

GET FIT FOR BADMINTON

A Practical Guide to Training for Players and Coaches

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To Megan, Jo-Anne and Tom

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Foreword

Twenty years ago training for badminton was rare. Occasionally one would run a bit, do some exercises and the odd fanatic started (but soon stopped) doing a circuit. Seven years or so ago training started to become much more common and is now very much the rule rather than the exception. Yet still no one has explained, authoritatively, why or how we should train for badminton. This book sets out to fill the gap.

Jake Downey has for long been one of our more thoughtful and analytical coaches and has with David Brodie, a leading sports scientist from Carnegie School, Leeds Polytechnic, produced an excellent book. You do not have to be a physiologist or an expert coach or player to read and understand it, for it is written in simple language. The one requirement is an interest in preparing and training for badminton more knowledgeably. Who knows, a better understanding of the reasoning behind the training may even make it easier to stick at those schedules rather than just starting them.

I recommend this book to all players and coaches.

JOHN T. WOOLHOUSE
Chairman

Coaching and Technical Committee
Badminton Association of England

Introduction

Many badminton players enjoy the social and recreational aspects of the game and play 'in order to keep fit'. Such players often find that winning also provides great satisfaction and added enjoyment. They come to realize that the possibility of winning is increased if play is based upon an appropriate level of fitness. This, however, results in a certain conflict: do we play to get fit or do we get fit to play? The answer usually depends on the standard of play one wishes to attain; for most people, at whatever level they play, want to become better players.

Fitness training provides one method for improving performance. There are other means of improving performance, skills practice being the most obvious. However, though we appreciate that there is a close connection between levels of skill and fitness, this book has been written to provide the knowledge about training irrespective of the player's level of skill.

There are many players who train regularly by running and doing simple circuits and flexibility exercises. This sort of player judges his fitness by how he feels and how he looks. Thus, if he feels fit and is springy and sharp in his movements, and looks lean, with good muscular definition, then he is happy. Such an approach is satisfactory up to a point but does not guarantee that the most efficient training methods and methods of evaluation are used. Our intention is to be more specific and to encourage the player and the coach to design training programmes based upon the sound scientific principles which we outline here. These principles will provide a framework for any form of training adopted by the player and enable him to assess the relative value of his training programme.

Much work has yet to be done in badminton, particularly on the pattern and work demands of the game. It is hoped that this book will encourage others to seek greater knowledge of the game and thus provide a further insight into training requirements. The authors have adopted a scientific approach to the subject and have extracted and applied training methodology from a variety of other sports. This book aims to bring existing knowledge and apply it directly for the benefit of the game as a whole.

We are well aware that the technical skills of badminton are of relatively more importance than the level of fitness. We are also aware that skill breaks down under fatigue. Increased fitness will delay the onset of fatigue and thus enable the player to maintain levels of skill for longer periods of time. Inevitably only the reader will be the best judge of whether the extra commitment to fitness training is worth the increased satisfaction and improved standard of play. We believe that he will discover it to be worth while.

HOW TO USE THE BOOK

The book is divided up into four sections. Parts One and Two explain the theoretical aspects of fitness and training. Parts Three and Four discuss the practical aspects of how to get fit. It would be easier for the reader if he could plunge straight into Parts Three and Four, but to do so without knowing the effects of certain forms of training could be of limited value. Some understanding of fitness is necessary to obtain the most benefit from any training and so it is important to read Parts One and Two.

Wherever possible we have tried to avoid using technical language and hope that we have made the theory sufficiently interesting to capture your attention. Where a technical term has not been explained in the text then refer to the Glossary of Terms at the end of the book (see p. 117).

Read Part One to gain a general idea of what is involved in fitness with particular reference to badminton players. Part Two requires more consideration and should be studied with care, for it provides the rationale for different sorts of training. Chapter 3 tells you how fitness is divided so that you can read Chapter 4 and find out how to test your fitness level. We consider that Chapter 5 is of key importance. It provides the scientific basis for the principles of training found in Chapter 6. These make it possible to devise any sound training programme.

Part Three is all about training to get fit. Read Chapter 7 to learn how the systems which supply energy to the body can be developed by different forms of interval-training. Chapters 8 and 9 provide numerous examples of how interval-training methods can be applied both off and on the court. Chapters 10 and 11 provide further information about flexibility and warm-up, strength and power. After reading these you should be able to choose exercises from the range included and incorporate them into your own training programme.

You should read Part Four before actually commencing training. This is especially important for coaches who plan specific programmes for players. Chapter 12 provides a comprehensive account of programme planning and leads into Chapter 13 which looks at model training schedules for different levels of play. These models should help you to devise your personal training programme. Once you have become familiar with these aspects of fitness, the book can be used for reference to advise and guide you in all matters concerning training for badminton.

Get Fit for Badminton book. Read reviews from world's largest community for readers. See a Problem? We'd love your help. Let us know what's wrong with this preview of Get Fit for Badminton by Jake Downey. Problem: It's the wrong book It's the wrong edition Other. Details (if other): Cancel. Thanks for telling us about the problem. Return to Book Page. Not the book you're looking for? Preview "Get Fit for Badminton by Jake Downey. Get Fit for Badminton: A Practical Guide to Training for Players and Coaches. by. Jake Downey Badminton can offer you all by getting you to interact better and socialize with new persons. Why not pick up your badminton racket now and hit the court for the best badminton experience! 4. Enhances Weight Loss. Another health benefit of badminton is it helps with weight control and reduction. Badminton is a highly active sport that encourages burning of calories. If you are looking for a way to shed some weight from your body, you can achieve this by regularly playing badminton. This body movement helps to burn fat from your body, and by regularly playing badminton you will keep fit and maintain a good body shape. However, you cannot rule out the place of proper diet amongst other things in achieving your weight loss goals. 5. Increases Muscle Tone.