Herrendoppel

Spielkonzept

Bild von Badminton

Badminton can be seen as modern war

- In training you try to develop as many weapons for the players as possible (technique).
- You do also train the players to identify the right situations to use the right weapons (tactics).
- The war lasts of many battles and to be able to last more than one battle, strength and endurance is a key factors (physical traning).
- A headless body is like a machine. Machines does not win a war – people with a right mindset does (mental training).

Spiel-idee

A badmintongame can (as in war) be won in a lot of different ways. This means that we have to be able to adapt our game to the strategy that is neccessary to win

But basically a game is won by getting most points and our way to reach that goal is to:

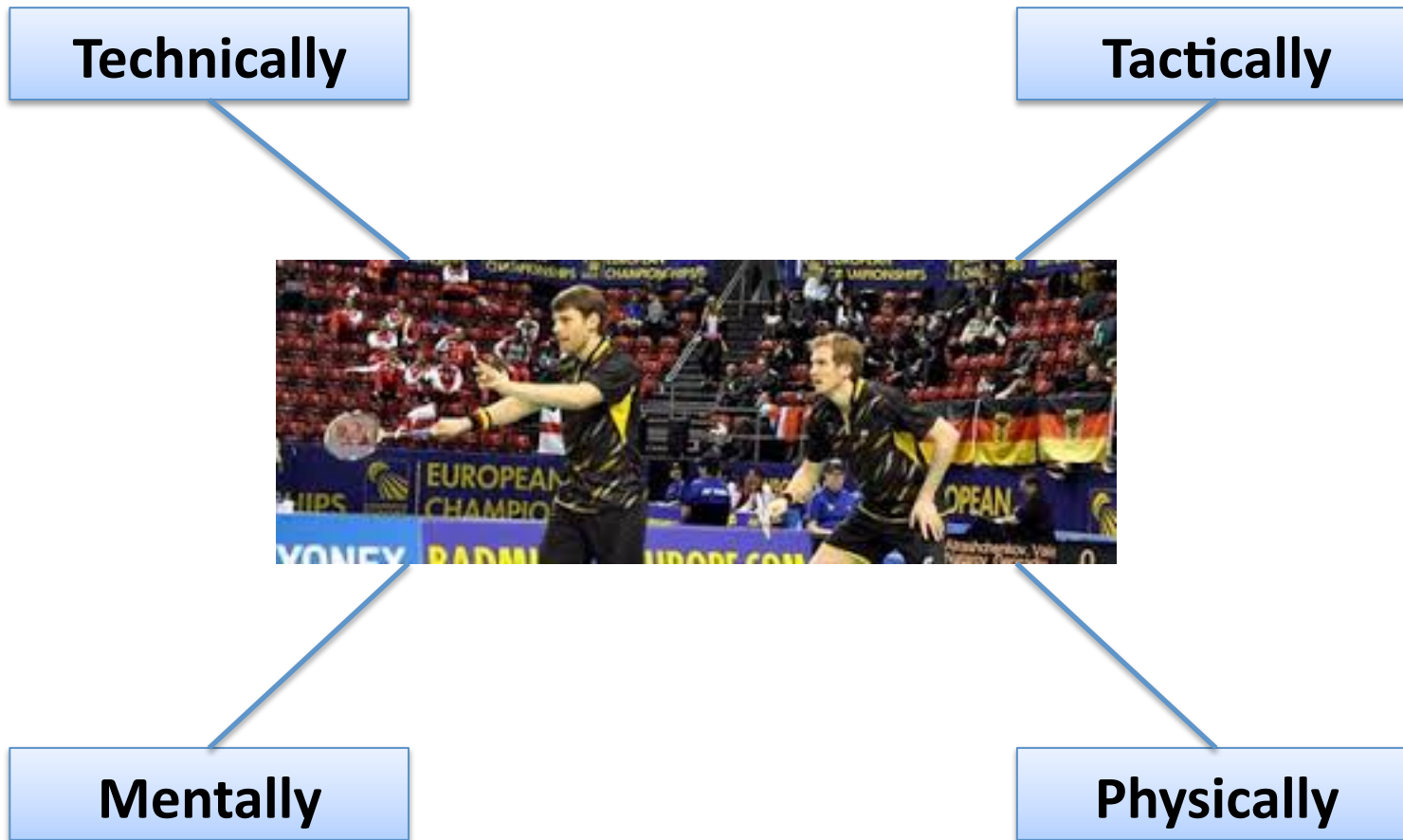– make direct points or force the opponents to make mistakes (forced errors)

