughout the shot.
- Ensure neutral body position in forehand serves.
- Keep your eye on the shuttle as it comes towards you.
- Maintain a loose but controlled wrist throughout the shot.

