



Badminton Junior Club

We are a friendly Junior club who welcomes players from 8-18 years regardless of previous experience or ability. We offer structured sessions for learning and fun too! Members are invited to play in external tournaments when appropriate. Our Senior Club is affiliated to Badminton England (CL000083) and has received accreditation as a Badminton England Premier Club and Sport England Clubmark. We follow their guidance in our code of conduct for young people and other policies.

The total Autumn and Spring Term costs are in the form of 7 monthly BACS standing order payments (September 2019 to March 2020). For the 4:30pm to 5:30pm sessions these are £15.00 (or £13.00 for a second child) and for the 5:30pm to 7:00pm sessions these are £21.00 (or £18.00 for a second child). These monthly payments include the Badminton England Membership Affiliation Fee for either (i) "RACKET PACK (0-11 years)" or "JUNIOR (12-18 years)". A club shirt will be provided free of charge as part of initially joining the club, which will be required to wear at the weekly Friday badminton sessions (suitable sizes will be established on the first weeks attendance). Also any Club member from season 2018/19 can exchange their existing shirt for a larger size.

For further information or to join a session please contact Ray Phipkin (Club Head Coach) on 07582 195940 or e-mail r.phipkin@sky.com or Lorraine MacNeill (Club Secretary) on 07903 812615 or e-mail lozmarlow@hotmail.co.uk

- All weeks will include an element in respect of Preparing to Play activities, Single & Double Ladders, Fun & Conditioned Games.
- Within each week the tasks will be adjusted on the various courts to reflect the needs of all the players' abilities (i.e. beginner / intermediate).
- Children will have the opportunity to take part in Badminton England "The Racket Pack" award scheme.
- The Six Sigma method of DMAIC (i.e. Define, Measure, Analyse, Improve, and Control) will be used at various stages over the weeks in relation to a selected range of shot skills by using either Yonex Mavis 300 of both medium & fast speeds or Yonex AS30 Feather shuttles.
- A BKL Automatic Shuttlecock Launcher will also be available to be used.
- The FocusX2 analysis software programme tool using captured video footage of the player's movements will also be used at various stages over the Autumn, Spring & Summer Terms to help improve player's technical & tactical skills.
 - This would only apply when permission for the young person had been given on the enrolment form to be filmed or photographed during any coaching/club sessions.

4:30pm to 5:30pm Sessions are really aimed at aged 8 to 15 years (school years 3 to 10 only). When the 5:30pm to 7:00pm session is full then dependant on Numbers attending this session, players from School years 11 – aged 16 would be accepted. Players attending in school year 10 & 11 will follow the 5:30pm to 7:00pm session programme if possible.

- **Autumn Term 1 Badminton** – 7 weeks from 30th August 2019 until 11th October 2019. (Week 1:- Striking Skills; Week 2:- Movement, Sending and Receiving; Week 3:- Backhand Serves & Return of Low Serves; Week 4:- Forehand Serves; Week 5:- Net Shots - Forehand & Backhand; Week 6:- Net Lifts – Forehand & Backhand; Week 7:- Forehand Overhead Shots).
- **Autumn Term 2 Badminton** - 9 weeks from 25th October 2019 until 20th December 2019. (Week 1:- Footwork in forehand & backhand front & rear court areas (Singles); Week 2:- Backhand Serves & Return of Flick Serves to designated areas; Week 3:- Forehand Serves to designated areas; Week 4:- Net Shots - Forehand & Backhand; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Forehand Overhead Shots to designated areas; Week 7:- Singles, Tactical & technical Skills, Routines; Week 8:- Doubles Partner Awareness, Formations; Week 9:- Mixed Doubles, Partner Awareness, Formations).
- **Spring Term 3 Badminton** – 6 weeks from 10th January 2020 until 14th February 2020. (Week 1:- Striking Skills & Movement; Week 2:- Forehand Serves (Low, Flick & High) & Returns to designated areas; Week 3:- Backhand Serves & Return of Low Serves to designated areas; Week 4:- Doubles, Partner Awareness, Formations; Week 5:- Doubles, Tactical & Technical Skills, Routines; Week 6:- SAQ Activities, The Badminton England Fitness Test (1 to 4), & Fun Games).
- **Spring Term 4 Badminton (Option One)** - 6 weeks from 28th February 2020 until 3rd April 2020. (Weeks 1-4 Club Tournament – Group Rounds; Week 5:- Club Tournament Events Quarter Finals; Week 6:- Club Tournament-Semi & Finals).

