

## **Performance Centre Training Themes 2012-13**

### **Introduction**

Following on from the presentation at the Performance Centre (PC) Conference on Trends in International Junior Badminton, we would like to introduce a series of themes or focus areas for PC training during the 2012-13 season.

These themes have been identified as key in junior international badminton and progression to senior level on the European and World stage. They have also been identified as areas that generally English junior players need to improve on.

We would like to align some of the PC training content nationally whilst also maintaining the autonomy to work on areas that are specific to a particular PC, training group or individual.

Themes have been allocated by squad (Raw, Developing and Emerging) and split into 3 periods to fall in line with the PC terms. Details of these can be found in the table on page 3.

It is important to note that some doubles related skill elements have been included in the themes. This does not mean the PC focus has changed from singles to doubles. It simply means there needs to be an increased level of attention on doubles skills such as defence which can also be extremely beneficial for singles development.

### **How can this be incorporated into your PC Training?**

The national training themes should be a focus of training in your PC. For example, from September to December, the focus of Raw Squad training will be soft control in the forecourt. This doesn't mean that it must be covered in every session but it is an opportunity for coaches to allocate a certain amount of PC training time to work on the national focus area.

It is largely up to the Head Coach as to how this is integrated into PC training but below are just some suggestions on how this could be done and ideas which will assist with the introduction of the national themes.

## **Suggestions for Implementation**

- ✎ Introduce the theme to your players at the start of the term and explain that it is a national training focus across all PCs.
- ✎ Communicate the themes to the wider coaching team and provide support in delivery of the training theme content.
- ✎ Use videos of world class players to demonstrate the ideal model relating to the specific area.
- ✎ Use videos of top juniors as a model of the visible next step relating to the specific area.
- ✎ Identify some key practices at the start of the term which will be useful in developing the specific area and also as a benchmark for improvement.
- ✎ Allocate a specific time for the squad to work on the national theme.

## **Resources**

We are currently in the process of developing some video resources to support the delivery of training theme content from January to April.

In the meantime, many of the workshops at the recent PC conference were designed to support you in the delivery of the various topics/themes so please use and apply some of this in your training sessions.

Your Performance Centre Advisors will be providing support and ideas as part of their on-court visits. We will also be running regional workshops which will include content appropriate to the areas identified in the table below.

In addition there are a number of resources you can access online to support the delivery of the themes. Some suggested resources and web links can be found below.

<http://www.bestoncourt.com>

<http://www.badmintonconnect.com>

<http://www.badmintonworld.tv>

<http://www.badminton.tv>

<http://www.youtube.com/user/AllEnglandBadminton>

<http://www.badmintonlife.com>

<http://www.badminton-information.com>

**PC Training Themes 2012-13**

Group	Training Period		
	Sep – Dec 2012	Jan – April 2013	May – July 2013
Raw	<p align="center"><b><u>Soft Control in the Forecourt</u></b></p> <ul style="list-style-type: none"> <li>✎ Relaxed grip.</li> <li>✎ Use of finger and wrist control.</li> <li>✎ Close to and just off the net.</li> <li>✎ Net spins and tumbles.</li> <li>✎ Turning the shuttle cross court.</li> </ul>	<p align="center"><b><u>Finger and Wrist Power (linking to deception)</u></b></p> <ul style="list-style-type: none"> <li>✎ Use of the fingers and wrist to generate power rather than big arm movements.</li> <li>✎ Fore court, rear court and mid court.</li> <li>✎ Relax and squeeze.</li> <li>✎ Use of finger power for deception.</li> </ul>	<p align="center"><b><u>Serve &amp; Return (Doubles)</u></b></p> <ul style="list-style-type: none"> <li>✎ Serve technique.</li> <li>✎ Return of serve technique.</li> <li>✎ Variation of serve and return.</li> <li>✎ Movement after serve and return.</li> <li>✎ Basics of tactics behind looking for 3<sup>rd</sup> and 4<sup>th</sup> shots.</li> </ul>
Developing	<p align="center"><b><u>Explosive Movement &amp; Speed off the Mark</u></b></p> <ul style="list-style-type: none"> <li>✎ Quick and explosive push offs to the forecourt and rear court.</li> <li>✎ Short contact time on the floor.</li> <li>✎ Quick reaction time to the shuttle being hit.</li> <li>✎ Explosive jumps to attacking shots in the rear court.</li> </ul>	<p align="center"><b><u>Getting out of Trouble under Pressure in the Rear Court Corners</u></b></p> <ul style="list-style-type: none"> <li>✎ Solid lunge position.</li> <li>✎ Good upper body posture (not collapsing).</li> <li>✎ Early racket preparation.</li> <li>✎ Adapting your grip.</li> <li>✎ Hitting good quality.</li> <li>✎ Variation - drop, drive, clear (straight and cross).</li> </ul>	<p align="center"><b><u>Doubles Defence Technique</u></b></p> <ul style="list-style-type: none"> <li>✎ Base position.</li> <li>✎ Correct grip.</li> <li>✎ Weight forwards.</li> <li>✎ Relaxed.</li> <li>✎ Movement from shoulder, elbow then wrist.</li> <li>✎ Short backswing.</li> <li>✎ Quick hitting action.</li> <li>✎ Focus on long defence but also blocks and drives.</li> </ul>
Emerging	<p align="center"><b><u>Explosive Movement &amp; Speed off the Mark</u></b></p> <ul style="list-style-type: none"> <li>✎ Quick and explosive push offs to the forecourt and rear court.</li> <li>✎ Short contact time on the floor.</li> <li>✎ Quick reaction time to the shuttle being hit.</li> <li>✎ Explosive jumps to attacking shots in the rear court.</li> </ul>	<p align="center"><b><u>Getting out of Trouble under Pressure in the Rear Court Corners</u></b></p> <ul style="list-style-type: none"> <li>✎ Solid lunge position.</li> <li>✎ Good upper body posture (not collapsing).</li> <li>✎ Early racket preparation.</li> <li>✎ Adapting your grip.</li> <li>✎ Hitting good quality.</li> <li>✎ Variation - drop, drive, clear (straight and cross).</li> </ul>	<p align="center"><b><u>Doubles Defence Technique &amp; Counter Attack</u></b></p> <ul style="list-style-type: none"> <li>✎ Base position.</li> <li>✎ Correct grip.</li> <li>✎ Weight forwards.</li> <li>✎ Relaxed.</li> <li>✎ Movement from shoulder, elbow then wrist.</li> <li>✎ Short backswing.</li> <li>✎ Quick hitting action.</li> <li>✎ Long defence, blocks and drives.</li> <li>✎ Making habit to move forward after good blocks and drives.</li> </ul>