

OBA Adult Program Syllabus



1. COURSE DESCRIPTION

This course is designed to teach badminton fundamentals. It is intended for adults who have played little or no badminton or “backyard” badminton. We introduce the basic skills and rules you need to be competitive, have fun and be safe. Badminton is an excellent addition to your recreational regimen. It helps improve eye-hand coordination, speed, balance and strength. It can also help the body slim down.

Prerequisites

- Age 15 and older
- Bring your own badminton racket
- Wear non-marking badminton shoes for best performance and safety

2. COURSE FORMAT

Discussion-Demonstration-Practice-Games-Feedback

3. GOALS AND OBJECTIVES

Upon completing the course students will have:

- learned the basic skills necessary to enjoy and grow in the game of badminton
- practiced the proper techniques for fundamental shots and serves
- improved their neuromuscular coordination, agility, and overall vitality
- acquired a basic understanding of the rules, terminology, strategy and etiquette of badminton

4. COURSE OUTLINE

- 1 Warm up exercises
- 2 How to grip the racquet handle.
- 3 Forehand and backhand shots.
- 4 How and when to use the smash shot
- 5 Doubles and Singles Matches
- 6 Rotation
- 7 Footwork
- 8 Performance suggestions