

SIMULATION TRAINING

Simulation Training for Excellence in Badminton

By

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In the subtle and skillful game of Badminton simulation, which opens a vista of opportunities for desired performance, plays a vital role. Appropriate and timely responses coping with strategies in variety of situations can be learned besides many other guidelines already in the known world of simulation have a vital importance.

It is observed that even many experienced players are upset on the face of unforeseen circumstances during any tough competition which otherwise would have been replicated under simulated conditions.

It is on account of simulation that Indonesian, Chinese and Malaysian players exceed the rest of the competitive world. Their extensive simulation training in every aspect of the game provides them with confidence and stirs them with the killing instinct (e.g. Strategy, coming from behind, bad calls, temperature, crowd effects etc.).

It is for the players to know every minute detail of all the aspects of the opponent's game, his vulnerable points, technical specialties, strengths etc. for which repeated display of video films in the presence

of the coach and instantaneous expounding and interpreting might be an instrumentality in the process of training. Thereby advance envisage of strategy and introspective rehearse in odd and even situations. They would be translated in actual participation of the game, not as a particular player but against a variety of players. Alacrity, speed and subtleness of physique are some of the ingredients of such a player. Constant practice and instinctive understanding of the drop of the shuttle in different situations and stretch his body accordingly and return to the native position before the challenge of the opponent's direction of the shuttle are all important.

Sometimes it is advisable for the player to over simulate or over train himself for future competitions for instance if he happens to play for an hour and half to two hours in regular practice with average pace he has to double his pace of practice. On one side he faces all strokes from the opponents while in he is allowed to drop, smash and try defensively or play on his backhand or he may choose a challenge partner or even try multi shuttle drills.

Besides the player stands to the challenge with excelled physical condition it helps in extreme conditions. By his strenuous perseverance and deliberate rallying as long as possible he would ultimately tire out his opponent.

The salient points to be kept in view are the following:

Never change a shuttle on the point of winning.

Never change the mode of service if it is already favorable.

Never change a shot while scoring.

Though appear simple these guidelines are worth trying during practice. They involve strategically and psychological advantages.

Human modeling is another form of simulation training. It is an attempt to emulate, react and model the ideal. It is no harm to play and coach the most promising junior players while still competing with seeded players. Even top ranking players have opportunity for giving some unforeseen tactics in exchange, which is quite enjoyable.