

Badminton Doubles

From Start to Advanced



Badminton Doubles



- Analysis/ Characteristics
- When to Start
- How to Start
- Tactics



**“If you are not good enough for
Singles,
you can always play Doubles”**



Analysis - Characteristics

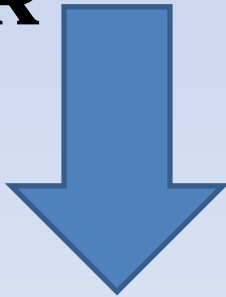
Singles vs Doubles

Explosive: Legs + Arms – play fast and hard

**Less Space: to move and to play the shuttle,
in relation to partner & opponent**

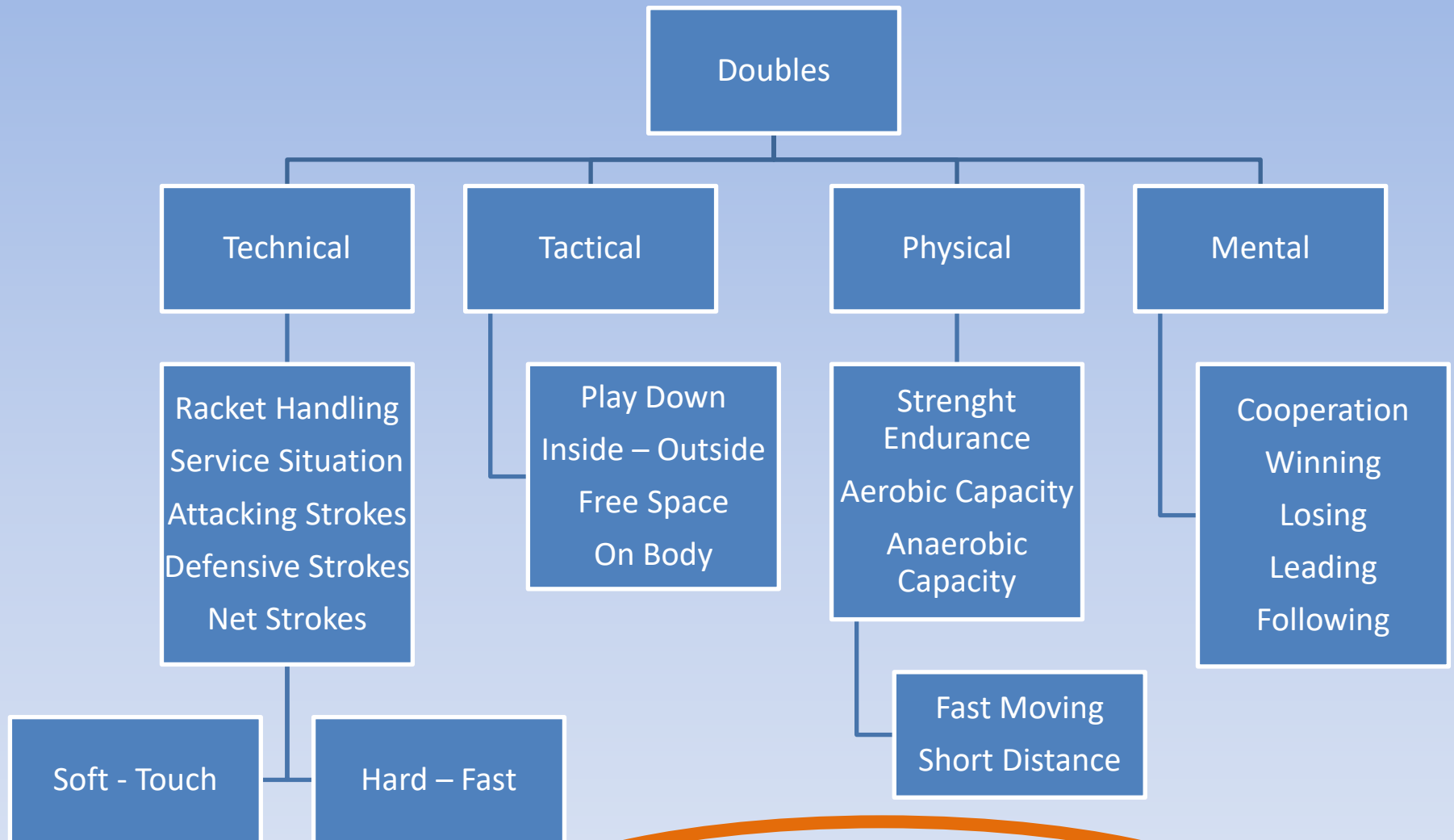
Split Second Handling - Time Pressure

**COOPERATION –
DO IT TOGETHER**



Playing Doubles = Specialisme





Less Time - Less Space

When to Start



When to Start

		- Racket – Shuttle handling.		
Basic Badminton Players 9 - 10/11 years	<ul style="list-style-type: none"> - Stimulate to move a lot in different ways - Practice Badminton in Fun games - Learn to do warming up and cooling down. 	<ul style="list-style-type: none"> - Learn basic skills for hitting, forehand and backhand - Running skills on court: "coming into right position for hitting" 	Learn to use basic skills in relation to space and time in the court; practise and adapted match play	<ul style="list-style-type: none"> - Lear to play and learn in a group of players