South Leicestershire Badminton Junior Club-Autumn_Spring_Session Programme 30-08-19 to 03-04-20 (Rev 2)

- **Spring Term 4 (Option Two)** – Total 6 weeks (Week 1:- Forehand & Backhand Drives; Week 2:- Backhand Overhead Shots; Week 3:- Forehand Singles Serves – Low & High (Measured Test); Week 4:- Backhand Singles & Doubles Serves – Low & Flick (Measured Test); Week 1:- Forehand & Backhand Net Shots & Net Lifts – Straight & x-court (Measured Test); Week 2:- Forehand Drop – Straight & x-court (Measured Test).

5:30pm to 7:00pm Sessions - aimed at aged 14 to 18 years (school years 10 to 13 only)

Dependant on Numbers, players from School years 7/8/9 – aged 11/12/13 would be accepted based on playing ability

- **Autumn Term 1 Badminton** - 7 weeks from 31st August 2019 until 11th October 2019. (Week 1:- Striking Skills; Week 2:- Movement, Sending and Receiving; Week 3:- Backhand Serves & Return of Low Serves; Week 4:- Forehand Serves; Week 5:- Net Shots - Forehand & Backhand; Week 6:- Net Lifts – Forehand & Backhand; Week 7:- Forehand Overhead Shots).
- **Autumn Term 2 Badminton** - 9 weeks from 25th October 2019 until 20th December 2019. (Week 1:- Footwork in forehand & backhand front & rear court areas (Singles); Week 2:- Backhand Serves & Return of Flick Serves to designated areas; Week 3:- Forehand Serves to designated areas; Week 4:- Net Shots - Forehand & Backhand; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Forehand Overhead Shots to designated areas; Week 7 Singles, Tactical & technical Skills, Routines; Week 8:- Doubles Partner Awareness, Formations; Week 9:- Mixed Doubles, Partner Awareness, Formations).
- **Spring Term 3 Badminton** – 6 weeks from 10th January 2020 until 14th February 2020. (Week 1:- Stroke Skill practices for the Kill, Brush, Tumbler & Hairpin; Week 2:- Stroke Skill practices for the Lob & Dropshot (Slow, Fast, Long); Week 3:- Stroke Skill practices for Clear, Smash & Block; Week 4:- Level Doubles, Tactical & Technical Skills, Routines; Week 5:- Mixed Doubles, Tactical & Technical Skills, Routines; Week 6:- SAQ Activities, The Badminton England Fitness Test (1 to 4), & Fun Games).
- **Spring Term 4 Badminton (Option One)** - 6 weeks from 28th February 2020 until 3rd April 2020. (Weeks 1-4 Club Tournament – Group Rounds; Week 5:- Club Tournament Events Quarter Finals; Week 6:- Club Tournament-Semi & Finals).
- **Spring Term 4 (Option Two)** – Total 6 weeks (Week 1:- Forehand & Backhand Drives; Week 2:- Backhand Overhead Shots; Week 3:- Stroke Skill practices for the Lob & Dropshot (Slow, Fast, Long); Week 4:- Stroke Skill practices for High Serve, Clear, Smash & Block; Week 1:- Stroke Skill practices for High Serve, Clear, Drop, Net, Lift Routines (half court); Week 2:- Footwork in forehand & backhand front court areas (Doubles)).

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Club Web Site: - <http://www.southleicesterbadminton.co.uk/login>