

As stated in the bulletin - This course will allow the students to understand more than the basic skills of badminton. It will reinforce different hand grips, serves, clears, drops, lifts, and smashes, footwork, and strategy. Students are expected to have their own racquet.

Intermediate Badminton

The course will allow students to improve their levels. It requires students to know the primary form of gripping, swinging, and serving. The course's skills include correcting the swinging, jumping, and serving format. More comprehensive and advanced footwork will also be included. Students are required to have a least three years of experience playing badminton.

Schedule: Beginning of class, 15-20min simple footwork from 2nd week to 6th week

Week 1 General explanation of the course/ Grips/ Rules / Games

Week 2 Review on grips/ backhand serve/ Retrieving serves / Games

Week 3 Clears/ Forehand serve/ Games

Week 4 More clears and forehand serves/ drops/ Games

Week 5 Lift/ Net/ knowledge of when to switching grips/ Games

Week 6 More of lifts, drops and clears/ Games

Week 7 Start of first drill: clear drop drop/ Drive/ Games

Week 8 Clear drop drop/ More of drives/ Smash/ Games

Week 9 More of smashes, lifts and drops/ Games

Week 10 Start of second drill: clear smash drop/ Games

Week 11 Review on clears, serves and drops/ Games

Week 12 Review of lift, net and drives/ Games

Week 13 Start of third drill: footwork and drives/ Games

Week 14 Games