**Badminton Coach**

Key point to remember for role of coach: **ANALYSIS-MODIFICATION-REFINEMENT**

Nearly always better to coach just one person (with anymore there is a danger of it becoming leading/organising rather than coaching).

**Core skills**

1. Service
2. Net Play
3. Clears
4. Drop shots
5. Smash
6. **Service (short doubles backhand)**

Demonstrate the short serve and explain when it is important in game situation. Performer to practice first aiming at hoop on opposite side. Observation and ANALYSIS. Highlight key aspects to focus on. Possible faults include:

* Too much movement of shuttle before contact.
* Sideways body position.
* Racket swing too quick/uncontrolled.
* Shuttle hit too high above net/deep into court.
* Poor position on court.

MODIFY performance by suggesting aspects to adjust and use visual and manual guidance to assist. Allow performer to repeat and again observe and ANALYSE.

REFINE technique by progressing to serving against a non-competitve, semi-competitive then fully competitive opponent (3 shot rallies).

Progress through various stages of practice when performer is ready. Do not just go through a series of drills!

1. **Net Play (forehand and backhand)**

Explain the shot and begin with a net rally against performer (set boundaries of service line as baseline). ANALYSE performance and suggest MODIFICATIONS. Possible faults include:

* Racket not held high enough when making contact with shuttle.
* Shuttle hit too high above net.
* Too much racket head movement.
* Lack of footwork movement.
* Lunging with incorrect foot.
* Poor footwork after net shot.
* Failure to keep racket held high after net shot.

REFINE net skills through a series of practices (progress when appropriate). Possible practices include:

* Single hand feeds to forehand net shots
* Single hand feeds to backhand net shots
* Alternating forehand and backhand net shots (using two hand feeders)

Highlight progress made by performer through competitive net shot game (using service line as baseline).