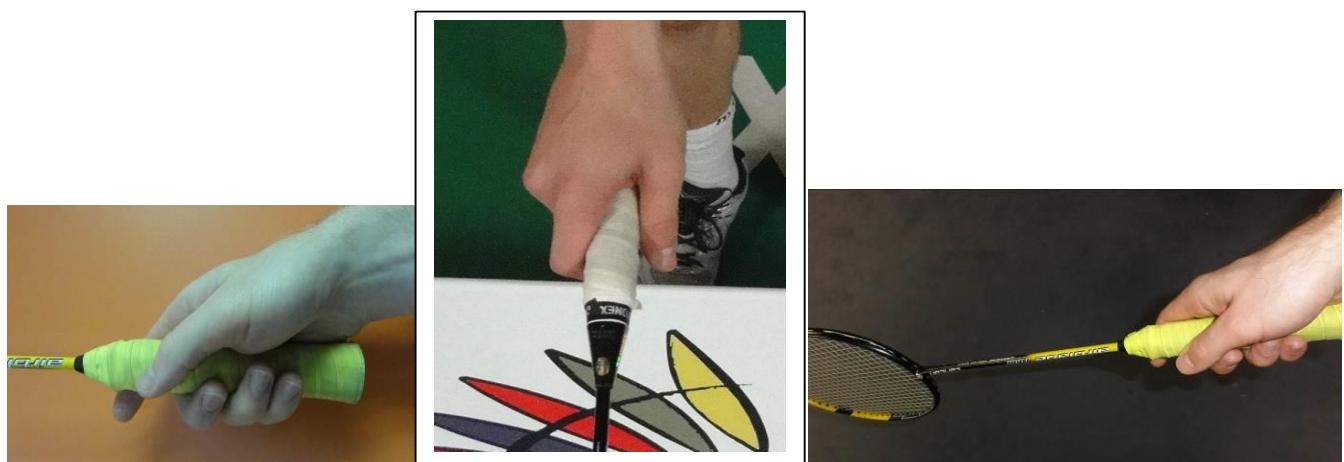




## Forehand Hold

The player will be required to change the way of holding the racket for different strokes. The first two ways are described here and should be introduced by the use of hitting against the wall.

### The basic 'V' grip



This grip should be used for playing the forehand clear, drops, lift and net shot. This grip creates a "V" shape between the thumb and first finger. The bottom of the "V" is not on top of the racket handle, but slightly over to the bevel of the handle.

#### Coach Notes

- Grips always relaxed to allow grip change, produce more power
- Forehand V grip/Side on grip
- Grips are tightened on the forward swing of the stroke. This generates power and stabilises the racket head. The amount of tightening depends upon power needed.
- Follow through, and keep racket in same flat position ready for next shot

Not all strokes on the forehand side will use this grip. Changes will be required for forehand net kills, forehand blocks, deep forehands and overhead slices

## 2 The Backhand thumb grip



This grip can be used for the backhand net shot and lift covered in this level. The thumb should be placed across the bevel of the racket handle, with a slight gap between the hand and the racket handle.

### Coach Notes

- Backhand thumb grip
- Relaxed grip.
- Flat racket knuckles facing upwards, flat racket with strings facing upwards
- Tap contact
- Follow through, and keep racket in same flat position ready for next shot

Not all strokes on the backhand side will use this grip. Changes will be required for backhand blocks, crosscourt net shots and overhead backhands

### 3 Striking against the wall: Forehand

This task will introduce some of the playing basics and encourage the following

- Hand cocking for power
- Striking from in front of the body with a racket leg lunge
- “Competition with self”
- Methodical approach to learning new skills : part by part

#### Coach notes to ensure success

- Holding with a ‘sideways or V’ grip - "Make the edge of the racket point towards the roof" (photo A & B↑)
- Demonstrate racket hand "cocked" and racket directly backwards (photo A & B)
- Feet apart (wider than shoulder width)
- Racket foot slightly in front of the non racket foot
- Strike the shuttle in front of the body, hard and fast at an imaginary line at net height on the wall.
- Follow through in a upward direction, racket finishing by pointing over the non racket shoulder



## Assessment criteria

Task	Repetitions	Assessment qualities to be observed
<b>Single Hits</b> Hit individual stroke using flick action, shuttle lands on floor, player collects shuttle then repeats	6 out of 10 successful individual attempts	Player prepares methodically in correct stance hand cocking, legs wide, racket follows through up over shoulder
<b>Continuous hitting</b> Hit individual stroke using flick action, immediately prepare for the next stroke then continue as in a rally	Continuous rally 5 strokes	Players prepares racket (using early hand cocking) after each strike All strokes played off racket leg lead on f/h face