This means that we need to have an attacking approach to the game

How do we want to win
- line of quality

Survival

Controlled defence

50/50

Controlled attack

Ultra attack
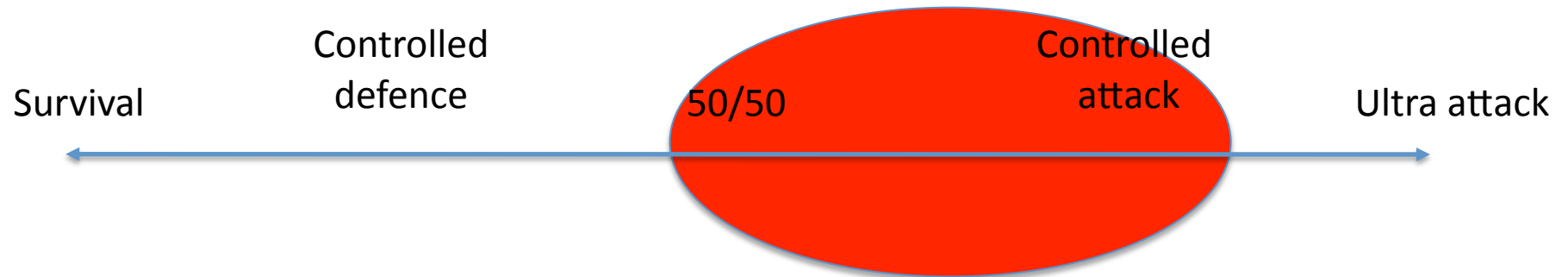
An attacking approach to the game!

Characterization of players

Technically

Tactically

Mentally

Physically

Characteritics of players

Technically

- To have at least 2 different shots from every position on court which can be performed in a high speed game

- To be able to move around without any technically limitations in footwork

Tactically

- To be able to identify playing situations under lot of stress and make tactically smart decisions in these situations

- To be tactically disciplined and efficient

Characteritics of players

Mentally

- To be rational thinking under stress - seperate our emotions from our rational thoughts

- To use our emotions in a constructive and positive way under stress

- To take responsibility for our actions both on and off court

Physically

- To build athletes and not just badmintonplayers

- To keep the players in training for as long periods as possible by working on injury-prevention

- To have powerful players who can move fast, jump high and hit hard

- To have players who will never lose because of lack of endurance

Roles

Stabilisator   **X-factor player**

$\longleftrightarrow$

Stabilisator + Stabilisator =   high average level, consistent, never worldclass

X-factor + X-factor =   high highs and low lows, no stability, never win a tournament

X-factor + Stabilisator =   Potential worldclass

Characterization: X-factor and Stabilisator

X-factor

- Risk-reward mindset
- Makes winners but also mistakes
- Wins/loses games
- Can get the double "on fire"
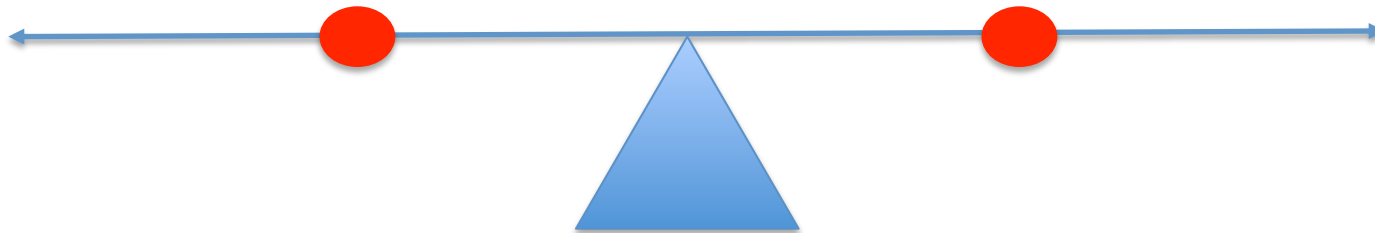- Takes the lead

Stabilisator

- Few mistakes
- Keep pair in the game
- Mentally stabil and controlled
- Covers gaps

Roles

Stabilisator   **X-factor player**

There has to be some sort of balance in the double

Some players are able to play both roles - but it is
important that both players are aware of there roles

Servesituation

Servesituation

- We want to be active in the servesituation because we want to ”win” this situation
- We want to be tactical aggressive on the 3rd and 4th shot – the decisive 20 cm

Servesituation

- Information regarding serves and returns are important in having an active servesituation

- We take responsibility for our own decision in the servesituation by informing our partner of where we want to serve and return to

- We work with systems in the servesituation so we can be early on the 3rd/4th shot – the decisive 20 cm

