



Safari Badminton Club

6 Week Safari Syllabus – Beginner Week 6

Welcome:

- Warm-up
- Game: Throwminton

Coaching Content:

- Demonstration and understanding of player positions when either attacking or defending.
- Demonstration of the principle of scoring.
- Play and practice rallies to mimic game play.
- Demonstrate the importance of return of serve.
- To demonstrate achievements through fun games.

Weekly Aims:

- To understand the correct court position for the attacking or defending players.
- To understand the principle of scoring.
- To understand where to stand on court during a serve or rally.
- To understand the importance of the return of serve.

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.
- Ensure all movement starts with the ready position.
- Maintain a loose but controlled wrist throughout the shot.

