



Badminton Doubles





Doubles VS Singles



Men's
Doubles

Women's
Doubles

Mixed
Doubles

Men's Singles

Women's
Singles



What doubles need ??

- Reflexes
- Coordination
- Speed
- Power
- Endurance
- Athleticism
- Focus



How to train for Doubles



- Doubles looks so amazing from spectators prospective and everyone enjoys ... But the Big Challenge is... How to train ?
- Start training kids doubles as early as possible (According to Capability)
- Start with very basic stokes and train wrist Eg - (Wall practice, Parallel Exchanges Straight and cross, Push & Receive, Net kills, Back court Attack)
- Not only Skills and physic but develop the mind and resilience for game

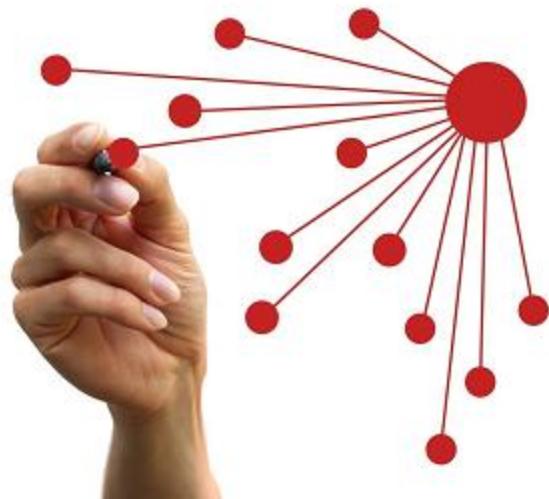


Types of Doubles play

- Front and back (Kevin Sanjaya and Marcus Gideon)
- Rotation (With more Power) (Yoo Young sung and Lee young dae)
- Placement Rotational play (Less Power more variation)(Ellis-Langridge)
- Left- and Right-Hand Combination (Koo-Tan/ Cai-Fu)



Fixing the pattern



Service return
and third shot,
(Standing position
serve and return)

Skills, Control,
Correct stance,
and basic rotation

More aggressive
and attacking play

Developing
coordination
between both the
partners

Situation Analysis



How to identify weakness??

- Physical
- Mental
- Technical
- Tactical
- Awareness of shots



European doubles vs Asian Doubles



European

- Focus more on right placement
- Good at Service return and third short
- More rotation due to less reflexes because of huge build of body
- Good at counter attack and Variation from back
- Girls can rotate in mixed doubles due to stronger physic

Asian



- Focus on speed & power
- Skilful
- Try less to rotate
- Always want to attack
- Mostly girl stays front (Traditional way)



Different tactics for different folks

- Front & back – When front player is in front try to avoid driving or placing near the net in the beginning
- Rotation (Powerful) – try to avoid the continues lifts that can be dangerous. try to break rotation
- Rotation soft – no too much placements and defence try to play away from net so that you can stop rotation
- Left and right hand – play more towards centre and be careful when you try to turn the drive



