



## GUIDE FOR P.E. TEACHERS & COACHES



## TABLE OF CONTENTS:

|   |           |
|---|-----------|
| <b>SPEED BADMINTON FOR P.E. CLASSES</b> | <b>4</b>  |
| <b>EQUIPMENT</b>                        | <b>5</b>  |
| Racquets                                | 5         |
| Speeders®                               | 5         |
| Courts                                  | 5         |
| Speedminton® School Sets                | 6         |
| <b>MATCH RULES</b>                      | <b>7</b>  |
| <b>PLAYING SPEED BADMINTON</b>          | <b>8</b>  |
| Basics                                  | 8         |
| Techniques                              | 9         |
| Tactics                                 | 14        |
| <b>TEACHING SPEED BADMINTON</b>         | <b>15</b> |
| Introduction of the Speeder             | 15        |
| Introduction of the racquet             | 16        |
| Warm up exercises                       | 17        |
| Coordination exercises                  | 18        |
| Conditioning exercises                  | 19        |
| Training techniques                     | 20        |
| More games using Speedminton®           | 21        |
| Your first lesson (suggestions)         | 22        |
| <b>TOURNAMENTS</b>                      | <b>23</b> |
| Fun tournaments                         | 23        |
| Competitive tournaments                 | 24        |
| <b>BLACKMINTON®</b>                     | <b>26</b> |

## MAIN REASONS FOR ADDING SPEED BADMINTON TO YOUR CURRICULUM:

- » Fun and effective way to improve fitness, agility and coordination
- » High motivation for kids
- » Play on virtually any surface, indoors or outdoors
- » Easy to learn, simple rules
- » Different Speeders® for different levels of play
- » Fast and simple set-up, no court or net needed
- » High quality equipment



"I love tennis and enjoy playing most racquet sports. I am really impressed with Speedminton®. It is the easiest and most effective way to introduce children to racquet sports, it trains hand-eye coordination, footwork and improves physical conditioning, all while the children are having fun."

**MARIA SHARAPOVA**

3-Time Grand Slam Champion

## SPEEDMINTON® FOR P.E. CLASSES

Invented in Germany in 2001, Speed Badminton combines the best elements of three sports; tennis (the court size is the size as a tennis court split in half, one tennis court equals two speed badminton courts), badminton (the use of birdies called Speeders®) and racquetball (the racquet used is similar to a racquetball racquet). Speed Badminton is the perfect game for your curriculum and can be played by every student no matter their skill level.

### WHO

Speed Badminton is the perfect game for your curriculum, because it can be played by every age and skill level. The durable racquets are short and lightweight, which makes them easy to handle for kids. The Speeders allow long hits without requiring a lot of power. The Speeders have different velocities; Match Speeders for aggressive play and Fun Speeders for recreational play.

Speed Badminton is recommended for children ages 7 and up. Beginners are able to play short rallies after just a couple of minutes. Speed Badminton provides great recreational play for elementary and middle schools. For high schools, Speed Badminton can be played for recreation or competitively.

### WHERE

No net is required for Speed Badminton, so you can play indoors or outdoors on virtually any surface. The Speeders were especially developed for outdoor fun, being both smaller and heavier than badminton birdies for better wind resistance. Their bold colors ensure easy visibility, indoors or out.

The court can be marked easily on the ground with ribbons, cones or chalk, which allows play just about anywhere: grass fields, blacktop, gym floor, etc.

### HOW

Speed Badminton is a highly motivational game to improve both conditioning and coordination skills. When playing for recreation, the students can stand across from each other and hit the Speeder back and forth. Make sure that every child has enough space to react to the Speeder.

For competitive play, each player stands in an 18 foot square with 42 feet between the squares. Hitting the Speeder back and forth, each player tries to get it to land on the ground in their opponent's square, while simultaneously defending their own.

In this guide you will find many games that can be utilized using Speedminton® equipment.



# SPEEDMINTON® EQUIPMENT

## RACQUETS

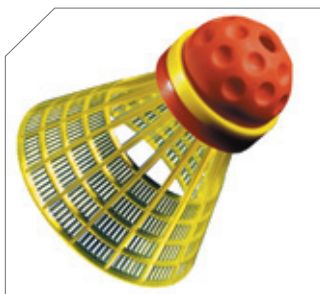
Speedminton® currently carries two different types of racquets; aluminum and graphite. In the Speedminton® School Sets we use the aluminum racquets, which have a unique shape and weigh 6 ounces. The length of the racquet is 23 inches and provides the best possible control and handling. The racquet is smaller than tennis and badminton racquets, making control easy for children. The “sweet spot” (optimal hitting point on the face) lays in an ideal distance from the hand, which results in the best possible vibration characteristics for arm protection.



## SPEEDERS®

The secret of Speedminton® is the new birdies called Speeders®, which were designed with outdoor fun in mind. Comparing traditional birders to Speeders, the Speeders are heavier and have less wind resistance, allowing for long distance play. The hollows (dimples) in the head of the Speeder also reduce air resistance. Each Speeder has a hole in the center of the head which stabilizes its flight path as the air in front of the head is funneled to the back through the canal. The rubber structure of the head surface guarantees optimal control and allows long hits using less power. High quality synthetic materials make the Speeder durable for every day use and competitive play. The material also transforms the invisible ultraviolet part of natural light, increasing the visibility of the Speeder.

Besides the Match Speeder for competitive play, Speedminton offers a Fun Speeder for recreational play. The Fun Speeder weighs less and is perfect for beginners and smaller children. For breezy days, the Speeders come with a wind ring that can be rolled over the head of the Speeder, giving an additional 2 grams of weight for more stability.



