



# Badminton Doubles



# Doubles VS Singles



Men's  
Doubles

Women's  
Doubles

Mixed  
Doubles

Men's Singles

Women's  
Singles



# What doubles need ??

- Reflexes
- Coordination
- Speed
- Power
- Endurance
- Athleticism
- Focus



# How to train for Doubles



- Doubles looks so amazing from spectators prospective and everyone enjoys ... But the Big Challenge is... How to train ?
- Start training kids doubles as early as possible (According to Capability)
- Start with very basic strokes and train wrist Eg - (Wall practice, Parallel Exchanges Straight and cross, Push & Receive, Net kills, Back court Attack)
- Not only Skills and physic but develop the mind and resilience for game

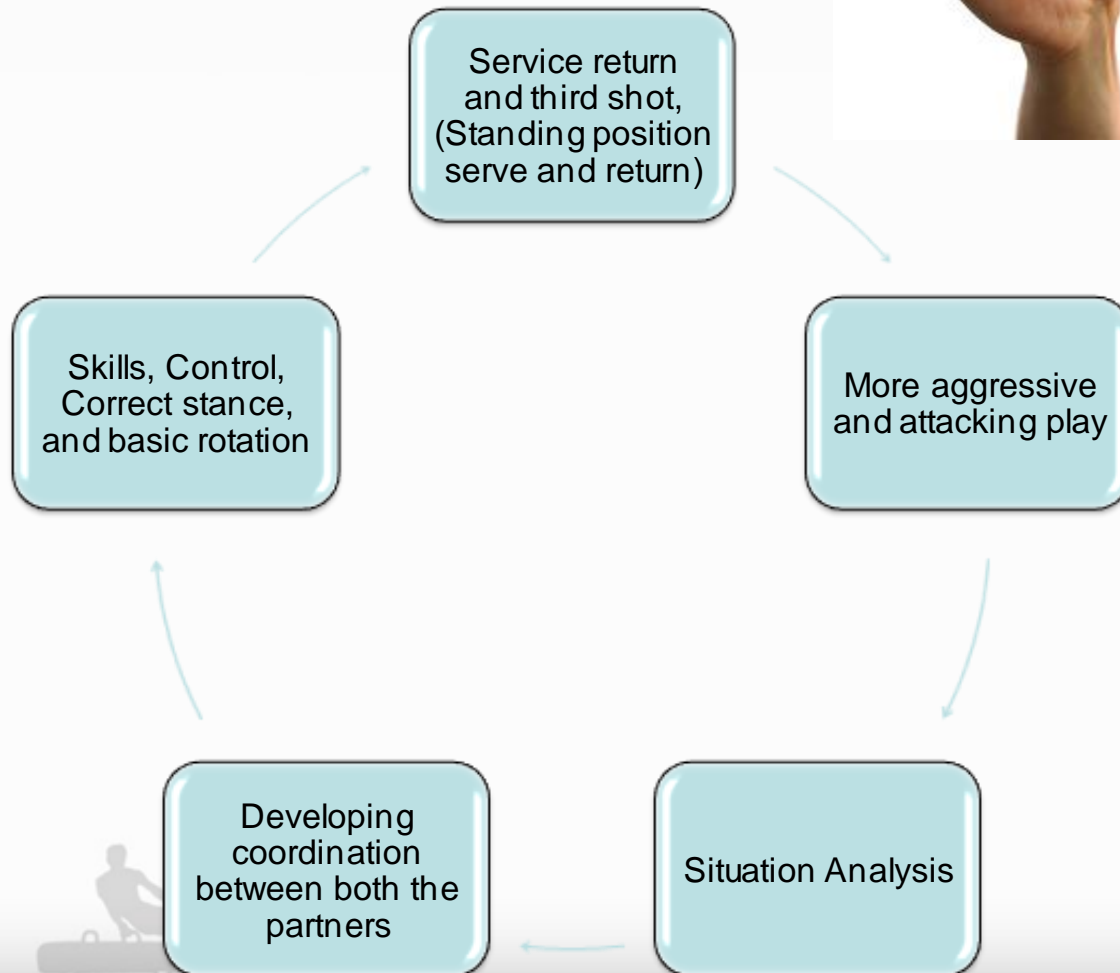
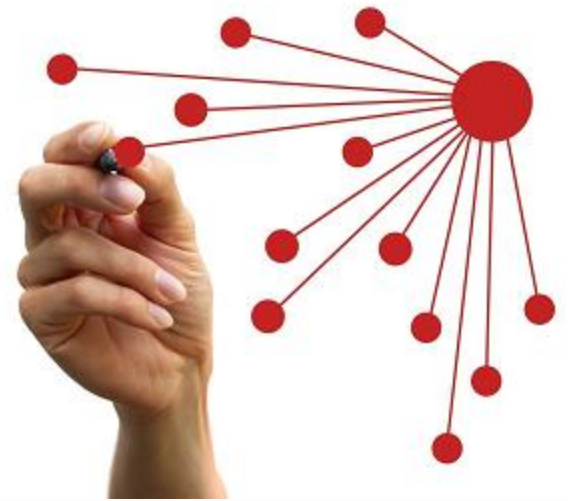