Training Badminton Players 11 - 13/14 years	<ul style="list-style-type: none"> - Physical practice on court, badminton 	<ul style="list-style-type: none"> - Improve basic skills, "keep the shuttle in the 	Basic tactis for single and doubles. Apply in matches	<ul style="list-style-type: none"> - Working with short term goals

How to Start

Phase 1 **Start with the crucial part of Doubles :**

1. Racket Handling – Skill to play the shuttle in a controlled way around the body
2. Service Situation – Skill to play low over the net, just behind service line of opponent

Phase 2 **Defence :**

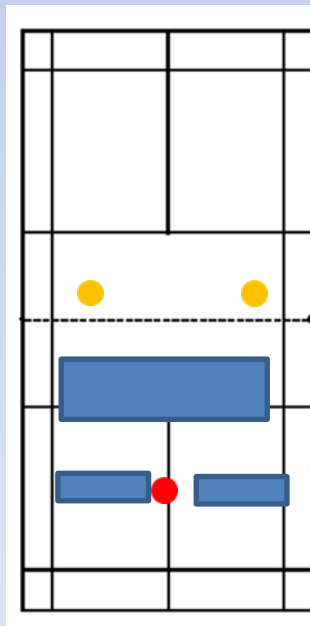
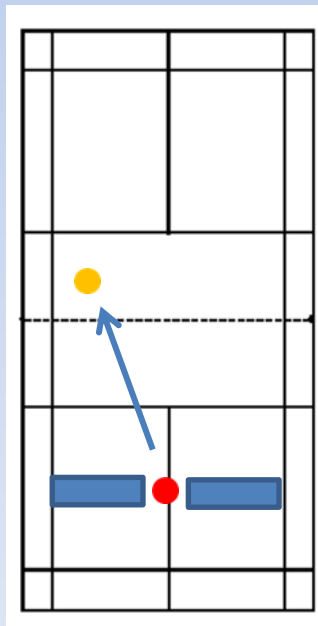
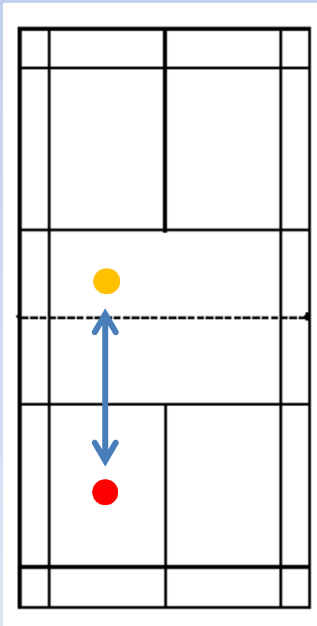
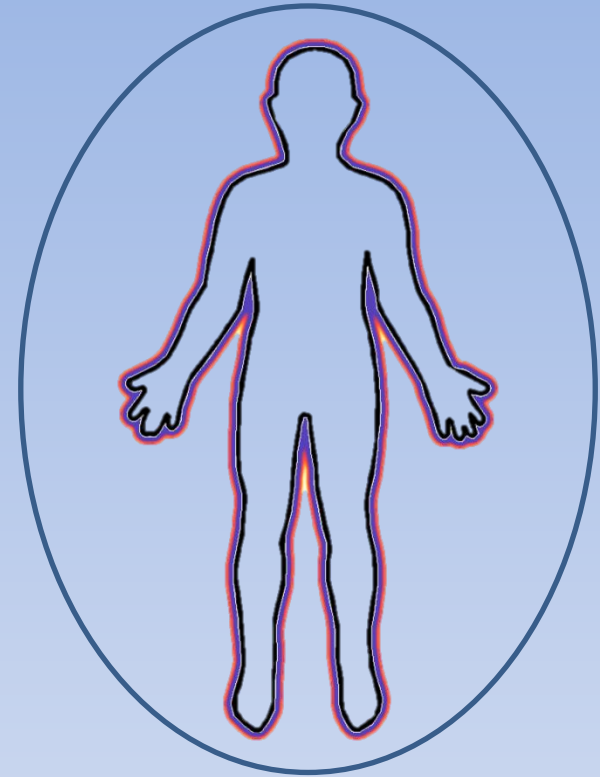
1. Racket Skill – Skill to play the shuttle, prevent the opponent is making a point
2. Position in the Court – Skill to move to the desired defending position in the court, in cooperation with partner

