

GET FIT FOR BADMINTON

A Practical Guide to Training for Players and Coaches

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To Megan, Jo-Anne and Tom

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Foreword

Twenty years ago training for badminton was rare. Occasionally one would run a bit, do some exercises and the odd fanatic started (but soon stopped) doing a circuit. Seven years or so ago training started to become much more common and is now very much the rule rather than the exception. Yet still no one has explained, authoritatively, why or how we should train for badminton. This book sets out to fill the gap.

Jake Downey has for long been one of our more thoughtful and analytical coaches and has with David Brodie, a leading sports scientist from Carnegie School, Leeds Polytechnic, produced an excellent book. You do not have to be a physiologist or an expert coach or player to read and understand it, for it is written in simple language. The one requirement is an interest in preparing and training for badminton more knowledgeably. Who knows, a better understanding of the reasoning behind the training may even make it easier to stick at those schedules rather than just starting them.

I recommend this book to all players and coaches.

JOHN T. WOOLHOUSE
Chairman

Coaching and Technical Committee
Badminton Association of England

Introduction

Many badminton players enjoy the social and recreational aspects of the game and play 'in order to keep fit'. Such players often find that winning also provides great satisfaction and added enjoyment. They come to realize that the possibility of winning is increased if play is based upon an appropriate level of fitness. This, however, results in a certain conflict: do we play to get fit or do we get fit to play? The answer usually depends on the standard of play one wishes to attain; for most people, at whatever level they play, want to become better players.

Fitness training provides one method for improving performance. There are other means of improving performance, skills practice being the most obvious. However, though we appreciate that there is a close connection between levels of skill and fitness, this book has been written to provide the knowledge about training irrespective of the player's level of skill.

There are many players who train regularly by running and doing simple circuits and flexibility exercises. This sort of player judges his fitness by how he feels and how he looks. Thus, if he feels fit and is springy and sharp in his movements, and looks lean, with good muscular definition, then he is happy. Such an approach is satisfactory up to a point but does not guarantee that the most efficient training methods and methods of evaluation are used. Our intention is to be more specific and to encourage the player and the coach to design training programmes based upon the sound scientific principles which we outline here. These principles will provide a framework for any form of training adopted by the player and enable him to assess the relative value of his training programme.

Much work has yet to be done in badminton, particularly on the pattern and work demands of the game. It is hoped that this book will encourage others to seek greater knowledge of the game and thus provide a further insight into training requirements. The authors have adopted a scientific approach to the subject and have extracted and applied training methodology from a variety of other sports. This book aims to bring existing knowledge and apply it directly for the benefit of the game as a whole.

We are well aware that the technical skills of badminton are of relatively more importance than the level of fitness. We are also aware that skill breaks down under fatigue. Increased fitness will delay the onset of fatigue and thus enable the player to maintain levels of skill for longer periods of time. Inevitably only the reader will be the best judge of whether the extra commitment to fitness training is worth the increased satisfaction and improved standard of play. We believe that he will discover it to be worth while.

HOW TO USE THE BOOK

The book is divided up into four sections. Parts One and Two explain the theoretical aspects of fitness and training. Parts Three and Four discuss the practical aspects of how to get fit. It would be easier for the reader if he could plunge straight into Parts Three and Four, but to do so without knowing the effects of certain forms of training could be of limited value. Some understanding of fitness is necessary to obtain the most benefit from any training and so it is important to read Parts One and Two.

Wherever possible we have tried to avoid using technical language and hope that we have made the theory sufficiently interesting to capture your attention. Where a technical term has not been explained in the text then refer to the Glossary of Terms at the end of the book (see p. 117).

Read Part One to gain a general idea of what is involved in fitness with particular reference to badminton players. Part Two requires more consideration and should be studied with care, for it provides the rationale for different sorts of training. Chapter 3 tells you how fitness is divided so that you can read Chapter 4 and find out how to test your fitness level. We consider that Chapter 5 is of key importance. It provides the scientific basis for the principles of training found in Chapter 6. These make it possible to devise any sound training programme.

Part Three is all about training to get fit. Read Chapter 7 to learn how the systems which supply energy to the body can be developed by different forms of interval-training. Chapters 8 and 9 provide numerous examples of how interval-training methods can be applied both off and on the court. Chapters 10 and 11 provide further information about flexibility and warm-up, strength and power. After reading these you should be able to choose exercises from the range included and incorporate them into your own training programme.

You should read Part Four before actually commencing training. This is especially important for coaches who plan specific programmes for players. Chapter 12 provides a comprehensive account of programme planning and leads into Chapter 13 which looks at model training schedules for different levels of play. These models should help you to devise your personal training programme. Once you have become familiar with these aspects of fitness, the book can be used for reference to advise and guide you in all matters concerning training for badminton.

Get Fit for Badminton. Contents. Chapter 1 - The Requirements of the Game. Chapter 2 - The Requirements of the Player. Chapter 3 - What is Fitness? Chapter 4 - How to Test your Fitness. Chapter 5 - The Physiological Basis of Training. Join the Badminton Life Newsletter and get 2 free sample videos from The Essentials of Badminton Technique and a free E-Book on Singles Tactics! Home. BadmintonLife.com. About Us. Badminton Blog. Clubs and Venues. Articles. Badminton is a great game both as a professional and recreational one. It requires not only skill but also extensive body movement which helps to keep you physically fit and strong. Quite frankly, badminton has become a very popular game among all age groups nowadays, and it is fairly easy to play. Moreover, you don't need to be standing on a badminton court to play badminton. Other than all of that, badminton also has several health benefits. Table of Contents. 1 Health Benefits of Playing Badminton. Other than keeping you fit and active it has other health yields as well. Reduce Weight And Get Rid Of Excess Fat. Badminton involves a lot of physical activity. Just by playing it for an hour, you'll burn around 400-550 calories which are marked as the highest among all sports. Equally I know I need to get fit to win, and being a competitive type this is crucial to me. I have to be honest and admit to my frustrations at the moment that I just don't seem to be seeing much progress with my badminton game and worse still, I don't seem to be able to beat somebody that I know that I am better than. I know fitness plays a large part. So now's the time to spend just a little more time on my fitness I know this will bring about significant improvements in my game. One thing that I have discovered is that badminton is an extremely physically demanding game and it does test y