## 4 Striking against the wall: Backhand

This task will introduce some of the playing basics and encourage the following

- Hand cocking for power : use of thumb
- Striking from in front of the body with a racket leg lunge
- “Competition with self”
- Methodical approach to learning new skills : part by part

### Coach notes to ensure success

- Holding with a ‘sideways or thumb’ grip - “Make creases appear on your wrist” ‘Look into the back of your hand’ What’s the time : ‘Backhand Time’
- Demonstrate racket hand “cocked”
- Feet apart (wider than shoulder width)
- Racket foot in front of the non racket foot
- Strike the shuttle in front of the body, hard and fast at an imaginary line at net height on the wall.
- Follow through in a upward direction, racket finishing by pointing over the non racket shoulder





Backhand preparation for backhand power strokes

- racket head pointing upwards
- player can look into the back of their hand
- creases can be seen in the wrist

**Incorrect preparation**

## Coach Notes

- Important to use thumb across the groove of racket handle
- Make creases in wrist; “what’s the time ?... Backhand Time!”

## Assessment criteria

Task	Repetitions	Assessment qualities to be observed
<b>Single Hits</b>  Hit individual stroke using flick action, shuttle lands on floor, player collect shuttle then repeats	6 out of 10 successful individual attempts	Player prepares methodically in correct stance  hand cocking, legs wide, racket follows through up over shoulder
<b>Continuous hitting</b>  Hit individual stroke using flick action, immediately prepare for the next stroke then continue as in a rally	Continuous rally 5 strokes	Player prepares racket (using early hand cocking) after each strike  All strokes played off racket leg lead on b/h face

These tasks will introduce some of the playing basics and encourage the following

- Changes of grip
- Hand cocking for power
- Striking from in front of the body with a racket leg lunge

## 5 Forehand Keep Ups



### Assessment criteria

- 10+ continuous repetitions (3 attempts)
- wide arms & legs
- use of F/H hold
- racket leg out
- contact between head and armpit height

## 6 Backhand keeps Ups



### Assessment criteria

- 10+ continuous repetitions (3 attempts)
- wide arms & legs
- knuckles uppermost
- use of thumb grip
- racket leg out
- contact between head and armpit height

## 7 Alternate Keep Ups

### Assessment criteria

- 10+ continuous repetitions : 3 attempts
- wide arms & legs
- use of Forehand V grip / use of thumb grip
- racket leg out
- contact between head and armpit height

## Coach notes to ensure success

- Players can move around the court in any direction. No use of net or court markings
- The height of the shuttle can vary between 1 – 2m above the racket
- Ensure players 'step' onto the racket foot as they hit, reaching out with a lunge is essential.
- Striking at a comfortable distance away from the body
- Legs and arms wide for balance
- Flat racket with strings facing upwards, tap contact
- Small follow through, keeping racket up in front in neutral position
- Grip : Neutral position – V grip/sideways grip, edge of racket pointing upwards

## 8 Forehand Net shot with 3 types of movement : step lunge, chasse, run

This task will introduce some of the playing basics and encourage the following

- Starting in a 'Forward Attacking' ready stance
- Striking from in front of the body with a racket leg lunge
- Coordination of the hit and land in a lunge position
- Being in a 'sideways' position when striking

The player will master 3 different forward movements; each movement type will start from a different position further back into the court away from the net. All movements will start in a 'forward attacking stance'. Taller players may stand slightly further back if required. All movements will finish with a 'step' lunge, forwards and dynamically.

It is expected that players will move quickly forward and finish with leg out in front, with no additional forward recovery step. Recovery should be in an upright position and a small backwards movement. Recovery and preparation for the next stroke will be assessed in the next level.

Underarm hand feeding will be used for all movements

**Starting stance : Forward attacking stance**

To be used when the shuttle is below the net level in the opponents court and cannot be struck downwards by the opponent.