Phase 3 **Attack :**

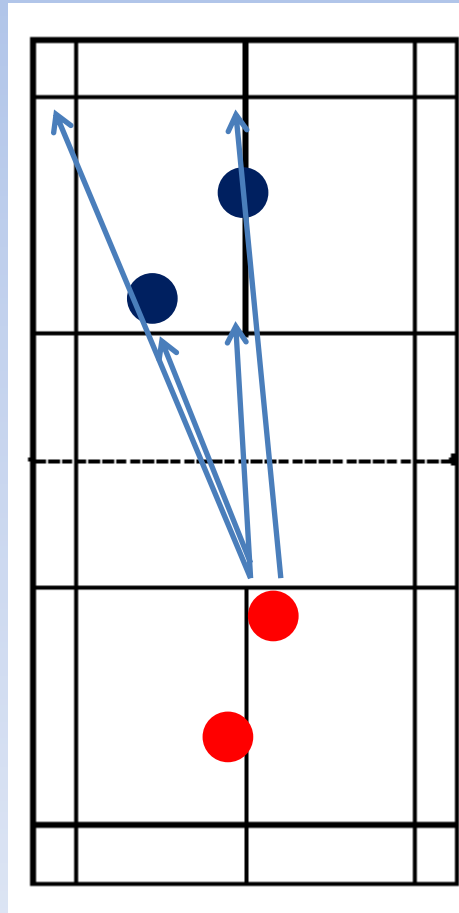
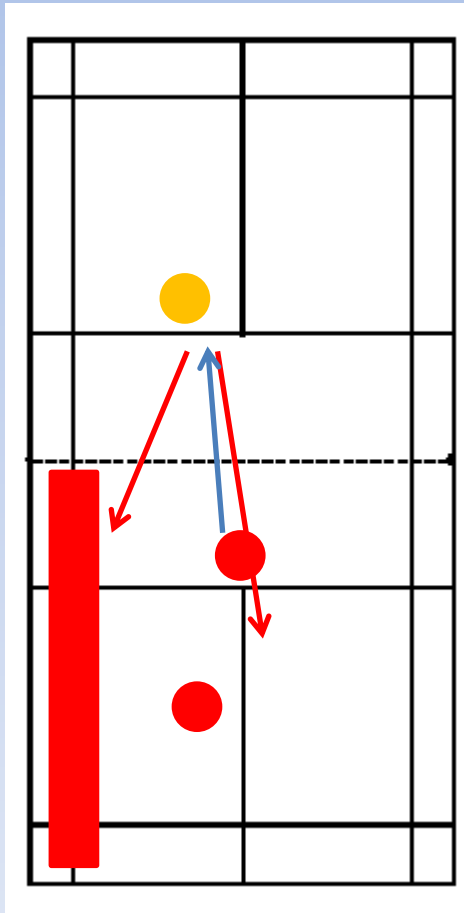
1. Racket Skill – Skill to play the shuttle, prevent the opponent is making a point
2. Position in the Court – Skill to move to the desired attacking position in the court, in cooperation with partner

