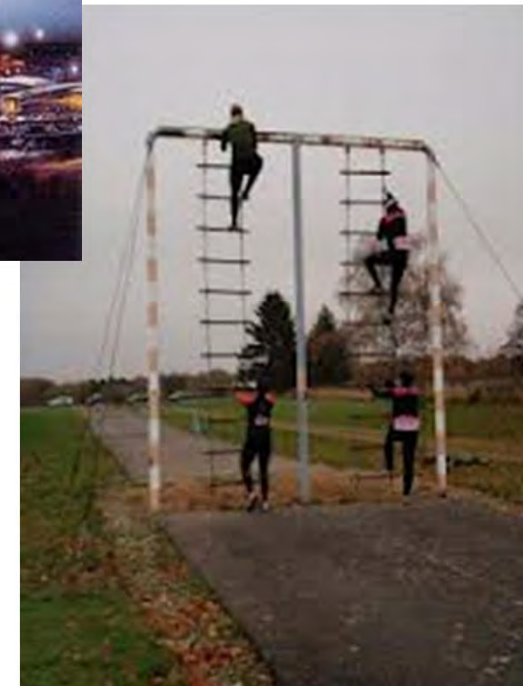


# Mix-doppel

Spielkonzept

# Bild von Badminton



# 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 training). A headless body is like a machine. Machines does not win a war – people with a right mindset does (mental training).

# Spiel-idee

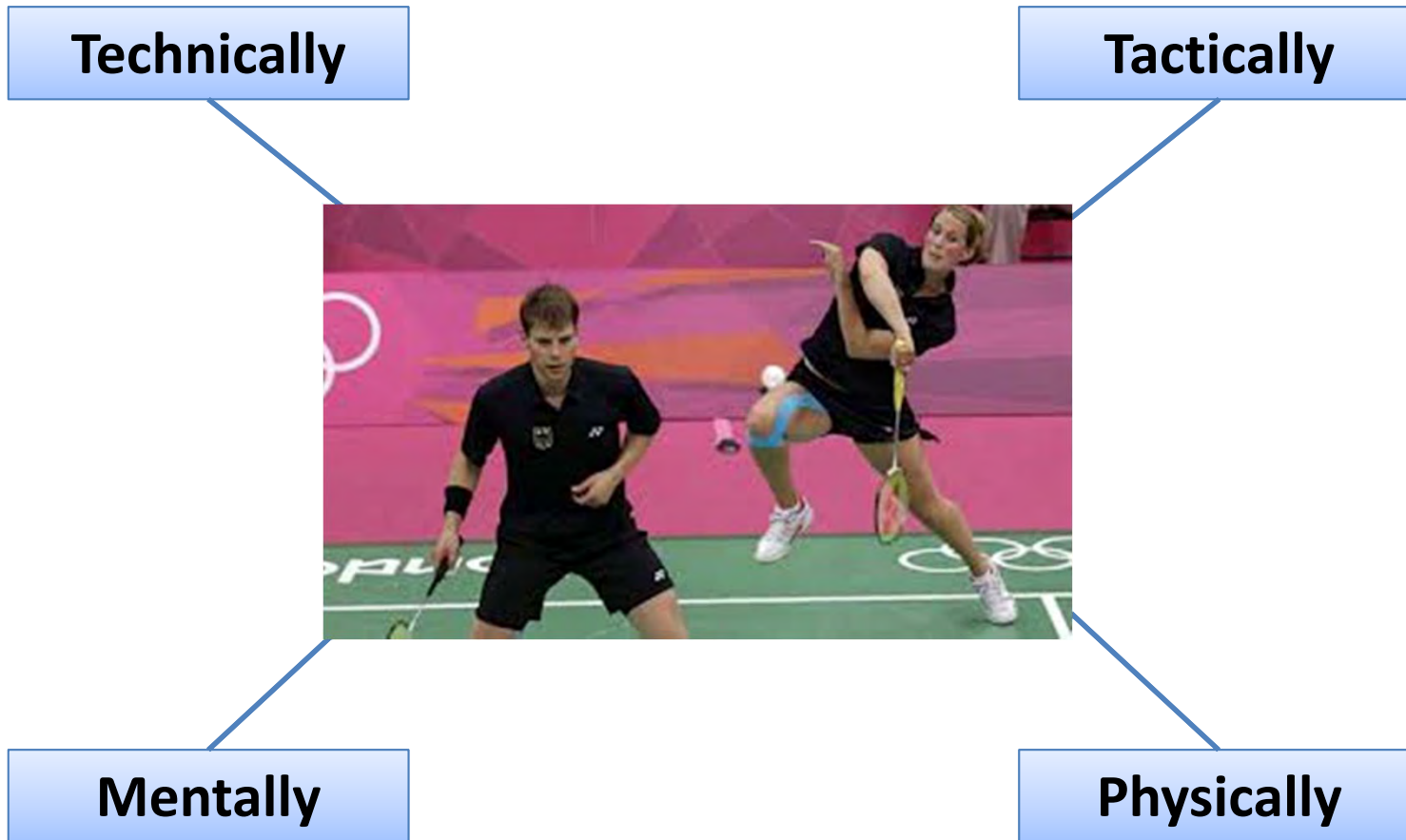
A badminton game can (as in war) be won in a lot of different ways. This means that we have to be able to adapt our game to the strategy that is necessary to win

