



Forums

Badminton Central Discussion Forums

Techniques / Training



Badminton Drill for Double - Offensive

shooting stroke

Regular Member

1. Introduction

For sure most of you currently or had the opportunity to go for coaching classes either with a personal coach or with certain clubs that provide coaching classes. However, maybe there are some of you as well never had the opportunity to join any structured coaching classes also. Having a badminton coach is a very important element that plays a major role as they can guide you to improve how you [play badminton](#) and part of the coaching module that you will need to go through is doing a lot of badminton drills.

Badminton drills is an important part of any coaching module and if a player wants to improve how he plays, just playing alone even with a better player will not necessarily will improve how you play. Therefore, a player MUST allocate certain amount of time to train himself multiple badminton drills since this can play a huge contribution towards achieving that goal be it with your coach or with your friend.

2. Drill

Badminton drills can be divided into 2 that are non-shuttlecock [drill](#), a type of drill that doesn't use [shuttlecocks](#) and shuttlecock [drill](#) that is a type of drill that uses shuttlecocks. The presentation of any of this drills to you will depends on how does your coach wants.

If you have an opportunity to further polish how you play with your friends, then again practicing the drills that you've learned from your coach will be the best [training](#) approach that you can do. Since there are numerous type of drills that a player can follow then here we will discuss a type of drill that you can practice if you have any opportunity to do it.

3. Badminton Drill for Double – Offensive

If you're a double player, improving the quality of your attacking and learning how to constantly remain on





3.1 Requirement

- 3 player requirement

Player 1 = your friend

Player 2 = **Front court** player

Player 3 = Back court player

3.2. Objective

- To improve the quality of your attacking from the point of control and placement.
- To improve player's creativity to decide what are the best offensive options to do once the opportunity presented to him.
- To learn how to constantly maintain the offensive mode towards your opponent.

Therefore:

(i) For **front court** player (player 2)

- Need to learn how to cover the full length of the **front court** and perform a good net play without making any unforced error

- Need to learn how to cover the full length of the front court and anticipate any weak return and make a kill if any opportunity presented to him

(ii) For back court player (player 3)

- Need to learn how to cover the full length of the back court and at the same time remaining constantly on offensive mode without making any unforced errors

- While on offensive mode, player 3 needs to critically learn to decide what is the best type of offensive to perform in order to break player 1 defenses.

- While performing an attack, **players 3** also need to learn how to accurately place his attack in order to break player 1 defenses

3.3. Method

A. General Rule

Player 2 (**Front court**) and Player 3 (Back court)

(i) For player 2 and 3, this is full court coverage with a half court offensive drill. Therefore,

- While covering full court (Picture 1), player 2 (**front court** player) can only do a front court hit to player 1 to his half sided court only according to which half side of the court the birdie is sent by player 1. No crosscourt hit is allowed

- Similarly, while covering full court (Picture 1), player 3 (backcourt player) can only do a **back** court hit to player 1 to his half sided court only according to which half side of the court the birdie is sent by player 1. No crosscourt hit is allowed

The purpose to narrow the coverage of direction of all the offensive hits from player 2 and 3 into only player 1 half court is:

- For frontcourt player (player 2), this will allow him to learn and improve the quality of his shot in a restricted given area.

- For backcourt player (**player 3**), this will allow him to learn to decide what is the best type of shots to perform and improve the quality of that shot in order to break player 1 defenses in a restricted given area.



- (i) Player 1 will only cover the half side of the court (picture 1) according to which half side of the court the birdie is sent by player 1 or to which side of the court the birdie is currently being played.
- (ii) Even though player 1 only covers the half side of his court, all of his frontcourt and backcourt hit can be directed to any direction into player 2 and 3 frontcourt and **back** court area.
- (iii) Player 1 can only do a front court net play or block (straight or crosscourt) or a **lift** (straight or crosscourt) to either **player 2 or 3**.
- (iv) Player 1 cannot do any attacking towards **player 2 or 3**. He needs to be on defensive mode to allow player 2 and 3 learn all the qualities there are while on offensive mode.