Racket Handling :

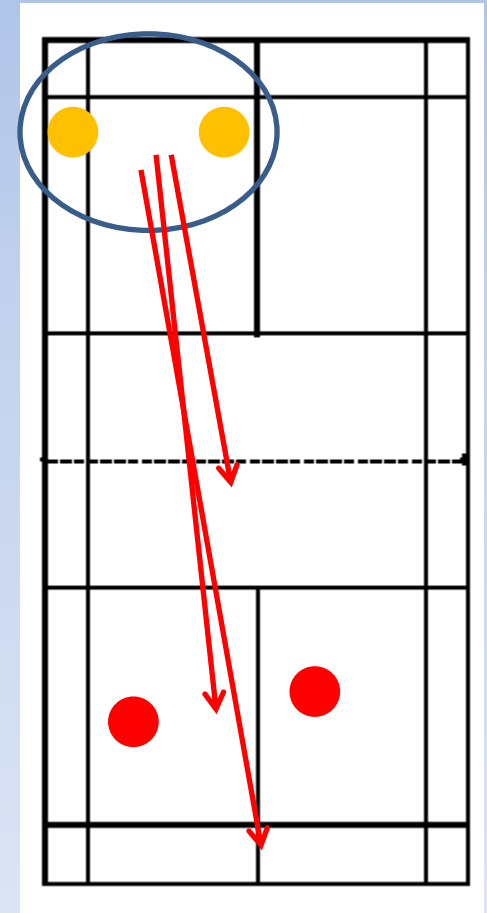
1. Short Grip
2. In your fingers
3. Elbow away from body
4. Racket up in front
5. Use underarm + fingers
6. Relax + Squeeze



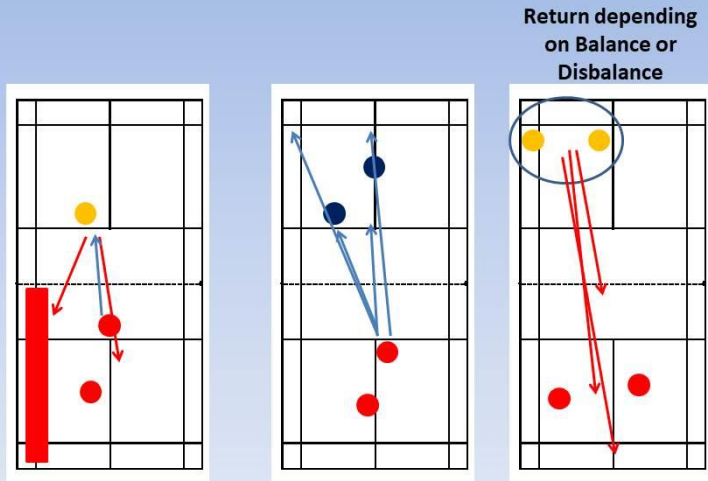
Basic Tactic – Service Situation



Return depending
on Balance or
Disbalance

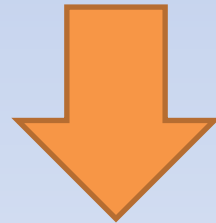


Basic Tactic – Service Situation



Skills :

- **Bh short service**
- **Service return**
- **Racket Handling**
- **Bh high (flick) service**
- **Fh drop – smash - clear**



Learn this and start Playing