## Assessment Criteria

Forehand Net shot with step lunge, chasse, run

Task and position (see note below)	Repetitions	Assessment qualities to be observed
<b>Single step lunge</b> Standing over (astride) the service line	6/ 10 successful individual attempts	Long step lunge, racket out in front Arms wide Landing heel first foot pointing forwards
<b>Chasse steps</b> Behind service line	6 / 10 successful individual attempts	Feet up to each other not past Fast explosive movement
<b>Running steps</b> Behind centre of court	6 /10 successful individual attempts	Back leg cross in front of front leg Finishes with lunge onto racket leg

Note : exact starting position depends on size of player and explosive leg power

### Coach notes to ensure success

- Grips always relaxed to allow grip change for future strokes
- Holding with a 'sideways or V' grip, racket held in a relax style, elbow slightly bent in preparation
- Flat racket with strings facing upwards 'As if to play a net shot'
- Encourage 'Hit Land !' - foot landing at or just after impact
- Emphasise contact as a 'small upward nudge'
- Arms and legs wide : check the rear arm
- Contact to be put in front between arm pit and shoulder height.

## 9 Backhand Net shot with 2 types of movement : step lunge, chasse

This task will introduce some of the playing basics and encourage the following

- Starting in a 'Forward Attacking' ready stance
- Striking from in front of the body with a racket leg lunge
- Coordination of the hit and land in a lunge position
- Being in a 'sideways position when striking

The player will master 2 different forward movements for the net shot. Each movement type will start from a different position further back into the court away from the net. All movements will start in a 'forward attacking stance'.

It is expect that players will move quickly forward and finish with leg out in front, with no additional forward recovery step. Recovery should be in an upright position and a small backwards movement. Recovery and preparation for the next stroke will be assessed in the next level. Underarm hand feeding will be used for all movements



### Starting stance Forward attacking stance

To be used when the shuttle is below the net level in the opponents court and cannot be struck downwards by the opponent.



## Assessment Criteria

Backhand Net shot with step lunge, chasse

Task and position (see note below)	Repetitions	Assessment qualities to be observed
<b>Single step lunge</b> Standing over (astride) the service line	6/ 10 successful individual attempts	Long step lunge, racket out in front Arms wide Landing heel first foot pointing forwards
<b>Chasse steps</b> Behind service line	6 / 10 successful individual attempts	Feet up to each other not past Fast explosive movement

Note : exact starting position depends on size of player and explosive leg power

### Coach notes to ensure success

- Grips always relaxed to allow grip change for future strokes
- Backhand side on grip
- Flat racket with strings facing upwards 'As if to play a net shot'
- Encourage 'Hit Land !'
- Foot landing at or just after impact

## Coach Note : Forward attacking stance



This wide stance is used when the shuttle is at or below tape level and the opponent is unable to hit downwards. Especially after a block or net shot, when anticipating a shot to the net area. It provides a position for quick forward movement. This stance is not the same as that used to the return of service position taken at the start of a rally.

Stance is with the racket leg forward, pointing towards where the shuttle will be struck by the opponent. Movement into the stance is with split step (pretension). Legs wide apart, with knees flexed. Racket position "on alert", hand cocked.

It can often be seen as a 'times' ready stance during large court movements with the player pausing in this stance prior to moving.

### **Coach Information**

- When teaching use imagery to reinforce the demonstration, i.e. the stance is like a fencer preparing to move to attack.
- Use as an initial stance when introducing movement into the forecourt or to attack a loose return to the net area.
- It is also used as the initial stance after blocking to the net area by assuming the opponent will strike the shuttle below the net level.
- Practice by using this as the starting / ready stance when the coach or feeder players a block towards the net area.

### **Coaching cues**

- Shuttle at or below tape level, opponent is unable to hit downwards
- Especially after block or net shot i.e. prepare for the shot that will hit your court first
- Racket foot forward, racket position on "alert"
- Movement into stance is introduced as small jump/ turn into the stance from a square position.

## **Coach Note : DEFENSIVE STANCE**

This stance is used when the shuttle is above the net and can be struck downwards by an opponent. Especially after high serves lifts and overhead clears to the rearcourt. This position enables quick easy sideways movement. Prepare for the shuttle that will strike your court first; ie a quick downwards down shot such as a smash or clip.



