

Definitions - Aspects of Fitness

Physical

C.R.E – Ability of the heart and lungs to work for a long period of time without becoming tired

M.E -ability of the muscles to work continuously without tiring

SPEED – ability to cover a distance in the shortest time possible

Power – a combination of speed and strength

Flexibility – the amount of movement you have around a joint

Skill Related

Agility - the ability to move the body quickly and precisely

Reaction time - time taken between the recognition of a signal and the start of the movement.

Balance – ability to retain the centre of gravity over your base of support.

Mental

Level of arousal – performers require a certain amount of arousal in order to be motivated enough to play well but not too much that it affects their play.

Rehearsal- visualisation of scenarios and performing of skills prior to performance

Manage emotions -the ability to control feelings that may be experienced in a game

Badminton Fitness Requirements –

C.R.E –

- maintain a high standard throughout all 3 sets without becoming tired and out of breath
- able to maintain full court coverage on long and late rallies.
- able to move in plenty of time to reach shuttle and prepare for shot

Power-

- In legs to be able to jump up high when smashing shuttle
- Contact shuttle at peak and hit the shuttle down at a steeper angle towards opponent
- Difficult for opponent to return

- Power in arms to play an OHC to the back of the court
- Pushes opponent to the back of the court
- Creates space at front for attacking shot to be played into

- Power in arms (smash)
- Racket speed faster
- Shuttle travels faster making it difficult for opponent to defend against

Flexibility –

- In shoulder joint to be able to reach shuttle
- Play a wide range of shots

- In hip joint for playing net shots and retrieving drops
- Need to be able to lunge forward on r/l foot to pick up shuttles low to the ground

Muscular Endurance –

- Maintain muscle control
- Able to perform each technique with efficiency
- Maintain level of skill and accuracy
- Eg. Keep straight arm when contacting the shuttle & follow through in direction of shot

Skill related

Reaction time –

- Respond quickly to the actions of the opponent
- Eg. Attacking shots and shots that have been disguised
- Racket up to block a smash
- Move quickly into net

Co-ordination –

- Link subroutines together for each skill
- Perform each technique with fluency and control
- Eg. Jump and hit shuttle at the same time

Agility –

- Move round the court and be able to change direction quickly
- Move into net and play net shots
- Move into net to retrieve drop shots
- Respond quickly in response to attacking shots played close to net or over head.

Mental –

Level of arousal - players must have a certain level of motivation and not allow poor technique to occur as a result of distraction or feeling anxious throughout a game

- Anxious or stressed
- Caused by expectations on you to perform well are high
- Level of arousal is high
- nerves
- This limits ability to perform

Mental Rehearsal – players must be able to visualise pre shot routines of how they would want to respond to a situation and the outcome of it

- Running through in your mind prior to performance what you are going to do.
- Visualise situations in your head
- How to perform the technique
- Where shots played should go on the court
- prior to the start of the game

Manage emotions – on close rallies players must stay focussed and positive. If a player is down 0-5 in a game they must concentrate on improving their performance through the use of positive self talk. Have confidence in own ability to come back and win.

- Linked to confidence and concentration
- Being able to control your feelings in demanding situations
- React positively in situations where you are losing
- Remain focused when winning