

Pressure Training in Badminton

By

Prof. S. K. Yadav, Professor and Head, Chairman Board of Studies,
Devi Ahilya University, Indore (M.P.)

Badminton, like any other sport has undergone inevitable metamorphosis with the advent of each generation. The present day game has become more and more professional, money oriented and increasingly demanding. The physical and mental strain is much more telling on the players constantly travelling round the world offering new thrills to the spectators. As such national attention and expectations are more intense than ever and the entry of badminton into the Olympics has further raised the stakes still higher.

As a Sequel with the development of badminton, a wide variety of technical styles have been evolved which fall into three main categories: -

1. Baseline attack plus net possession
2. Place hitting interspersed with attack
3. Defensive play interspersed with counterattacks

Amongst them the most commonly used styles today, the baseline attack plus net possession is the best and defensive play interspersed with counterattacks is the least desirable way of play. The most crucial in this style of play is the physical strength, speed, lethal shots and quick arm swing. A physically strong player of this type can pose a great menace to his opponents and consequently has the cutting edge.

It is generally easier to win a rally by attacking than defending. Thus in baseline attack and net possession style of play the player hits the shuttle steeply downward into the opponent's court and is quickly ready to cover the net. He frequently jumps and smashes for an outright winner or tries to create an opening with the intention of forcing a weak return, which gives him the initiative in the rally. Baseline attack plus net possession is a kind of all out attacking game that requires superb physical strength, a relatively tall stature, a challenging temperament and an extremely strong urge to gain the upper hand in competition.

When a young trainee's technical features, physical attributes and temperament have clearly shown after a couple of years of regular training, he is required to choose a playing style to take up some specific training. However the propriety of the choice depends upon whether the type of game chosen commensurate to ones potentiality and individuality irrespective; however vogue or effective it might be for other players. In today's contest one has move all around to attack like a tornado. We see how top players jump high to kill the shuttle. The modern approach thus is speed combined with vigour.

In addition pressure training plays an important role in the improvement of a player's baseline attack and net possession of play i.e. through improvement in anticipation, speed of movement, explosive power, deception and to continuously play with relentless speed and ferocious power. Pressure training routines are designed to encourage very fast reactions, fast stroke making, consistency and accuracy with very little time between shots for example multi shuttle training drills, multi shuttle net play etc.

Some of the training drills aimed to improve baseline attack plus net possession are listed below. At the outset the drills may be practiced in isolation and then with others covering the whole drill movements with the execution of shots. The coach or the trainer must further increase the speed of the rally to work anaerobically.

Training Drill No. 1

We take up the instance of 2 players A and B then

1. A serves high to the back alley close to the baseline.
2. B moves to the forehand right corner and hits the shuttle with a down the line vertical jump smash (jumping and landing on both feet).
3. A returns the shuttle straight court close to the net.
4. B moves forward to the forecourt forehand corner to hit the shuttle near the top of the net and plays a spin net shot.
5. A returns shuttle with a backhand straight court under arm clear.
6. B quickly moves back again to perform a vertical jump smash and the rally continues for at least about 10 times and 6-10 repetitions with a rest of 90 seconds between repetitions.
7. A increases the speed of the rally gradually.

Training Drill No. 2

1. A serves high to the back alley.
2. B moves to the forehand right corner and hits the shuttle with a down the line vertical jump smash.
3. A returns the shuttle straight court close to the net.
4. B moves to the forehand corner to hit the shuttle near the top of the net and plays a spin net shot.
5. A returns the shuttle with a backhand cross-court under arm clear (lob)

6. B quickly moves back to perform a scissors jump and smashes the shuttle down the line (taking off one foot and landing on the other foot).
7. A returns the shuttle straight court close to the net.
8. B moves quickly to the forecourt backhand corner to hit the shuttle near the top of the net and plays a backhand spin net shot.
9. A returns the shuttle with a forehand crosscourt underarm clear.
10. B quickly moves back to perform a diagonal jump (taking off one foot and landing on two feet) and smash the shuttle down the line and the rally continues for 10 times and 6-10 repetitions with a rest of 90 seconds between repetitions.
11. A gradually increases the speed of the rally.

Training Drill No. 3

1. A serves high to the back alley.
2. B moves to the forehand right corner and performs a vertical jump smash to hit the shuttle down the line.
3. B returns the shuttle straight court close to the net.
4. B moves to the forehand forecourt corner and executes a forward jump and tries to kill the shuttle with a forehand tap.
5. A tries to return the shuttle or feeds the other shuttle to the rear court.
6. B quickly moves back again to leap vertically to jump and smash and the rally is continued 10 times with 6-10 repetitions with rest of 90 seconds between repetitions.
7. A gradually increases the speed of the rally.