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

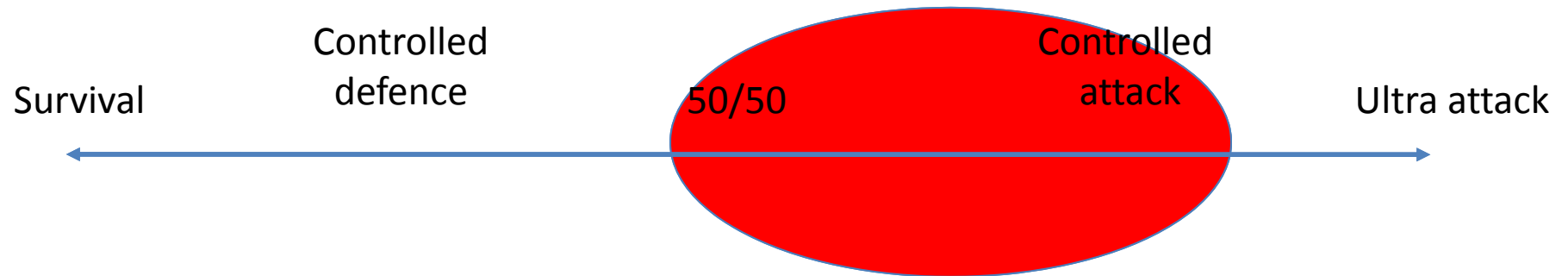
- make direct points or force the opponents to make mistakes (forced errors)

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

# Characterization of players



# How do we want to win - line of quality



**An attacking approach to the game!**

# Characteristics 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 technical 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

# Characteristics of the players

## **Mentally**

- To be rational thinking under stress - separate 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 badminton players
- 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



# Special trademarks of the girl

- Be able to continue and believe it is possible eventhough they make mistakes
- Froncourt
  - Good at reading the game -> right positioning
  - Aggressive and attacking minded
  - Short racketmovement
- Backcourt
  - Good set-up shots from the backcourt so they don't get out-counterred
- Defence
  - Strong defence, so she can deal with the boys smash
  - Be able to play with angles in defence
  - Courage to go forward and play overhead defence
- Servesituation
  - Strong serve
  - Variations in serves so systems can be used

# Idols - Girls

- Ma Jin (China)
  - Strong defence
  - Consistency
- Gabrielle Adcock
  - Aggressive at front court
  - Positive and Teamwork mindset
  - Active serve
- Lilian Natsir
  - Touch
  - Creativity

# Special trademarks of the boy

- Good to be around girls and handle girls
  - Be able to talk to girls and make them feel good and confident
- Good at moving
  - Especially sideways at the back
  - Especially forward and back so he can close the gaps behind and on the sides of the girl + covering backcourt after serving or receiving
- Backcourt
  - Good set-up shots from the backcourt so he can control the game
  - Power so he can put pressure on or make winners by his smash
- Midcourt/frontcourt
  - Good touch from midcourt so he can control the game (play "fallende Bälle")
- Defence
  - Be able to play with angles in defence
  - Be able to cover a big area (help partner i defence)
- Servesituation
  - Be able to serve further behind the service line + variations in serve

# Idols - Boy

- Zhang Nan
  - Consistency and quality in shots
  - Movement
- Joachim Fischer Nielsen
  - Ability to get on fire and raise the pairs level
  - Ability to make his partner feel good
  - Touch from midcourt

# Roles

**Stabilisator**

**X-factor player**



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

# Playingstyle / identity

- the pair

**Stabilisator**

**X-factor**



We want pairs who wants to win rather than hopes the opponents lose

We want pairs who take calculated risks also i close situations

# Roles

- the players



The players may have to adapt their game to a certain role that fits to the pairs overall playingstyle

If the players are too far away from each other, then the pair loses it identity/playing style



