

## Badminton Course Description [for Ages 5-55]

Instructor – Harvey Look

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No Text, Other Course Requirements – gym shoes, fully strung, appropriately sized racquet

Course Content:

[w. lower nets for younger students...]

1. Safety, Court lines, Equipment evaluations, Personal Policies, Expectations, Exercises
2. Evaluations of Students, Semi-final student count, Exercises, Finding Assistants
3. Grip-Swing Relationship, Grips, 4-Stances, Figure 8,
4. Wrist turn, More Figure 8
5. Short Serves, Long Serves, Complete Hitting Cycle
6. Receiving Serves, Stance, Location, Footwork, Full Forehand, Shoulder Turns
7. Short Swing Forehand, Mid-court attack
8. Soft Grip Defense, Drops and distance
9. Defensive Circle, Net Footwork, Slide step
10. Side-to-Side Defense and Offense
11. Backhands Low, Hip Drop Concept
12. Backhand High
13. More Backhands
14. “I” Footwork, Last Step
15. “M” and “W” Footwork
16. “X” Footwork
17. Around-the-head shots
18. Shot sets, Inventing shot exercises
19. Tricky Serves
20. Cross-courts
21. Flicks, Body Position
22. Doubles Movements
23. Doubles Tournament