



STANDARD 2-HOUR BADMINTON PRACTICE PLAN

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120 MINUTES

WARM-UP EXERCISES

20 MIN

Hitting; laps around the gym (jogging, side-to-side, skipping, high knees); four-point soft lunges; line jumps (side-to-side, front-to-back, scissor); court perimeters (four-corner plant and turn); up-back and side-to-side flow footwork; jump smash and touch down; hit against a wall; racket swings (overhead forehand and backhand, figure-eight drives); sit-ups; push-ups.

FOOTWORK & BASIC SHOTS

30 MIN

(A) Shadow drills

- Work in teams of two.
- Alternate 20 seconds on and 10 seconds to switch.
- Use six-point, attack, defense, up-back, and side-to-side patterns.
- Complete 8-10 sets per person.

BASIC SHOTS

Four players per court; six if necessary. Start with about two minutes per drill.

- Serves - singles and/or doubles.
- (B) Drives - equal, net/defense positions, and cross-court.
- (C) Overhead drops and underhand clears - half-court.
- (D) Straight clears - two pairs; net re-drops - center.
- Net play - straight, cross-court, and net-rotation game.

SHOT COMBINATIONS

40 MIN

Use half-court. Start with about two minutes per cycle, then repeat priority work.

- Clear-drop cycle - one player underhand clears; the other overhead drops.
- Clear-smash cycle - one player underhand clears; the other smashes.
- Clear-drop-re-drop cycle.
- Clear-smash-block cycle.
- (E) 2-on-1 doubles - clear, smash, block, and re-drop cycle.
- (F) Half-court singles - extended rallies; optional no-smash rule.

PLAYER CHALLENGE MATCHES

30 MIN

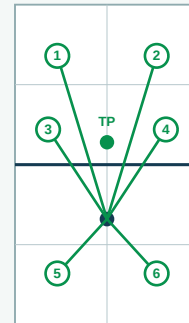
Reserve the final 30 minutes of every practice for player challenge matches. This competitive, enjoyable finish helps coaches understand player level, decision-making, consistency, partnerships, and future practice needs.

- Use singles, doubles, or modified competitive formats based on the roster, court availability, and team priorities.
- Track meaningful results and observations for future lineups and practice planning.

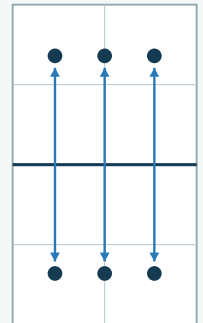
COURT DIAGRAMS

Players and movement

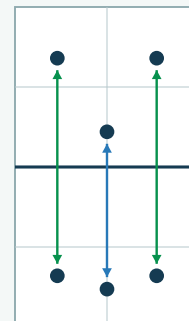
A Shadow Drills



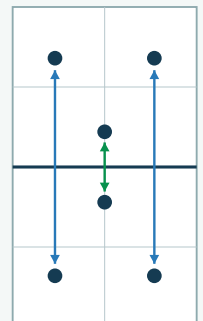
B Straight Drives



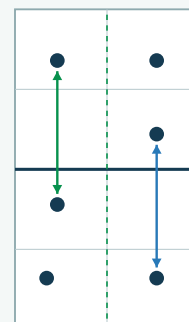
C Drops / Clears



D Clears / Net



E 2-on-1 Doubles



F Half-Court Singles