# 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

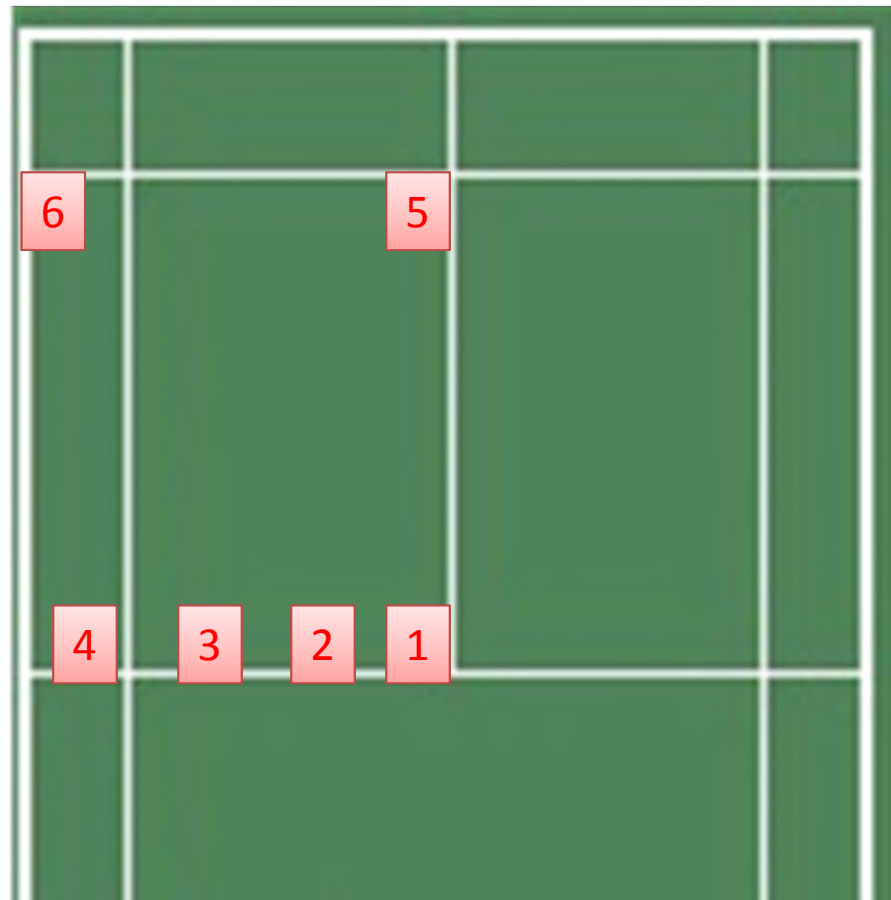
# Servesituation

- 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
5. Variations in the time used before serving
6. Too short serves to spot 1 and 2