Serves-system

Step 1

The server informs partner where he serves
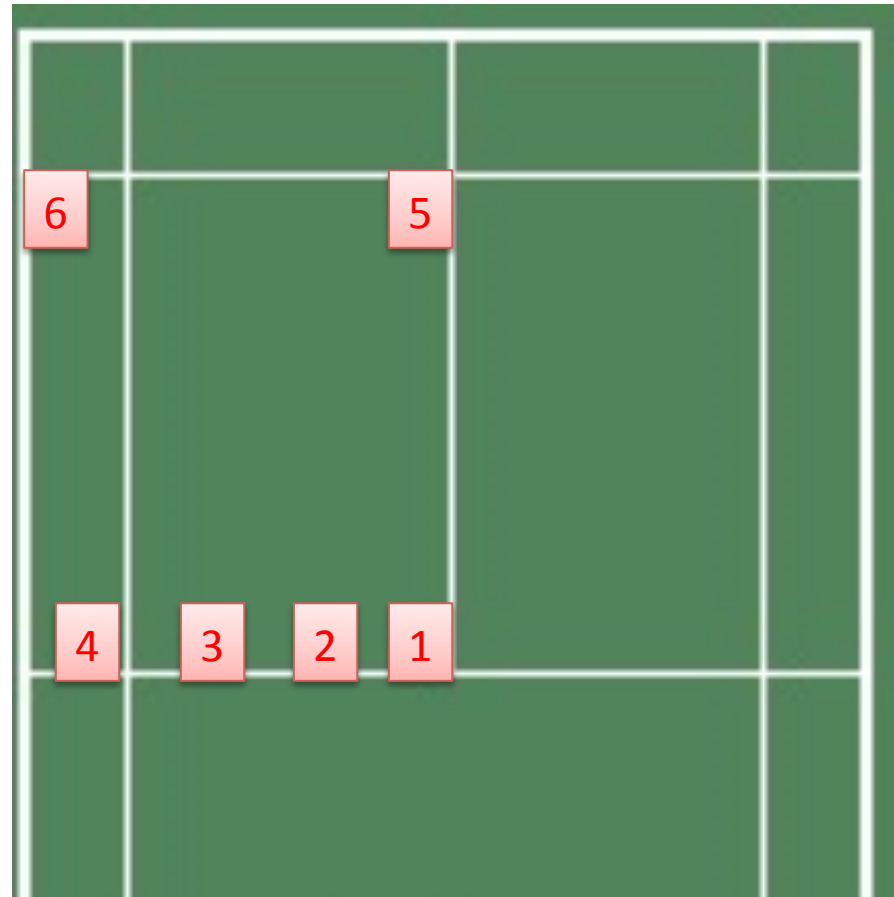
Step 2

The server informs partner about what he covers after the serve

Considerations on serving

The serve is the first active decision/shot but it is played from a defensive position. To turn the defensive situation into an advantage, it is important to have:

1. High quality in the serve to all spots (1-6)
2. Variations in the serve
3. High hittingpoint as possible – go to the limit
4. Deception in the serve (AHE short serve, JOS flickserve)
5. Variations in the time used before serving
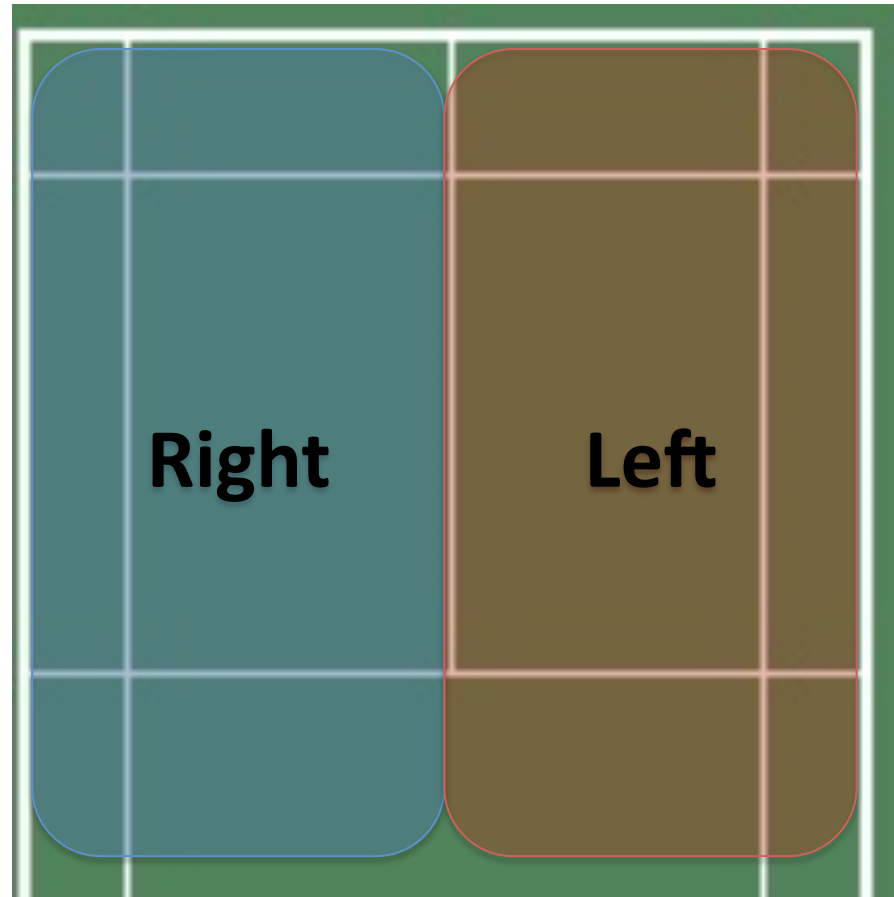6. Too short serves to spot 1 and 2

