Badminton Plan for A2 Coursework

**List of all key skills involved:**

* Short serve
* Long Serve
* Smash
* Defensive block
* Drive
* Flick
* Net play
* Drop shot
* Clear (attacking and defending)
* Doubles tactics/positioning
* Singles tactics/positioning
* Slice
* Footwork
* Flick serve

Obviously this is just a very quick and rough list; there are lots of others skills I could have included. The ones that I do decide to use I will add a lot more detail such as if it is in singles or doubles, forehand or backhand etc. So I will end with 6 very specific skills (2 attacking, 2 defensive, 2 tactical).

**Attacking Skill 1 – Forehand Smash in singles**

**B2: (elite performer/perfect model)**

Preparation

1. Get behind shuttle
2. Get underneath shuttle
3. Draw elbow back and keep high
4. Sideways on
5. Weight on back foot
6. Eye contact focussed on shuttle

Execution

1. Transfer bodyweight from back foot forwards. Step forwards.
2. Rotate trunk
3. Make contact with shuttle as high as possible
4. Steep angle on smash
5. Aim for open space on court or high at opponents racket elbow.

Recovery

1. Follow through with racket for increased power.
2. Racket back up for opponents return
3. On toes in centre of court ready for opponents return.

**B1: (Me in comparison to elite performer/perfect model)**

Preparation

a) My footwork is often too slow, fail to get behind shuttle quickly enough.

b) Get underneath shuttle – footwork too slow.

c) Draw elbow back and keep high – fail to do this every time.

d) Sideways on – generally ok at this, but sometimes can’t do it when I am moved out of position.

e) Weight on back foot - generally ok at this, but sometimes can’t do it when I am moved out of position.

f) Eye contact focussed on shuttle – fine.

Execution

g) Transfer bodyweight from back foot forwards. Step forwards. – fail to do this when out of position, leaves me too far back when opponent uses a returning block shot.

h) Rotate trunk – fine when I am in position, problem when out of position. Leads to poor power.

i) Make contact with shuttle as high as possible – don’t always do this. Causes problems with angle of shot.

j) Steep angle on smash – see previous point.

k) Aim for open space on court or high at opponents racket elbow. – Accuracy generally good when playing smash at opponent but lack accuracy down the sidelines.

Recovery

l) Follow through with racket for increased power. - fine

m) Racket back up for opponents return – sometimes slow due to fatigue or lack of concentration.

n) On toes in centre of court ready for opponents return. – struggle with this as game progresses due to fatigue.

May also include:

* General fatigue affects my power and decision making when playing smash.
* Shot lacks power due to poor strength / power in the muscle groups involved.
* Smash for too often, it lacks surprise and power diminishes.

**C1 (causes of poor smash)**

1. Poor footwork (leads to poor body position and the resulting lack of power, accuracy, and recovery position).
2. Lack of strength and power in key muscle groups.
3. General fatigue (leads to lack of power, accuracy and poor decision making). Could discuss aerobic energy systems, VO2 max, inefficient delivery of O2/removal of CO2 etc.

**C2 (corrective measures)**

1. Plyometrics to build power, variety of footwork drills to build up schema/move into autonomous phase of learning.
2. Plyometrics to build power, weight training to build strength.
3. Interval training to replicate game play (currently too much continuous), fartlek training to build aerobic fitness.

**Tactical Skill 1 – Short backhand serve (doubles)**

**B2 (elite performer/perfect model)**

Preparation

1. Stand straight, facing direction of serve.
2. Relaxed body position, remain calm.
3. Hold shuttle by feathers with straight arm infront.

Execution

1. Keep all movement minimal, just flexing and extending wrist.
2. Aim to serve shuttle as tight to net and as close to service line as possible.
3. Use exactly the same technique every time. This allows for occasional deceptive flick serves.

Recovery

1. Lift racket up immediately after shuttle leaves strings ready for next shot.
2. On toes ready to move to next shot.

**B1 (me in comparison to elite performer/perfect model)**

Preparation

1. Stand straight, facing direction of serve. - fine
2. Relaxed body position, remain calm. – often ‘tense up’ in pressure situations cause loss of accuracy and consistency.
3. Hold shuttle by feathers with straight arm infront. – fine.

Execution

1. Keep all movement minimal, just flexing and extending wrist. – fatigue and pressure can cause small extra movement. Nerves cause wrist to move, heavy breathing causes chest to raise and lower.
2. Aim to serve shuttle as tight to net and as close to service line as possible. – poor consistency. Sometimes accurate but often too high making it easy for opponent.
3. Use exactly the same technique every time. This allows for occasional deceptive flick serves. – Nerves can cause this to alter. Some poor serves in a match sometimes make me change my serving action slightly mid-game.

Recovery

1. Lift racket up immediately after shuttle leaves strings ready for next shot. – having to concentrate so much on correct serving technique and remaining calm often leads me to forget to do this.
2. On toes ready to move to next shot. – again, lack of concentration due to so much focus on the serve.

**C1 – Causes of poor short serve**

1. High levels of anxiety / nerves / over-arousal due to inconsistent performance of the skill which becomes especially evident in pressure situations.
2. Fatigue – lack of aerobic fitness. Causes difficulty in keep whole body perfectly still and can cause a lack of concentration.
3. Poor technique / inconsistent technique. Not at autonomous phase of learning.

**C2 – Corrective measures**

1. Various methods for measuring then controlling anxiety (imagery, visualisation, focusing, centring etc).
2. Fartlek or continuous training to build aerobic fitness to delay fatigue during match. Training programme.
3. Expert coaching – difficult to say a great deal about this.