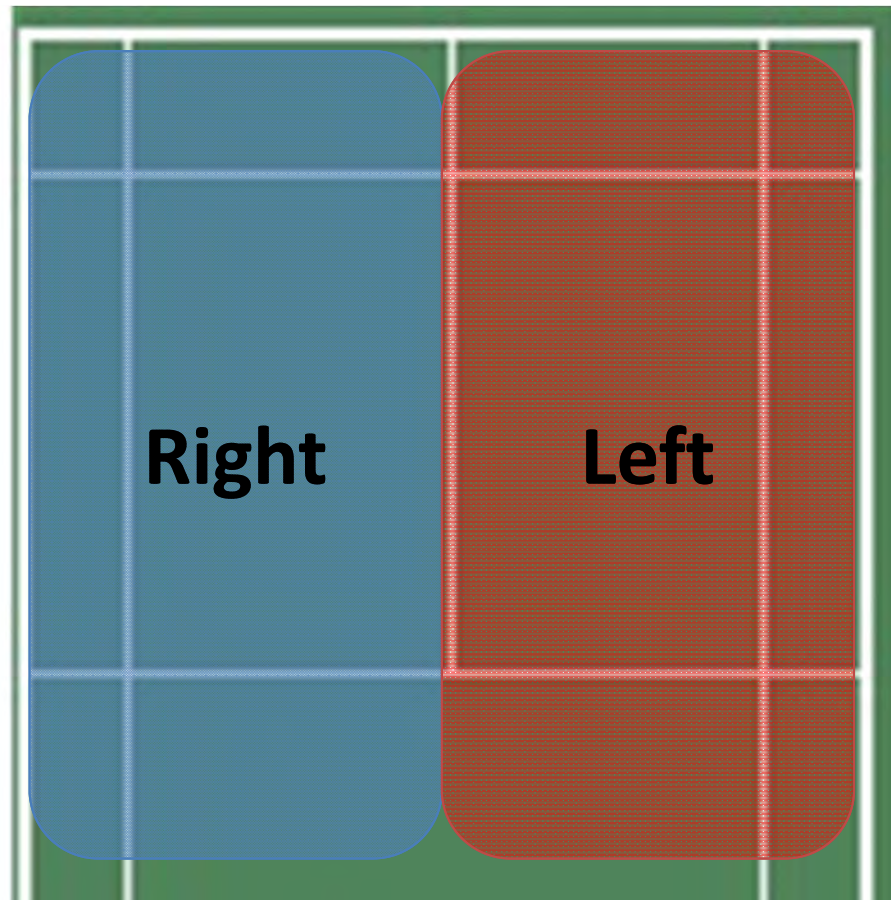
# Receiving system

## **Step 1**

Inform your partner of where you intend to return

## **Step 2**

Be prepared on a different return than announced



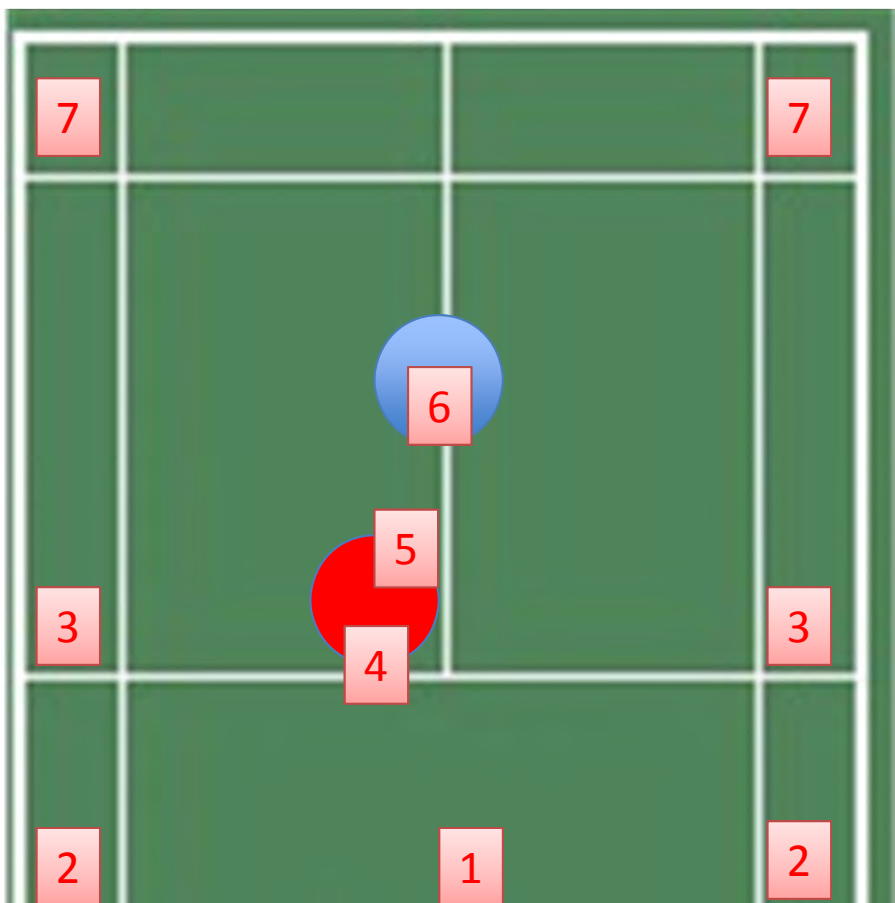
# Considerations on receiving

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 – Girl serving

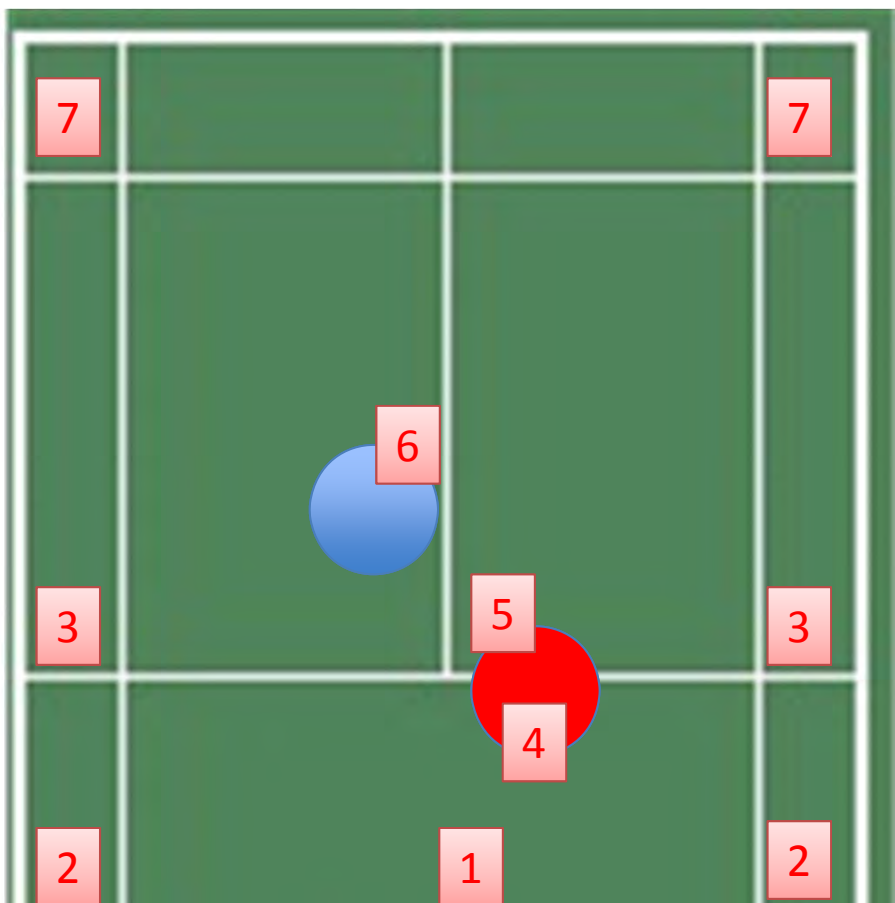
- like MD and WD



- 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")



# Areas to return – Boy serving



- 1: Block at net
- 2: Block to side with "topspin"
- 3: "Fallende" mix-point
- 4: Block to the body of girl
- 5: Block down the neck of girl
- 6: Push to body on boy
- 7A: Push to backcourt
- 7B: Active lift ("Hoppi return")