Receiving system

Step 1

Inform your partner of where you intend to return

Step 2

Be pre-pared on a different return than announced

Right

Left

Considerations on receiving

The return is the first shot in the rally, where you can get an advantage. At worldclass level the goal is to "win" the servesituation by making the opponents play the 3rd shot from low position. Therefore it is important to:

1. Play "Fallende Bälle"
2. Push hard if possible
3. Be aggressive forward to get early hittingpoints
4. Return with rackethead pointing up

Areas to return
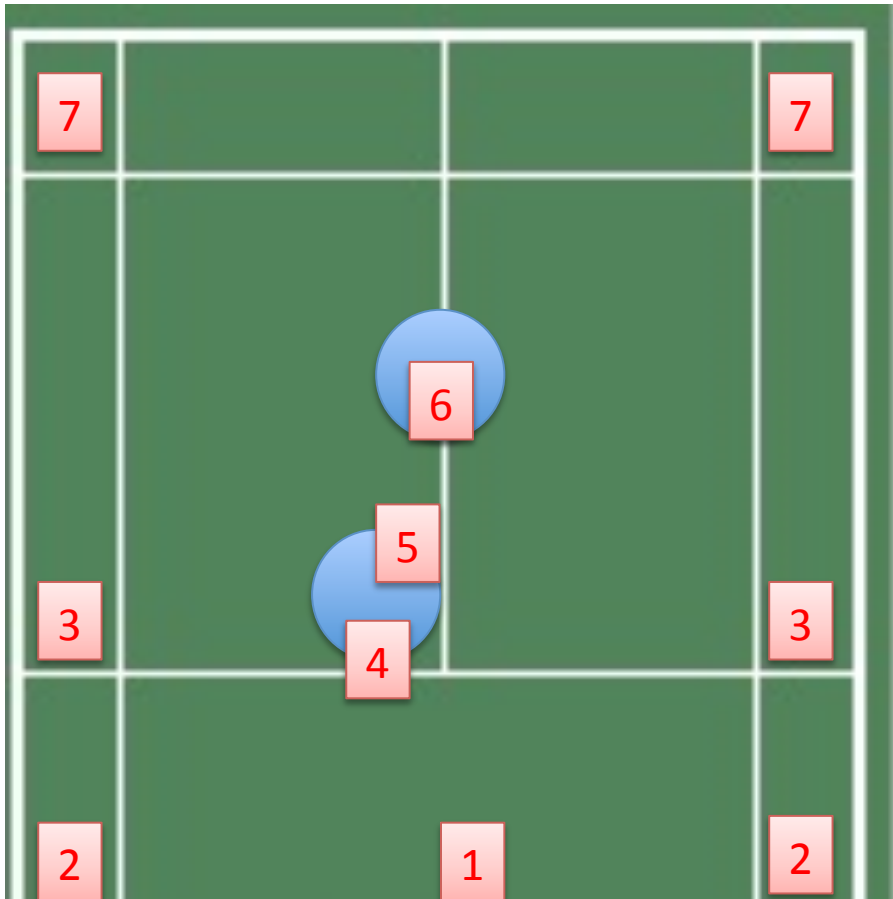
1:     Block at net

2:     Block to side with "topspin"

3:     "Fallende" mix-point

4:     Block to the body of server

5:     Block down the neck of server

6:     Push to body on backplayer

7A: Push to backcourt

7B: Active lift ("Hoppi return")

