

The book was found

# Coaching Badminton 101



## Synopsis

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.

## Book Information

Paperback: 170 pages

Publisher: Coaches Choice (January 16, 2009)

Language: English

ISBN-10: 1606790382

ISBN-13: 978-1606790380

Product Dimensions: 0.5 x 7.2 x 10.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #1,912,937 in Books (See Top 100 in Books) #10 in Â Books > Sports & Outdoors > Racket Sports > Badminton #106 in Â Books > Sports & Outdoors > Coaching > Tennis #593 in Â Books > Sports & Outdoors > Individual Sports > Tennis

## Customer Reviews

great

[Download to continue reading...](#)

How To Play Badminton - Badminton Rules And Tips! Learn What Is Badminton, The Rules Of Badminton And How To Play It Like A Pro! Coaching Badminton 101 Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) NLP Coaching: Learn How to Use NLP in Your Coaching and Become a Great Leader (nlp coaching, nlp books, nlp techniques) The Rules of Badminton: A Comprehensive guide on How to play Badminton Learn Badminton: Complete guide to how to play badminton, enjoy and play competitive The Swim Coaching Bible, Volume I (The Coaching Bible Series) Coaching Swimming Successfully - 2nd Edition (Coaching Successfully Series) COACHING SISTÃfÂ MICO DE EQUIPOS Y ORGANIZACIONES: ColecciÃfÂ n de Coaching SistÃfÂ©mico (Spanish Edition) Coaching magico para convertir a tu rana en principe/ Magic Coaching To Turn To Your Frog Into a Prince: ...y desvelar la reina que llevas dentro/ ... Personal/ Very Personal) (Spanish Edition) Coaching para una vida feliz: Coaching para una vida feliz (Spanish Edition) Survival Guide for Coaching Youth Basketball: Only the Essential Drills, Practice Plans, Plays, and Coaching Tips! Coaching Basketball Successfully 2nd Edition (Coaching Successfully Series) The Baseball Coaching Bible (The Coaching Bible Series) Coaching Girls' Softball: From the How-To's of the Game to Practical Real-World Advice--Your Definitive Guide to Successfully Coaching Girls Coaching Youth Tennis - 4th Edition (Coaching Youth Sports Series) Coaching Climbing: A Complete Program for Coaching Youth Climbing for High Performance and Safety (How To Climb Series) Coaching Youth Cricket (Coaching Youth Sports) Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series)

[Dmca](#)