## Effective returns

- 2 and 3: opposite side of girl
- 7: Boy has a big area to cover

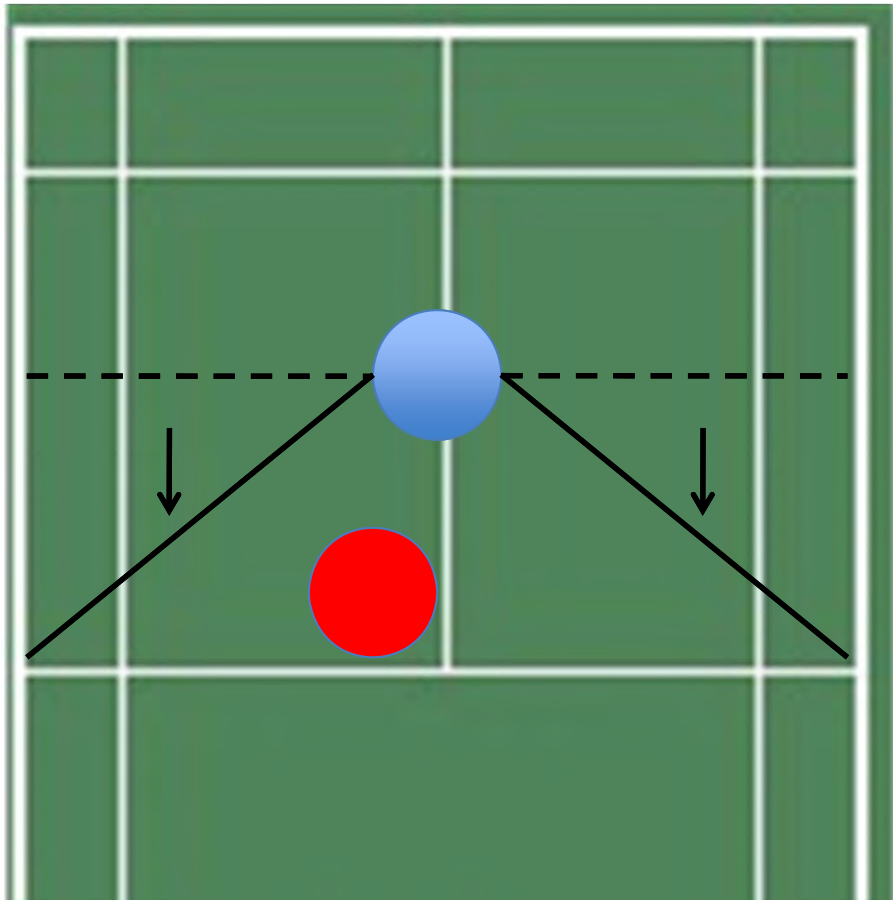
# The perfect cross flat push (nr. 7)