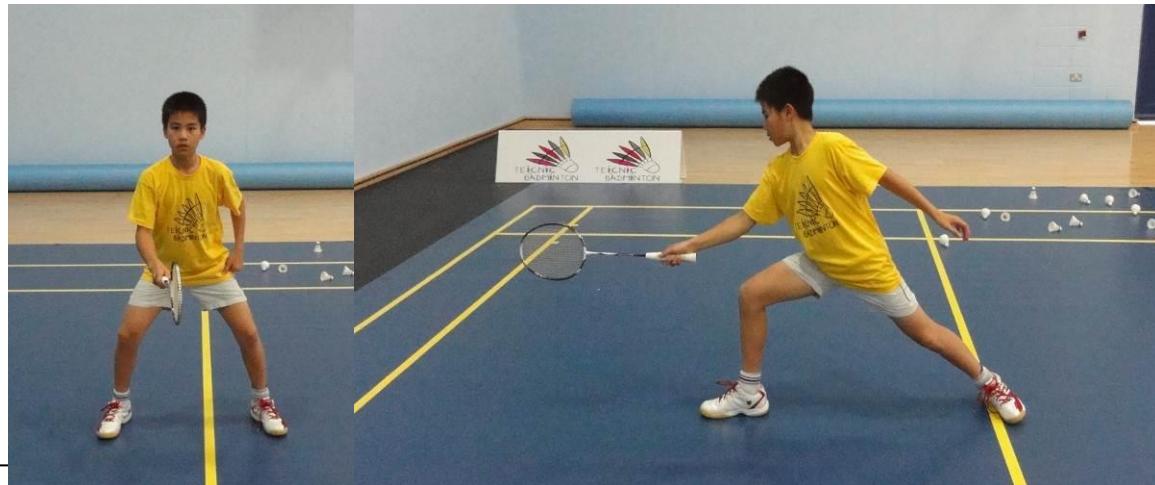
Stance is "square on" facing the opponent. Movement into the stance will be using a split step in to a **SQUARE** position. Legs wide apart, wider than shoulder width with knees flexed. Racket position "on alert" in front of the body, hand cocked. Racket will be biased slightly towards the side of court the shuttle is on, as if to prepare to cover the straight down shot.



Stance after lifts to the rearcourt, high clears and high service. When opponent can strike the shuttle downwards

It can often be seen as a 'times' ready stance during large court movements with the player pausing in this stance prior to moving.

## 10 Forehand defensive stance and sideways movement : (shadow only)



This task will introduce some of the playing basics and encourage the following

- Starting in a 'Square' Defensive ready stance
- Early body preparation and anticipatory skills
- Use of split step to aid fast movement

### Assessment criteria

Shadow movement only: hitting will be assessed in next level

- Square body position,
- Early racket preparation, racket in front, elbow bent and relaxed
- Use of split step
- Single step or small chasse into wide lunge position
- Early preparation of racket as foot starts to moves sideways

### Coach notes to ensure success

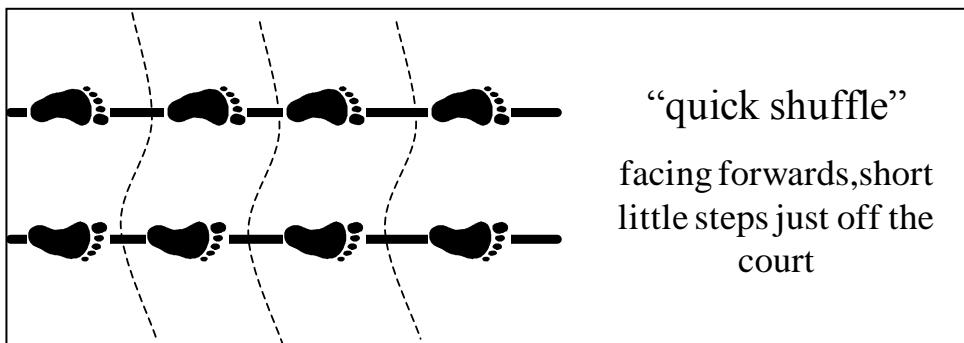
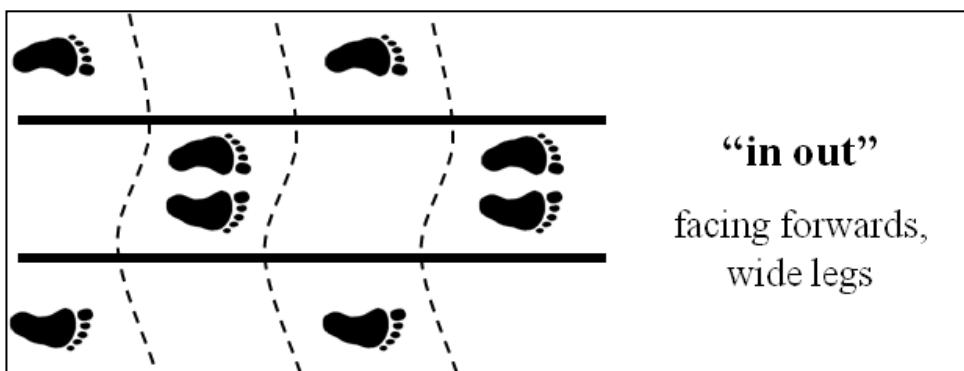
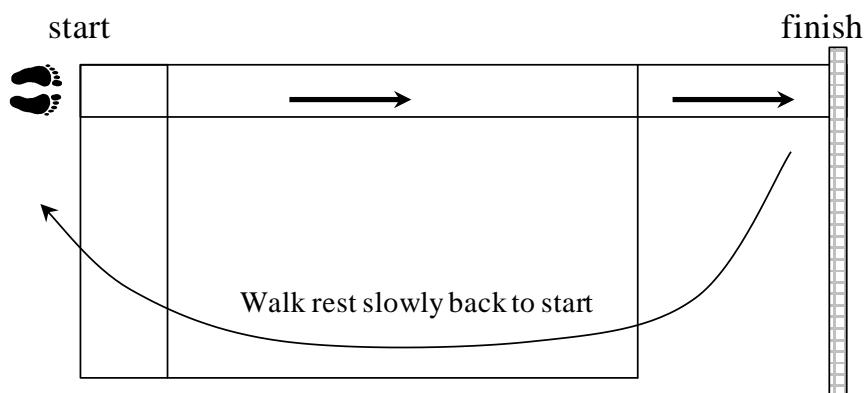
- The player will start in a square defensive stance racket out in front
- They will initiate the movement themselves, using a wide split step
- Stepping out onto the racket leg
- The racket moving with early preparation
- Position is a sideways lunge