Serve and 3rd shot
- server

- Be active and attacking on the 3rd shot
- Play controlled to "win" the servesituation
- Have to "grow" and look confident after serving
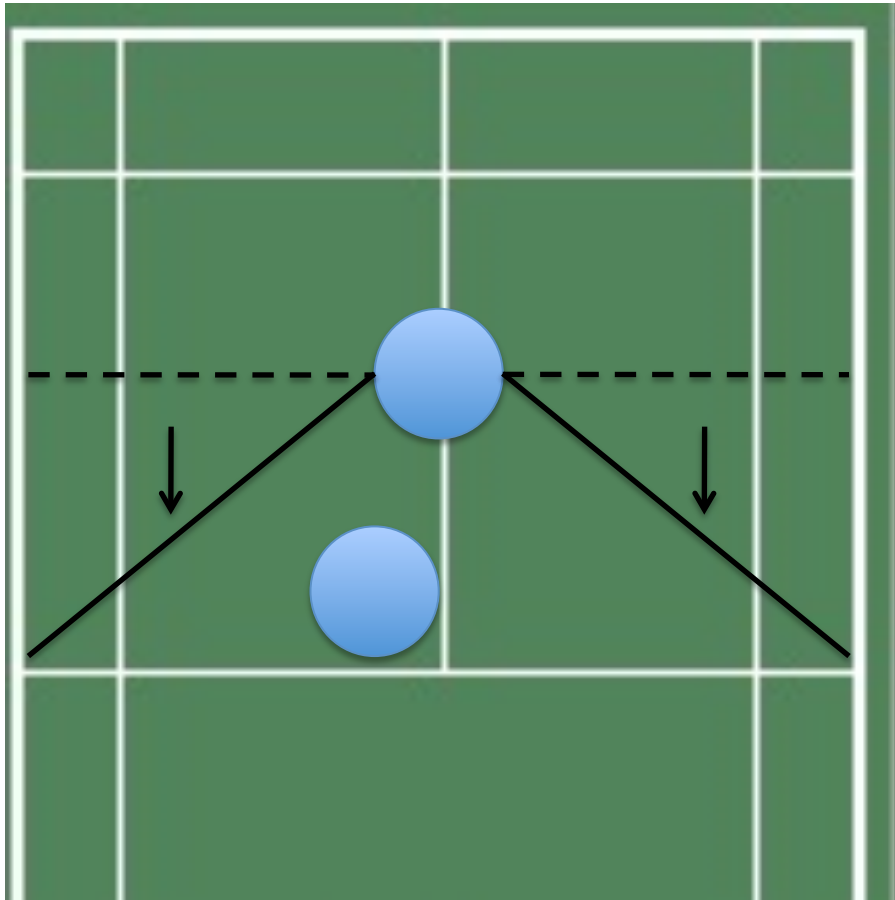
Serve and 3rd shot
- Backplayer
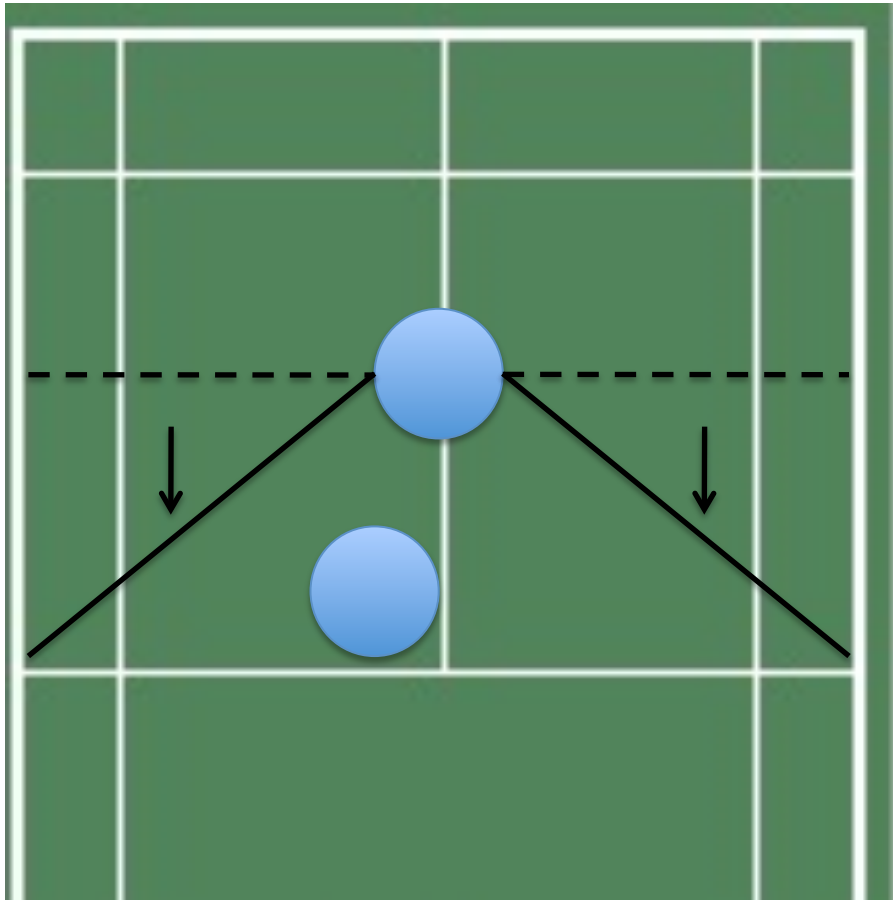
Triangle-focus