# 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 - Girl serving

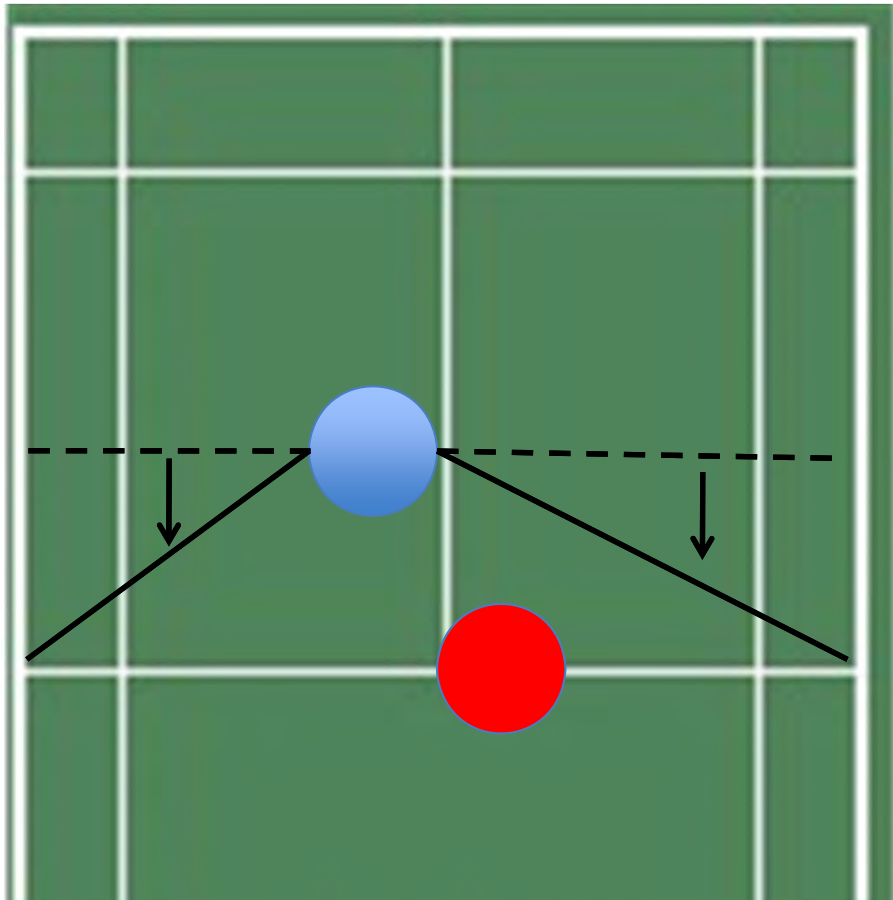


## Triangle-focus

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

# Serve and 3rd shot

## - Boy serving



### Triangle-focus

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

Difficult for the boy to think forward as he often moves back after serving

# Interesting!



The girl stays forward after flickserve – boy ready in single defence

# Another example



# Return and 4th shot - Girl receiving

## RECEIVING SHORT SERVE:

LIKE NORMAL DOUBLE

1. All in! – out on 4th shot – involved on 6th shot
2. Controlled attacking return – involved on 4th

## RECEIVING FLICK SERVE

1. Attack like normal double – boy stays at the net
2. Play cross clear – go in defence



# Return and 4th shot - Boy receiving

## RECEIVING SHORT SERVE:

1. Controlled attacking return – play it straight
2. All in or block – stay at the net – girl at backcourt

## RECEIVING FLICK SERVE

LIKE NORMAL DOUBLE

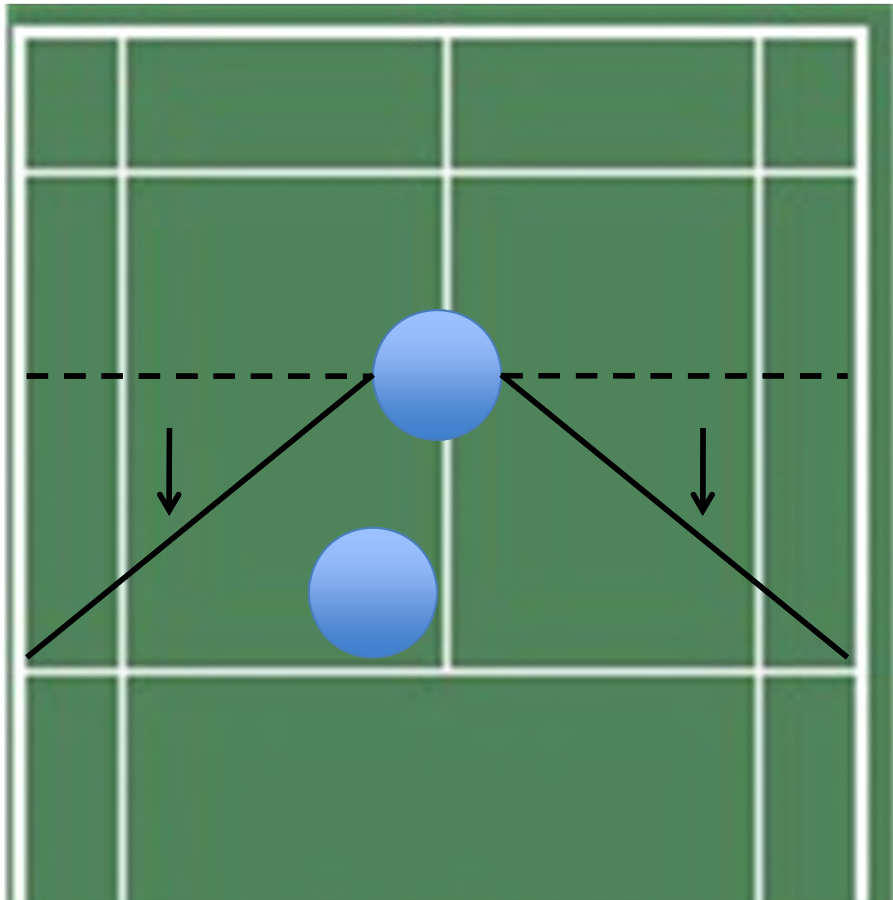
1. Attack like normal double
2. Play straight clear – go in defence

# The cross overplay!

- Every mix-boys nightmare!



