

**SPORTS AUTHORITY OF INDIA:  
NETAJI SUBHAS EASTERN CENTRE KOLKATA**

**DIPLOMA COURSE IN SPORTS COACHING**

**REVISED SYLLABUS 2015-16**

**THEORY & SCIENCE OF BADMINTON**

**Semester I – [Paper-I]THEORY PAPER**

<u>Topic</u>	<u>Teaching Hours</u>
[1] History of Badminton & the developments so far	[06]
[2] Description on: WBF, BAI, BAC and its functioning	[10]
[3] Terminology	[02]
[4] Competition Organization of: World championship, Thomas/Uber Cup, Sudhirman Cup , Olympics	[15]
[5] Laws of Badminton and Officiating / Recommendation to the technical Officials	[25]
[6] Basic qualities and knowledge required for a Coach	[03]
[7] Philosophy of Coaching	[02]
[8] Class organization and management	
[9] Court Marking, Floorings used in Badminton, Specification of a Badminton Hall	[05]
[10] <u>Competition Management:</u> Making knock out Draw, Conducting League matches & Tie breaking , Alterations and Substitution on entries in a draw.	[25]
[11] Code of conduct for Coaches and Players	[02]
[12] Explanation on Talent & Best performance	[04]
[13] Communication skills required for a Coach	[02]

## **Semester I – [Paper-II]THEORY PAPER**

Topic	Teaching Hours
[1] Warming up & Cooling down exercises for Badminton : Importance and Methodology	[05]
<b>[2] <u>Fundamental Technique Teaching and development:</u></b>	<b>[60]</b>
[a] Types of Grips and faulty Grips	
[b] <u>Teaching and Training of Basic strokes:</u> High Lob service, Forehand Over head Toss, Back hand and Forehand Drives, Back Hand Over Head Strokes , Forehand & Back Hand Low Service, Forehand Drop & Smash, Back Hand Flick service, Forehand & back hand Under hand Clear	
[c] Footwork : Traditional , Modern types , advantages of each methods and its training	
[3] Organization of Lesson Plan and its application in Badminton	[02]
[4] Importance of proper Basic Skills Training in Badminton & its methods	[04]
[5] An analysis on : Basic Characteristics of Children & Common mistakes made by the children	[02]
[6] Basic & Advance Training in Badminton , its Aim and Tasks	[02]
[7] Importance of Concentration , Anticipation & Correct Positioning in Badminton	[02]
[8] <b><u>Singles</u></b> : Definition & Basic Techniques Training	[11]
[9] <b><u>Doubles</u></b> : Definition & Basic Techniques Training	[11]
[10] <b><u>Mixed Doubles</u></b> : Definition & Basic Techniques Training	[11]

## Semester II – [Paper-I]THEORY PAPER

Topic	Teaching hours
<b>[1] <u>Badminton Training for different age groups :</u></b>	<b>[10]</b>
[a] Middle childhood [b] Late child hood [3] Pubescence [4] Adolescence	
[2] Training methods for the development of motor qualities for a Badminton Player: Strength , Speed , Speed Endurance , Coordination etc.....	[15]
[3] Training an Elite Badminton Player	[10]
[4] How to deal with a super star Badminton player	[04]
[6] Training implication while training a Female Badminton Player	[03]
[7] Trends in Modern Badminton and its effects on the Training aspects	[05]
[8] Responsibilities of a coach Before , During and after the Game / Competition	[05]
[9] Organization of Multi shuttle Drills : Methodology & structure	[05]
[10] Organization of Strokes Practice sessions : Methodology & structure	[05]
[11] Organization of Shadow Practice : Methodology & structure	[05]
[12] Hydration & Pre game meal for Badminton : Physical & Psychological aspects & Importance	[03]
[13] <u>Over Training :</u>	[05]
Symptoms and Prevention of Over Training and Recovery methods in Badminton	

## **Semester II – [Paper-II]**

### **[1] Singles Game :**

Advance Training for the development of Tactical [10]

& Psychological factors for singles and Match Analysis for an Elite Badminton Player.

### **[2] Doubles Game:**

Advance Training for the development of [15]

advance Tactical & Psychological Factors, Making Ideal combination, Development of communication Skills , Responsibilities of a Player in Front and back during the game, Match Analysis

### **[3] Mixed Doubles:**

Advance Training for the Development of [13]

combined Tactical & Psychological Factors, Making Ideal combination, Development of communication Skills , Responsibilities of Male & female Player in Front and back during the game, Match Analysis

### **[4] PLANNING :**

[20]

Factors to be considered to make a Training Plan

,How to make a Training schedule ,

Periodization in Badminton Training,

Different types of training Plans used in Badminton and

its practical applicability, Tapering

[5] Badminton training during Hot & Cold Climates :

[02]

Methodology and the Precautions to be considered

[6] Badminton training during Competition and Practice

[05]

[7] Talent Identification in Badminton

[02]

[8] Common Injuries in Badminton and its prevention

[02]

[9] Stress Management Before and During the Match / competition

[06]

## **Semester I – [Practicals]**

Topic	Total Hours
1. Court marking & Equipment maintenance	[10]
2. Officiating: Rules & regulations & interpretations	[25]
3. Methods of teaching & Coaching	[20]
4. Basic Skills of Badminton: Teaching , Practice & Methods	[130]
5. Class management & Organization	[05]
6. Evaluation of Motor Tests & Maintenance	[15]
7. Foot Work Training & Methods	[50]
8. Singles Game : Basics	[40]
9. Doubles Game: Basics	[40]
10. Mixed Doubles: Basics	[40]
11. Warming Up & cooling Down exercises : Organization	[15]
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390	

## **Semester II – [Practicals]**

Topic	Total Hours
1. Organization of strokes Practice for Advance level players	[10]
2. Organization of Multi shuttle drills for advance level players	[15]
3. Organization of Shadow Practice for advance level players	[25]
4. Badminton Training for different Age groups	[25]
5. Training for the development of Motor skills for Badminton players	[35]
6. Training an Elite Badminton player : Concepts & Methodology	[15]
7. Singles Game : Advance Training	[35]
8. Doubles Game: Advance Training	[35]
9. Mixed Doubles : Advance Training	[35]
10. Stress management for an elite badminton Player: Concepts and its applicability	[15]

11.Planning in Badminton : Principles & Practical application [25]

12. Video analysis/Match Analysis [40]

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310

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