

**BI Webinar 2020**

# **Shadow Badminton Footwork Training**

The components, the benefits, the pitfalls

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Have you thought about how you can create a great shadow badminton footwork session?

***A great footwork (shadow) session is far more than just moving quickly***

What do you need to maximise the advantages & avoid the pitfalls?

If you are interested in reading more and discovering some 'Top Tips' click on these two posts



6 Ways to improve your Shadow Badminton



Shadow Badminton – all you need to know

How much shadow footwork have you been doing during lockdown and will you continue to do the same once you are back on court?

1. The variations
2. When to use it
3. Imagination
4. E.P.
5. Dangers of shadow badminton
6. Top Tips & Questions



Shadow badminton requires you to move in a game-like way without striking a shuttle

It's not complex, you just move around the court (or an imaginary court) as you would in a game

Or, is it really that simple?

## 1) The 8 components

Have you considered all the ...

- different types : how many do you know?
- the directions you move,
- the patterns you make,
- how you are directed,
- the intensity,
- the speed,
- the duration,
- **what you should be thinking!**

How long do you set for timed shadow sequences 5, 10, 30, 60 seconds?

How long is the average rally for the age group?

## 1) The 5 different types

1. Prescribed patterns: you know exactly where to move and repeat these patterns. Often it varies from 2 points to upwards of 6. More than 6 makes it difficult for you to remember.
2. Partner/Coach directed: someone points or calls out where you are to move next and the speed you should move. Often these are longer sequences than the prescribed patterns. How good are your 'feeder' ?
3. Moving as you decide: it's exactly that, you decide where to go on court. I recommend that you developed a great 'game-like' imagination
4. Shadow then hit: you perform a shadow stroke then strike a shuttle delivered by a feeder.
5. Pick up and Place down: you move to a point pick up a shuttle, move somewhere else and either put down or thrown the shuttle. Be careful of picking shuttles up, the stress on hamstrings, glutes and lower back may surprise you.

it's not a 'badge of honour' to be  
unable to walk the next day!

## 2) When is a good time to use Shadow practice

1. If you want to build player confidence in a short space of time
2. To create a rapid improvement in movements as they are practised in isolation
3. Use just after warm up to engage/prepare the player for future work
4. To reduce complex movements into smaller achievable and linked patterns

How important is it to have a racket in the players hand?

### 3) Use your imagination

Maybe the most important factor!



When you are in the middle of your shadow practice what are you thinking about?

To make the session really effective you need to be able to create a rally situation in your mind, one that would happen in a real game. This applies for players, coaches and feeders.

It's not just remembering where to go next or what footwork pattern to use.

You can gain far more if you visualise the rally, the situations, the emotions, your reactions, the successes, the failures.

Check that the movements you do could actually happen in a real match.

**I've seen plenty of shadow work that doesn't look at all like a game rally.**

How often do you play a FH block then immediately play a BH block, then followed by a net kill.... does that really happen. Close your eyes and try imagining that

How can you encourage a players imagination?

## 4) EP ...

Early Preparation of your racket, it's almost as important as having a great imagination

Ensure that your racket is moving as it would in a game. Why would you not do this, but have you checked?

I'm worried that this the least emphasised part of most players shadow practice. Or, that players use the same preparation in all situations, often as if they are in control of every rally.

Be aware of these points

- Prepare as the situation on the court: defensive, attacking, waiting, exploiting, etc. where would you racket be and how early would it be there?
- Be careful not to overlook EP - Early Preparation in favour of speed
- Often when a players mind wanders it's EP that suffers first. The racket is the last thing to move rather than one of the first thing!
- You must sync your with your imagination, therefore it will be prepared early, but not always in the same position

How can the Coach use EP to help develop other aspects?

## 5) The Dangers of Shadow Badminton

1. The goal of the practice is not to be 'competent' in itself, i.e. there are no medals for being great a 'shadow.
2. Be aware that there are zero gains for skills that involve tactical advantages over the opponent.
3. There are very few 'exact' movement patterns and certainly no secret 3 step patterns
4. Speed can take over from EP and technique
5. It can be perceived as boring and players can easily loose motivation
6. It is very easy to 'forget' the goal or intention
7. It is very easy to overload players with durations, speeds, repetitive moments

Do you see 'lazy' players in shadow practice who forget the patterns, forget the EP, forget the intention.  
How can you prevent this ?

## Top Tips to Improve your Shadow Practice

Any tips to add to this list?

1. The aim isn't to become great at shadow work: there are no medals given for footwork. Think about when & Why its being used



2. Encourage players to have an active imagination and believe that they are moving as in a real match



3. E.P. is vital !



4. Understand that its easy to fatigue players : mentally and physically. Slowly build up players motivation & physical capacity.

5. Certainly use it to help players understand different movement techniques, but quickly progress to using a shuttle





## 6 Ways to improve your shadow Badminton

<https://badmintonandy.com/6-ways-to-improve-your-shadow-badminton/>



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## Questions



Thank you