# Return and 4th shot - Backplayer



## Triangle-focus

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

# Triangle focus – well done!

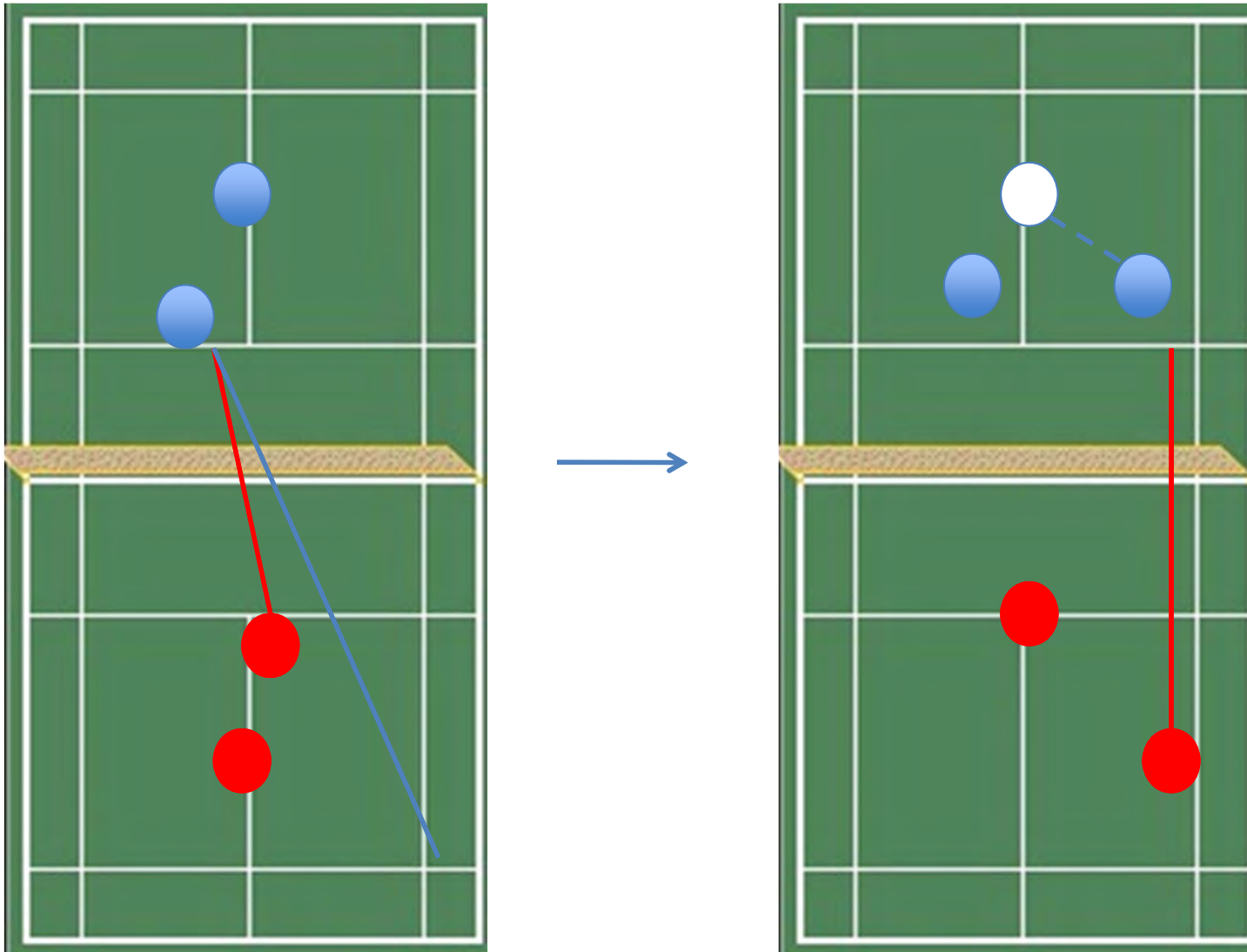


Who covers the straight 3rd shot after cross flat push return?



# Cross push return

- Backplayer has 4th shot! (if it comes straight 😊)



ATTACK!  
ATTACK!  
ATTACK!



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# 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



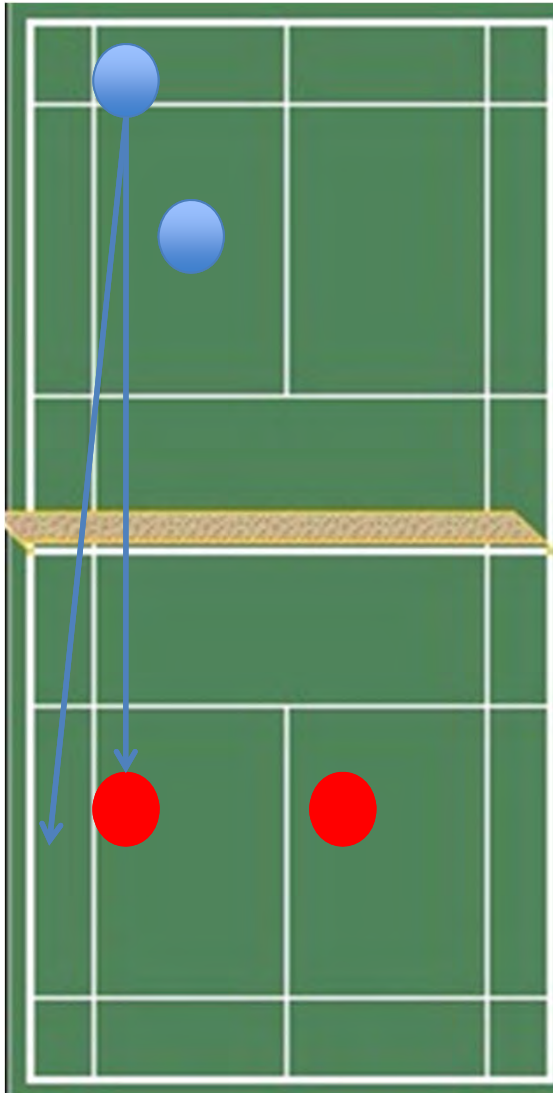
# How to make points

- Attacking systems – play your partner good!
  - Tunnel attack
  - Wedge attack
- Setting up and controlling the game with patience in the attack – the boys has to cover the whole back court