1. Have an attacking mindset
2. Move forward
3. "Win" the decisive 20 cm

Return and 4th shot
- receiver

2 **STRATEGIES**

1. All in! – out on 4th shot – involed on 6th shot

2. Controlled attacking return – involved on 4th shot
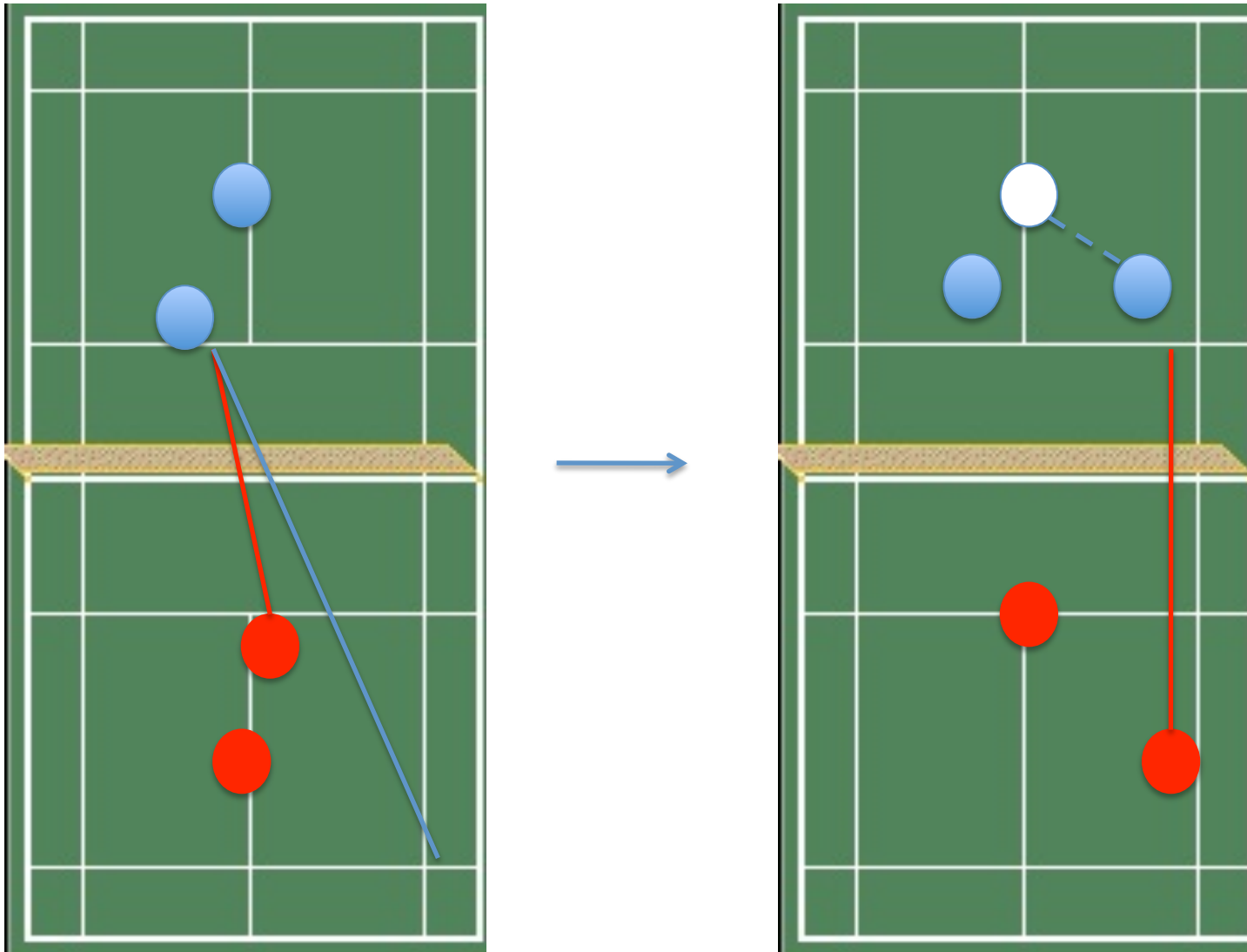
Return and 4th shot
- Backplayer

Triangle-focus

1. Have an attacking mindset
2. Move forward
3. "Win" the decisive 20 cm

Cross push return
- Backplayer has 4th shot! (if it comes straight ☺)

The 5th to 8th shot

The fight to "win" the servesituation is not over after the first 4!