# Types of Doubles play

- Front and back (Kevin Sanjaya and Marcus Gideon)
- Rotation (With more Power) (Yoo Young sung and Lee young dae)
- Placement Rotational play (Less Power more variation)(Ellis-Langridge)
- Left- and Right-Hand Combination (Koo-Tan/ Cai-Fu)



# Fixing the pattern



# How to identify weakness??

- Physical
- Mental
- Technical
- Tactical
- Awareness of shots



# European doubles VS Asian Doubles



## European

- Focus more on right placement
- Good at Service return and third short
- More rotation due to less reflexes because of huge build of body
- Good at counter attack and Variation from back
- Girls can rotate in mixed doubles due to stronger physic



## Asian

- Focus on speed & power
- Skilful
- Try less to rotate
- Always want to attack
- Mostly girl stays front (Traditional way)





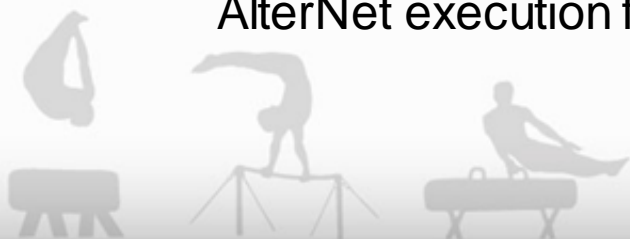
# Different tactics for different folks

- Front & back – When front player is in front try to avoid driving or placing near the net in the beginning
- Rotation (Powerful)– try to avoid the continues lifts that can be dangerous. try to break rotation
- Rotation soft – no too much placements and defence try to play away from net so that you can stop rotation
- Left and right hand – play more towards centre and be careful when you try to turn the drive



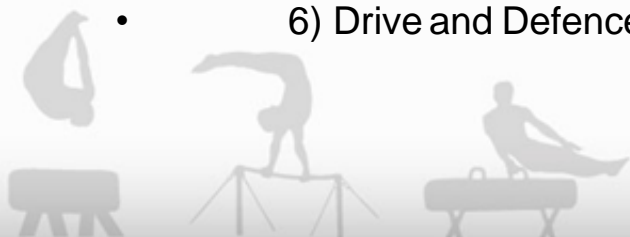
# Sample Schedule

- **Saturday**
  - **Session1- Basic Stokes and Fun games**
  - 3 vs 3 (21 points 1 game)
  - Box 11 (points 3 game)
  - Push receive (3 \*2')
  - Drives (3\*2')
  - One Straight one Cross Drive fixed (3\*2')
  - Smash drive half court (Fixed)
  - Controlling/Drive attack Random
  - Full Match
  - **Session2- Stability and Core**
  - 1) Legs and Hands- 15\*4(6 Exercise only)
  - 2) Core (Full Body) - 2 mints Per Exercise (6 Exercise only)
- AlterNet execution for Stability and Core