# The netplayer – the foundation of the attacking systems

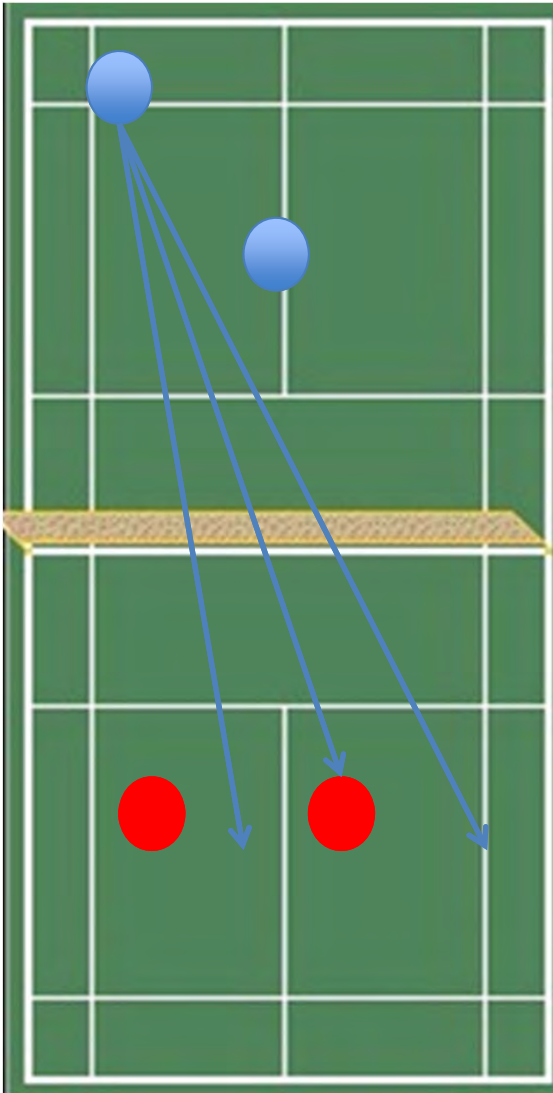
- The netplayer dictates by his position on court which attack he wants
- The backplayer plays his netplayer good by attacking over his "head"
- Mobility is the keyword for the netplayer in the attack – so he moves far back on court almost under the backplayer, when his partner gets the lift.

# 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

# Set your attack up!



# 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 unpredictable once in while

What about always attack on the girl?

**Suicide on the highest level!**

# The modern mix-double



The boy moves more forward and works as netplayer with the girl attacking from the backcourt. It is seen as an advantage!



# The advantage of the boys longer arms



But it can be difficult to get through!



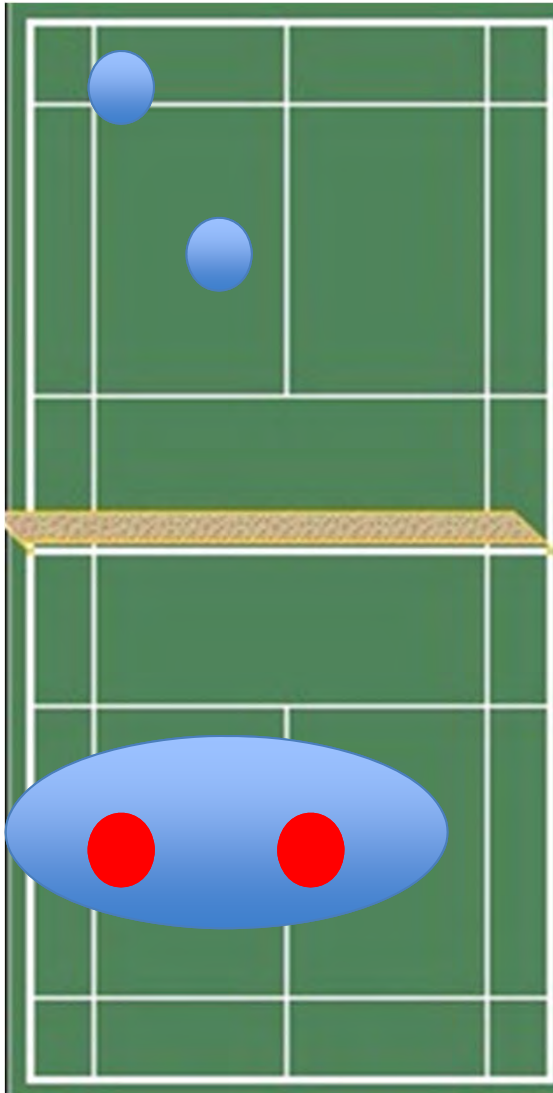
Rotation is still is a an option, we have to be able to manage – well done!



# 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 attacking players 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

# The boy covers a bigger area in defence

- Eventhough that the defence of the girls at the highest level are extremely good – the boys defence are still stronger
- We want the girl to move forward to the net after a counterattack and that is easier if the boy plays the counterattack – then she can move earlier

# Girl moves forward after boys counterattack



Easier for the girl to get fast forward, when the keeps defence/flat game on his side. Plays the counterattack cross -> shortest way to the net for the girl.



Make backcourt big for the attacking side – lift to both sides



# You need guts to be the girl in a mix-double



The girl always has to look for chances to get forward and win the net – overhead defence is the way to do it!

50%50

# 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 or play a slow shot to net frontcourt from low position
- 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
- 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

# Control midcourt

- Boy has to take speed out in midcourt and play his girl in at the net
- Both has to push in midcourt to create gaps on front court (push – block combination)
- The girl has to look for options to move forward also if she don't get the next shot - her presence on the frontcourt makes the opponent play away from net



The girl has to move forward





# Mix-double – the tactical game



Be 1 step ahead!