



# Coaching Badminton 101

*Gong Chen, Carol Chen*

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## **Coaching Badminton 101** Gong Chen, Carol Chen

Coaching Badminton 101 is a book for everyone who wants to learn how to play, coach, or teach badminton and experience the fun of badminton games and tournaments. The book systematically presents all the fundamental and advanced skills while utilizing photographs, illustrations, and diagrams to provide readers with clear visual representations of critical skills and strategies. The session plan in the book provides teachers and coaches with suggestions of how to successfully conduct each lesson in order to ensure quality teaching and learning. The book demonstrates that with proper and systematic training, badminton can be a fun and exciting game for anyone. Chapters include: Introduction (the state of badminton in the US, benefits, etiquette, common injuries, and motivation to play), Preparation for Training (attire and equipment, equipment selection, warm-up, cool-down, and body conditioning), Badminton Basics (grips, racket motion and shuttlecock flight directions, ready stances, court positions, footwork, shuttlecock-handling exercises, and footwork training), Serves and Returns, Underhand Clear Shot, Overhead Clear Shot, Overhead Drop Shot, Smash, Drive Shot and Push Shot, Net Drop Shot, Singles Game Strategies, Doubles Game Strategies, Coaching High School Badminton, and Teaching Badminton. The book also contains an appendix containing the basic simplified badminton rules.

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