

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS:PATIALA

ONLINE COACH EDUCATION PROGRAMME – SYLLABUS
BADMINTON

S.No	Topic	Syllabus
1	Philosophical understanding of Badminton, Roles and qualities of a Coach	Introduction of badminton, Terminology, History of Badminton, Philosophy of Coaching, Qualities and knowledge required for a coach, Court Marking, Flooring in Badminton, specification of Badminton Hall
	Fundamental Technique and Development	A. Types of Grip, faulty grips, B. teaching Basic strokes Forehand and backhand strokes. C Footwork (types, Advantage)
	Fundamental Technique and Development	Footwork training, shadows, Types of Footwork (Advantages of each footwork)
	Teaching and Training of Basic strokes	High lob service, forehand toss and smash, forehand drop, backhand overhead strokes, forehand & backhand drives, Forehand and backhand low and flick service, Forehand & Backhand under hand clear.
	Singles game	Definition, footwork for singles, strokes for a singles player, qualities of a singles player, multishuttle drills for singles player
	Doubles game	Definition, basic technique training, footwork for doubles players, communication skills, drills to develop strokes for doubles players.
	Mixed Doubles game	Definition, basic technique training, developing communication skills, responsibilities of male and female player in front and back during the game.
	Multishuttle drills : Methodology and structure	Definition, different types of multishuttle feeding (hand feeding, racquet feeding, under arm upper arm feeding) different types of drills, drills to improve hand speed and leg speed
	Psychological aspects in badminton	Attention, concentration, anticipation, problem solving, focus, stress management techniques.
	Warm up and cooling down	Importance and methodology
	Strategies for the game	Development of Strategies and tactics for singles, doubles and mixed doubles players.
	Preparation during competition	Preparing the athlete for matches and tournaments, tapering, stress management, recovery and balanced diet
	Physical Aspects	Motor qualities for a Badminton player, strength, speed, agility, flexibility, endurance

	Common injuries in badminton and their prevention	Injuries in Badminton,factors affecting injuries, prevention , taping
	Basic and advance training	For Beginners to next level, singles drills, singlesfootwork, doubles drills,footwork,multishuttle drills, drills for correction of strokes, game strategy