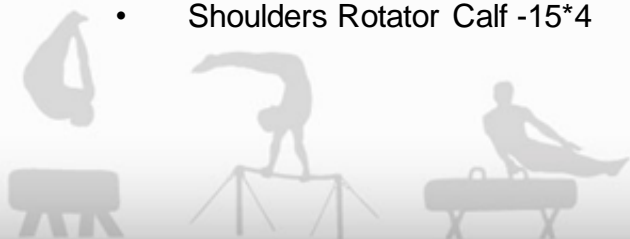
# Sample Schedule

- **Sunday**
- **Session1-Intense Attacking play and tactics**
  - 1) Two vs. One (Straight attack block fixed full court)-5\*1 Minutes
  - 2) Two vs. One (Soft plus hard attack and block fixed)- 5\*1 Minutes
  - 3) Two vs. One (Everything Down from Back Random/ Unfixed)-5\*1
  - 4) Two vs. one (Only Full Smash /No other Downward Shots /Random Unfixed)-5\*1
  - 5) Two vs Two (Fixed rotation Clockwise & Anticlockwise)-5\*2Minutes
  - 6) Two vs Two (Unfixed Rotation with soft shots/ Random)- 3\*2Minuites
  - 7) Full Match
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- **Session 2- Skills without Intensity (Multi Shuttle)**
  - 1) Fixed Downward Strokes (Drop shots/ Half Smashes /Full Smashes) – 15\*3sets
  - 2) BACK V (Back two Corners All Downward Shots)-15\*3sets
  - 3) Back V (Unfixed All Strokes Including Clears) – 15 \*3sets
  - 4) Net Kills with less movement (Forehand and Backhand)-12\*3sets
  - 5) Front Net (1<sup>st</sup> Place and next kill)- 15\*3sets
  - 6) Drive and Defence (Free standing Drives or Defence) 20\*5 Sets



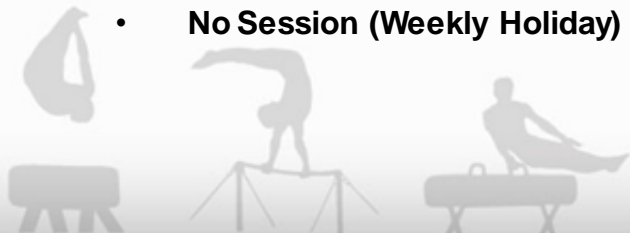
# Sample Schedule

- **Monday**
- **Session1-Games(All types)**
  - 1) Full Match as usual like tournament
  - 2) Handicap – One pair attack and one defence
  - 3) Restricted – No lifting/ Only low serve / No soft
  - 4) Tactical – 1<sup>st</sup> 5 shots game / no net block game /
- **Tuesday**
- **Session1-Skills and tactics with Intensity (Consistency Drills and focus on long play With Attack)**
  - 1) One Corner to All Corners More controlling no hard hitting (5\*1 Minutes Each Centre and two side (Total 15 Minutes and Target will be 25 Shots)
  - 2) Two vs Two Combination (Consistency/ Pressure Play to maintain attack and Rhythm -5\*1 Minutes)
  - 3) Two Vs Two No Lifting Game
  - 4) Only low service and return
- **Session2-Gym (Full Body and Heavy)**
  - Warming Up
  - Legs – Squads / Lunges/ Leg press – Low weight 15\*4
  - Calf – With Weights – Low weights 15\*4
  - Triceps- Dumbbell /Machine / - Low weight 15\*4
  - Abs – With machine or Without/ - 15\*4
  - Shoulders Rotator Calf -15\*4



# Sample Schedule

- **Wednesday**
- **Session1- Multi Shuttle**
  - 1) Mid court Smash Net Tap 3 sets from each side-20\*6
  - 2) Cross movements (Anticipation For front player) - 20\*6
  - 3) L shape multi front and back both -20\*6
  - 4)Attack & defence with Rotation and Power play – 20\*6
  - 5) Reactive Défense Multi -20\*8
  - 6)Service Return Practice
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- **Session2- Attack and Defence with Strategies and Tactics**
  - 3 vs 2 Attack (5 \*2 Sets)
  - 3 vs 2 Défense (5 \*2 Sets)
  - 3 vs 2 Random Play (5\*2 sets)
  - 3 vs 2 Match 21 points game
  - Service Return and third shot game (Not more than third shot)
- **Thursday**
- **Session1- Hardcore Fitness (Ground Interval, Beach Running or Shadows Either Gym)**
  - Depending upon Situation
- **Friday**
- **No Session (Weekly Holiday)**



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Thank you.

