



Safari Badminton Club

6 Week Safari Syllabus – Beginner Week 1

Welcome:

- Coach introductions.
- Get to know the group.
- Warm-up games.

Coaching Content:

- Understanding the forehand (FH) & backhand (BH) racket grips.
- Understanding the court lines.
- Demonstrate the 'ready position' and a 'split drop'.
- Demonstrate 'hand feeding' the shuttle.
- Play and practice net shots.
- Play and practice a BH short serve.

Weekly Aims:

- To be familiar with the name of the coach and those players in the group.
- To understand and adopt the correct racket grip.
- To understand the layout of the court lines.
- To understand the benefit of the 'ready position' and 'split drop'.
- To understand the benefit of 'hand feeding' the shuttle to a partner.
- To be confident in playing a net shot in the FH and BH position from ready position through the shot, recovery and back to ready position.
- To be confident in playing a BH short serve over the net and into the opponent's court.

Coaching Tips:

- Ensure the correct grip is being adopted.
- Feet side-by-side (square to the net) in the ready position.
- Keep your racket up in the ready position and throughout the shot.





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.





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.





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.





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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.





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.