## 11 Footwork Patterns

This task will introduce the player to footwork tasks that are initially challenging but easily mastered through repetition and simple practice.

### Assessment criteria

- Move from the back of the court to the service line as shown below with a correct fluid style. Maximum of 5 attempts.



Task	Aspect to be observed / completed	V or x
<b>Striking against the wall : Forehand</b>		
Single Hits	6 out of 10 successful individual attempts	1
	Player prepares methodically in correct stance, hand cocking, legs wide, racket follows through up over shoulder	
Continuous hitting	Players prepares racket (using early hand cocking) after each strike, all strokes played off racket leg lead on forehand face : <b>5 strokes</b>	2
<b>Striking against the wall : Backhand</b>		
Single Hits	6 out of 10 successful individual attempts	3
	Player prepares methodically in correct stance, hand cocking, legs wide, racket follows through up over shoulder	
Continuous hitting	Players prepares racket (using early hand cocking) after each strike, all strokes played off racket leg lead on backhand face : <b>5 strokes</b>	4
<b>Bouncing on racket</b>		
Forehand Keep Ups	10+ continuous repetitions: 3 attempts only	5
	Wide arms & legs, racket leg out, use of F/H grip. contact between head and armpit height	
Backhand keeps Ups	10+ continuous repetitions: 3 attempts only	6
	Wide arms & legs, racket leg out, knuckles uppermost, use of thumb, contact between head and armpit height	
Alternate Keep Ups	10 or more continuous repetitions : 3 attempts only	7
<b>Forehand Net shot with 3 types of movement</b>		
Single step	Long step lunge, racket out in front ; arms wide ; landing heel first ; foot pointing forwards, contact between shoulder and armpit level	8
	6/ 10 successful individual attempts	
Chasse step	Feet up to each other; Fast explosive movement	9
	6/ 10 successful individual attempts	
Running steps	Rear foot cross in front of front leg finishes with lunge onto racket leg	10
	6/ 10 successful individual attempts	

Task	Aspect to be observed / completed	v or x
<b>Backhand Net shot with 2 types of movement</b>		
Single step	Long step lunge, racket out in front ; arms wide ; landing heel first ; foot pointing forwards	11
	6/ 10 successful individual attempts	
Chasse step	Feet up to each other; Fast explosive movement	12
	6/ 10 successful individual attempts	
<b>Defensive Stance</b>		
Forehand <u>shadow</u>	Square body position, early racket preparation, racket in front, elbow bent and relaxed, use of split step	13
<b>Footwork along the side tram lines</b>		
Footwork	'In – out – in!'	14
	'Quick shuffle'	

Total score

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# 'White' Level

Date

Candidate Name			Date of birth
Club			
Address			
Postcode			
Parent/guardian Telephone			
Parent/guardian Email			

Assessor Name	
Email	
Send this sheet to <b>Cheryl Evans</b>	<b>Badminton Ireland</b> Bald Doyle Badminton Centre Bald Doyle Industrial Estate Grange Road Dublin 13 Telephone: +353 1 839 3028 Email: <a href="mailto:info@badminton.ie">info@badminton.ie</a>



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