



# Safari Badminton Club

## 6 Week Safari Syllabus – Beginner Week 4

### Welcome:

- Warm-up
- Game: Throwminton

### Coaching Content:

- Recap hand feeding to a partner.
- Play and practice of a push shot (FH and BH).
- Play and practice of a drive (FH and BH).
- To demonstrate achievements through fun games.

### Weekly Aims:

- To understand the correct technique to play FH and BH drives.
- To understand the correct technique to play FH and BH pushes.
- To be confident in 'hand feeding' the shuttle to a partner.

### Coaching Tips:

- Ensure the correct grip is being adopted.
- Keep your eye on the shuttle.
- Keep your racket up in the ready position and throughout the shot.
- Maintain a loose but controlled wrist throughout the shot.