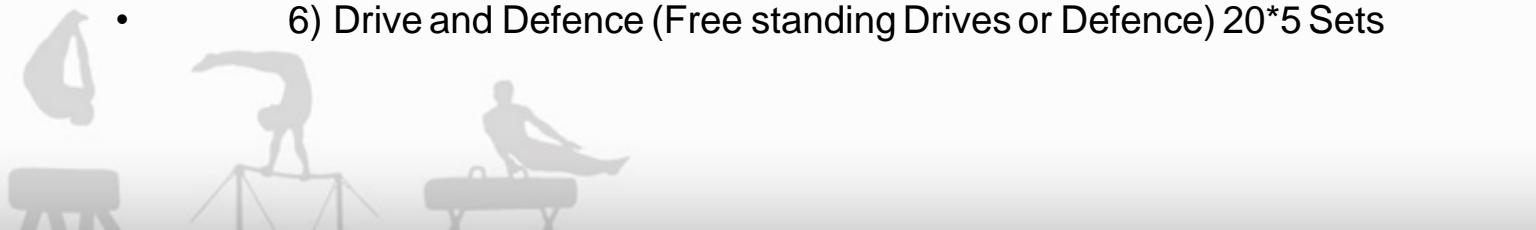
Sample Schedule

- **Saturday**
- **Session1- Basic Stokes and Fun games**
- 3 vs 3 (21 points 1 game)
- Box 11 (points 3 game)
- Push receive (3 *2')
- Drives (3*2')
- One Straight one Cross Drive fixed (3*2')
- Smash drive half court (Fixed)
- Controlling/Drive attack Random
- Full Match
- **Session2- Stability and Core**
- 1) Legs and Hands- 15*4(6 Exercise only)
- 2) Core (Full Body) - 2 mints Per Exercise (6 Exercise only)
AlterNet execution for Stability and Core



Sample Schedule

- **Sunday**
- **Session1-Intense Attacking play and tactics**
 - 1) Two vs. One (Straight attack block fixed full court)-5*1 Minutes
 - 2) Two vs. One (Soft plus hard attack and block fixed)- 5*1 Minutes
 - 3) Two vs. One (Everything Down from Back Random/ Unfixed)-5*1
 - 4) Two vs. one (Only Full Smash /No other Downward Shots /Random Unfixed)-5*1
 - 5) Two vs Two (Fixed rotation Clockwise & Anticlockwise)-5*2Mlnutes
 - 6) Two vs Two (Unfixed Rotation with soft shots/ Random)- 3*2Minutes
 - 7) Full Match
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- **Session 2- Skills without Intensity (Multi Shuttle)**
 - 1) Fixed Downward Strokes (Drop shots/ Half Smashes /Full Smashes) – 15*3sets
 - 2) BACK V (Back two Corners All Downward Shots)-15*3sets
 - 3) Back V (Unfixed All Strokes Including Clears) – 15 *3sets
 - 4) Net Kills with less movement (Forehand and Backhand)-12*3sets
 - 5) Front Net (1st Place and next kill)- 15*3sets
 - 6) Drive and Defence (Free standing Drives or Defence) 20*5 Sets



Sample Schedule

- **Monday**
- **Session1-Games (All types)**
 - 1) Full Match as usual like tournament
 - 2) Handicap – One pair attack and one defence
 - 3) Restricted – No lifting/ Only low serve / No soft
 - 4) Tactical – 1st 5 shots game / no net block game /
- **Tuesday**
- **Session1-Skills and tactics with Intensity (Consistency Drills and focus on long play With Attack)**
 - 1) One Corner to All Corners More controlling no hard hitting (5*1 Minutes Each Centre and two side (Total 15 Minutes and Target will be 25 Shots)
 - 2) Two vs Two Combination (Consistency/ Pressure Play to maintain attack and Rhythm -5*1 Minutes)
 - 3) Two Vs Two No Lifting Game
 - 4) Only low service and return
- **Session2-Gym (Full Body and Heavy)**
 - Warming Up
 - Legs – Squads / Lunges/ Leg press – Low weight 15*4
 - Calf – With Weights – Low weights 15*4
 - Triceps- Dumbbell /Machine / - Low weight 15*4
 - Abs – With machine or Without/ - 15*4
 - Shoulders Rotator Calf -15*4



Sample Schedule

- **Wednesday**

- **Session1- Multi Shuttle**

- 1) Mid court Smash Net Tap 3 sets from each side-20*6
- 2) Cross movements (Anticipation For front player) - 20*6
- 3) L shape multi front and back both -20*6
- 4)Attack & defence with Rotation and Power play – 20*6
- 5) Reactive Défense Multi -20*8
- 6)Service Return Practice

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- **Session2- Attack and Defence with Strategies and Tactics**

- 3 vs 2 Attack (5 *2 Sets)
- 3 vs 2 Défense (5 *2 Sets)
- 3 vs 2 Random Play (5*2 sets)
- 3 vs 2 Match 21 points game
- Service Return and third shot game (Not more than third shot)

- **Thursday**

- **Session1- Hardcore Fitness (Ground Interval, Beach Running or Shadows Either Gym)**

- Depending upon Situation

- **Friday**

- **No Session (Weekly Holiday)**



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Thank you.

