



Safari Badminton Club

6 Week Safari Syllabus – Beginner Week 3

Welcome:

- Warm-up
- Game: Throwminton

Coaching Content:

- Introduction and demonstration of overhead-forehand body position.
- Play and practice of the drop shot.
- Play and practice of a clear.
- To demonstrate achievements through fun games.

Weekly Aims:

- To be confident racket feeding to a partner (high serve).
- To demonstrate an understanding of placement of the shuttle when feeding.
- To be confident to play an overhead clear and drop shot.
- To understand the correct technique to play a clear.
- To understand the correct technique to play a drop shot including movement and recovery.

Coaching Tips:

- Ensure the correct grip is being adopted.
- Keep your eye on the shuttle.
- Maintain a 'sideways on' position throughout the forehand overhead shots.
- Hitting position is behind the shuttle.
- Imagine you are throwing a ball and don't forget to point.