**Picture 1****B. The Drill****(i) The Activity****Drill 1 : Start**

- Player 2 starts by making the same exact low serve like how you play in double to the player 1 (Picture 2 : **2a**)

**Picture 2**

- Player 1 has the option to perform either any of the below hits to player 2 or **player 3** (picture 3):

Straight net: **1a**

Straight **lift**: **1b**

Crosscourt net: **1c**

Crosscourt lift: **1d**

**Picture 3****Drill 2: The Drill**

- If player 1 decides to do a straight net (Picture 3 : **1a**), player 2 is only allowed to perform any of this hit (Picture 4: **2a**):





Picture 4

- Similarly, if player 1 decides to do a crosscourt net play (Picture 3: **1c**), player 2 is only allowed to perform the similar any of the above hit but only into the other side of player 1 court where the birdie is being played (Picture 4: **2b**)

- If player 1 decides to do a straight lift (Picture 3: **1b**) to player 3, then player 3 must decide wisely what are the attacking options (picture 5) stated below that he needs to perform:

A Smash (**3a**)

A half smash (**3a**)

A drop (**3b**)



Picture 5

- Similarly, if player 1 decides to do a crosscourt lift (picture 3: **1d**), then player 3 must decide wisely what are the attacking options (picture 5 : **3c** or **3d**) that has been stated above that he needs to perform but only into the other side of player 1 court where the birdie is being played

(ii) Key notes

Below are the key area that a player needs to emphasize while performing this drill:

Player 2 (front court player)

- Always hold the racket head level high. This will allow a quicker response to address the birdie.
- Always stay focus and alert on the trajectory of the birdie. This is to avoid to be easily deceive
- Address the birdie as early as possible. This will ensure a good net play can be done. The earlier you address the birdie, the chance of a good net play is higher and any errors done can be reduced since the height **resistance** the birdie needs to travel over the net cord is low. If there are any opportunities make a kill if any chances appear.
- Rather than waiting for the birdie to come, always move forward to create a constant threatening front court appearance to player 1
- If your net play or drive is good, don't hesitate to make a follow through along the net line to anticipate a kill.

Player 3 (Back court player)

- Always hold the racket head level high. This will allow a quicker response to address the birdie.
- Move ahead of the birdie. This is to ensure a more optimal **physical** position while addressing the birdie, unloading a more satisfactory hit
- Try to learn millisecond before making any attack, train your peripheral vision and make a glance look at





If his defense readiness is well prepared, maintain your offensive mode by making a few drop shot or half smash to take any possible opportunities to mount a smash if his defense readiness is suddenly low

- Be variable with your attacking to make it unpredictable. This also will allow you to lower your opponent defensive readiness thus making a higher chance of scoring a point once a smash being done
- Prefabably only smash when the opportunity comes. In any case, if you're a smash freak, and your opponent is well prepared, go for the sideline.
- While attacking (especially smashing), emphasize first the priority to make sure that the placement of the birdie goes in into your opponent court according to the area of your intention rather igniting it initially with **power**. This will reduce from making unforced errors. Go for **power** once the opportunities stated above appears and you're in optimal attacking position. No point to have a powerful smash but most of it goes out or end up into the net.

(iii) Post Assessment

After performing this drill, assess yourself the following areas:

Player 2

- Are you constantly holding your racket head level high?
- Are you constantly addressing the birdie as early as possible while on full front court coverage?
- Are you able to focus on the trajectory of the birdie and avoid being deceived by player 1?
- For any given net play from player 1, are you making more good net play (90 – 100%) as to compare to unforced errors?
- Do you make a follow through for any good net play played and make a kill for any opportunities that comes to you?
- Ask to player 1, does he feels that your front court appearances is constantly dominance and threatening?

Player 3

- Are you constantly holding your racket head level high?
- Are you constantly comfortable addressing the birdie while on full **back** court coverage?
- For any given attack you've done, are you making more valid attack (90-100%) as to compare to unforced errors?
- Are your making variable attacking options and making good points from your smashes once the opportunities comes?

All the above answer should be YES

Hopefully this drill can improve how you play double and again, in any opportunity that you have, allocate some time and do this drill or whatever drill that you've already learned so that you can improve how you **play badminton**.

Sep 4, 2011

#1

yeap9500

Regular Member



Ferrerkiko

Regular Member

Hi bro: thanks for sharing..

Oct 8, 2015

#3

shooting stroke

Regular Member

Ferrerkiko said: ↑

Hi bro: thanks for sharing..

No problem bro.....may the force be with you while training this drill

SS

Oct 9, 2015

#4

(You must log in or sign up to post here.)

Share This Page

Tweet



Recommend

Be the first of your friends to recommend this.



Forums

Badminton Central Discussion Forums

Techniques / Training



Intrepid

Contact Us Help Terms and Rules

About Us

Our community has been around for many years and pride ourselves on offering unbiased, critical discussion among people of all different backgrounds. We are working every day to make sure our community is one of the best.

Quick Navigation

Home

About

Forums



Like us on Facebook



Badminton Cen...

11K likes

Like Page

Be the first of your friends to like this

Buy us a beer!

The management works very hard to make sure the community is running the best software, best designs, and all the other bells and whistles. Care to buy us a beer? We'd really appreciate it!



Forum software by XenForo™ ©2010-2016 XenForo Ltd.
Theme designed by Audentio Design.



