



# Safari Badminton Club

## 6 Week Safari Syllabus – Beginner Week 5

### Welcome:

- Warm-up
- Game: Throwminton

### Coaching Content:

- Recap racket feeding to a partner (high serve).
- Play and practice of the FH smash.
- To demonstrate achievements through fun games.

### Weekly Aims:

- To demonstrate correct movement between 'ready position' and final shot position.
- To demonstrate and understand the correct body position for an overhead shot.
- To understand the correct technique to perform an overhead smash and to be able to aim towards a target.

### 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.