- Side by side cover with focus on "closing" the front court

- NACHBEREITUNG, NACHBEREITUNG, NACHBEREITUNG!

- Controlled pushes – make them push hard from low positions

- Find/create the gap

  – Between or on the side of the 2 players

  – On the same player (for example: push – block combination)

How to make points!

- We want to be able to make our own points by making a direct point or by forcing the opponents to make an unforced error

- We want to attack like a unit and not just as 2 individuals on the same side of the court

- We make points by attacking smart

How to make points

- Attacking systems – play your partner good!
  - Tunnel attack
  - Wedge attack

# The netplayer – the foundation of the attacking systems

- The netplayer dictates by his position on court which attack he wants

- The backplayer plays his netplayer good by attacking over his "head"

- Mobility is the keyword for the netplayer in the attack – so he moves far back on court almost under the backplayer, when his partner gets the lift.

Tunnel Attack
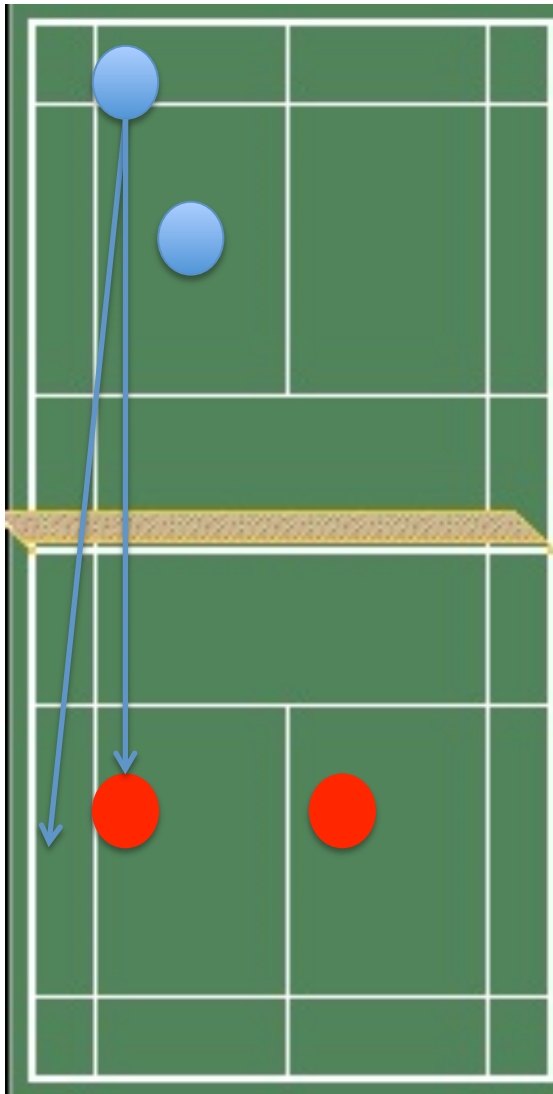
Attack on the outside or at the body on the "straight" person

Wedge Attack
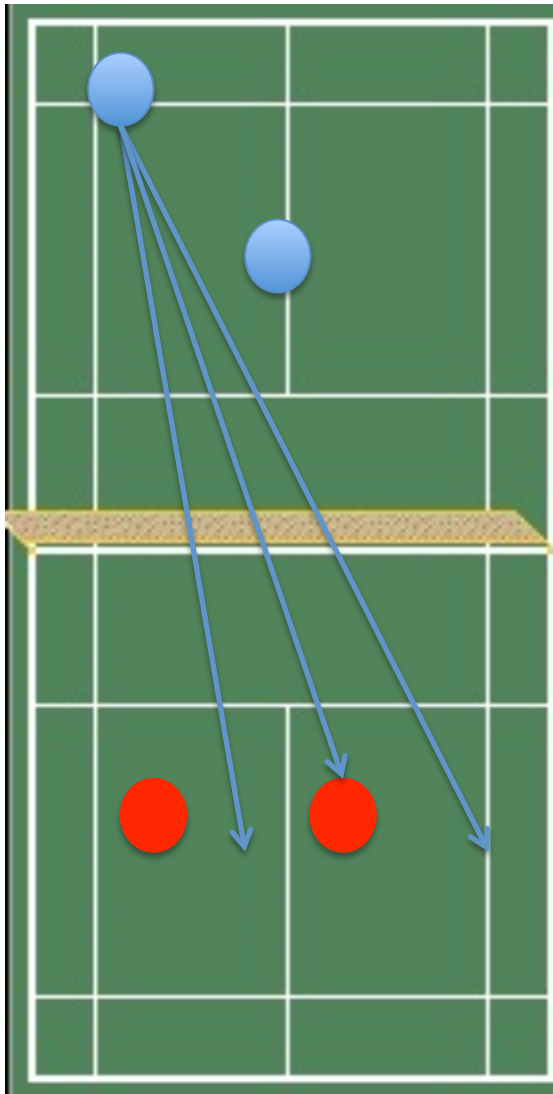
1. The netplayer covers cross
2. The netplayer invites his backplayer to come forward

   -> side by side pressure on the next shot

   -> the netplayer and backplayer could change positions

Attacking smart

- Hard smash is important – but not enough against the best defences in the world
- Variations can open any defence
  - Steep attack – also from good positions (stick smash, sliced smash, halfsmashes)
  - Block from both netplayer and backplayer
  - Deceptions
  - Hitting different spots (right hip, low->high)
  - Angles (cross the body)
- Break the rules – take calculated risks – be unpredicteble once in while

You don´t win from defence!

- We want to have an active defence that can stress the opponents attack

- By being active in defence we want to work ourselves into a better position – step by step

- By being active in defence, we move and position our body and racket after each shot, so we give ourselves better odds of changing the situation

- We want to be as strong as possible in the areas where we expect the attack to come

Defence – lateral displacement
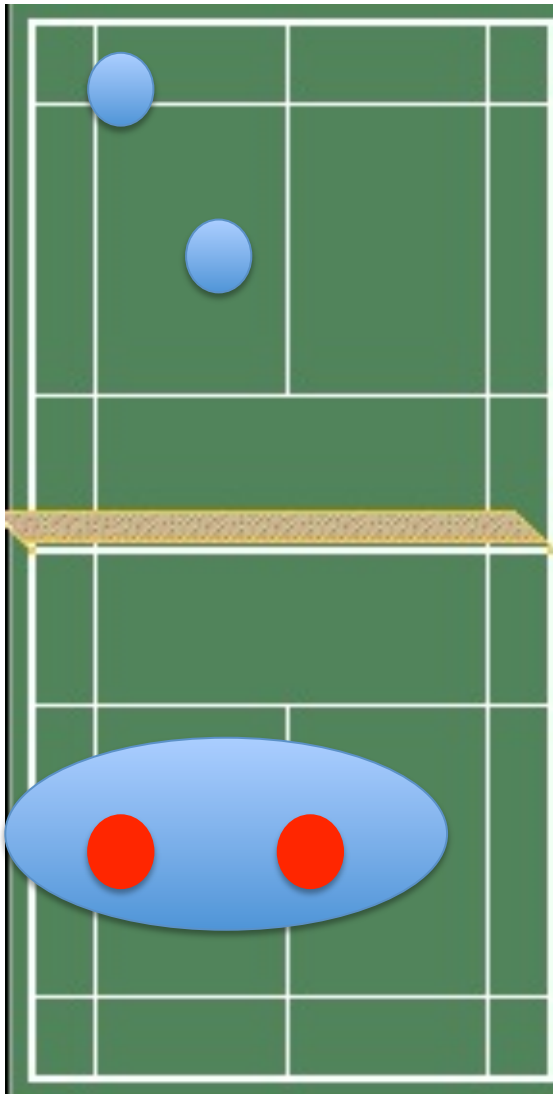
1. We want to cover the areas where the most likely attack is coming by being as strong as possible in that area

2. Mobility in defence depending on our shot and the opponents position

   - Forward/back
   - Sideways

The active defence

- Always plays a shot with a goal to stress the opponents attack
- Characterized by the counterattack shots: flat counter and block
- After each shot you always move to get into a better position – most often forward
- Flat lifts and half lifts in between the attackingplayers is often used
- Create and use gaps on the single player or in the space between the players – gaps are often created by 1-3 shots

40/60 - 50/50 – 60/40

- We want to be creative and smart in this part of the game as we want our opponents to lift

- Our creativity is our key to find and create gaps under high speed and stressful conditions

40/60 - 50/50 – 60/40

- ”Übergang” is not just about speed and power – it is about knowing when to use speed and power

- Side by side (wide cover) positioning is our best option to ”win” the ”Übergang” situation

- The decisive 20 cm: NACHBEREITUNG + Forward movement = 60/40 situations

- ”Übergang” is not a one shot situation -> setting up the play in ”übergang” is the key to success

Creating gaps

- Push – block combination
  - Need to push first to get the opponents away from the net and open the gap in front of one (counts for both the "übergang" and counterattack situations)
- Activate frontplayer in 1 side -> gap open on the other side
- The controlled push is the key to create 60/40 situations
  - The shot is important but the movement afterwards are more important

Mensdouble – the tactical game

Be 1 step ahead!