Match Speeder



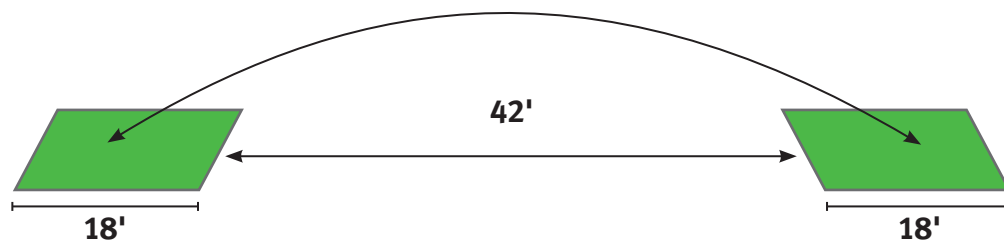
Fun Speeder



Wind rings

## COURTS

The variety of options for marking a Speed Badminton court is the key for playing the game on any surface, allowing every school to have Speed Badminton as part of its curriculum. The official Speed Badminton court consists of two 18 foot squares with 42 feet between them, as defined for competitive play under international match rules. When teaching Speed Badminton at schools, court size can be adjusted to fit your needs.



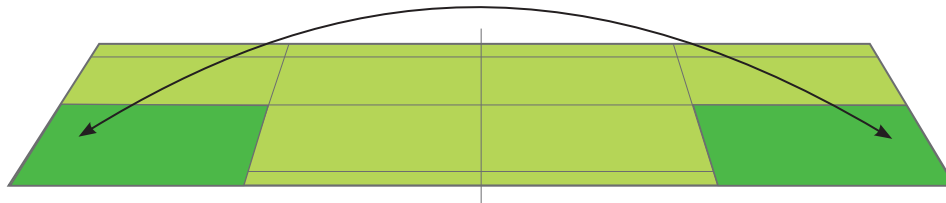
Speedminton® Easy Court can be set up quickly to mark a court with the official international distance. The bright florescent ribbons can be used on grass or sandy soil, or you can tape the courts down on blacktop.



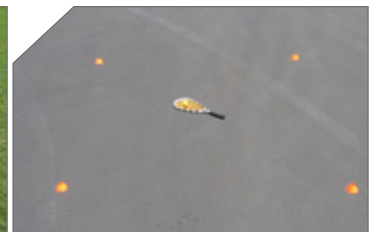
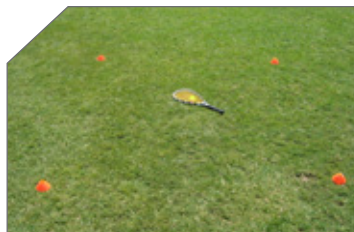
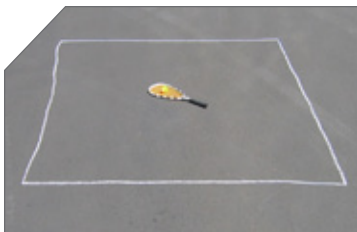
Speedminton® Cones let you mark the squares at official distance or can be re-sized to fit your needs. The cones are ideal for PE lessons at schools and training programs.



A tennis court can easily become two Speed Badminton courts just by putting down the net. (If you prefer to keep the net up that is fine as well.) When playing on the tennis court, you will want to play from T-line to T-line or use chalk to simply draw a court on the blacktop.



## COURT SET-UP OPTIONS



Use chalk on blacktop or draw a court in the sand

Use the cones to mark a court on any kind of surface

## SPEEDMINTON® SCHOOL SETS

Pro Performance Sports offers special sets for schools and institutional use. The Super 16 Player set and the Super 8 Player set make it convenient for PE teachers to grab the large bag and begin play immediately.

### Super 16 Player Set Includes:

- » 16 Speedracquets
- » 24 Match Speeders®
- » 24 Fun Speeders
- » 64 Easy court cones ( 8 courts)
- » 1 Speedminton Bag



### Super 8 Set (not pictured) Includes:

- » 8 Speedracquets
- » 12 Match Speeders
- » 12 Fun Speeders
- » 64 Easy court cones ( 8 courts)
- » 1 Speedminton Bag

## MATCH RULES

### THE GAME

Each set ends when a player reaches 16 points. If the score is tied at 15 or greater, the play continues until one player has a two-point advantage. A match consists of up to five sets. To win a match you must win 3 sets.

### THE SERVICE

The players draw to decide who serves first. Service then alternates after every three serves. Every serve counts. If the score is tied 15-15, service alternates after each point. You may choose between the center of the playing field or the back line for each serve. The Speeder® must drop from hip level and hit the racquet as it falls. Overhead service, either standing or with a flying jump, is only permitted from the back service line. The losing side always has the first service in the next game.

### CHANGING SIDES

Players change sides after each game to ensure equal playing conditions (wind and lighting conditions). If a fifth game (tiebreaker) becomes necessary, players change sides as soon as one player reaches 9 points.

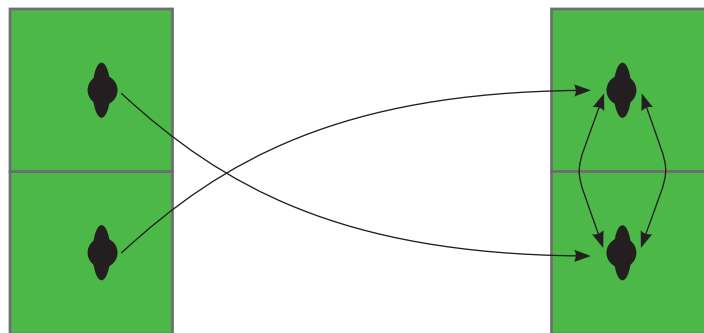
### SCORING

Every volley counts unless it has to be repeated. Points are awarded in the following cases:

- » Service fault
- » Speeder made contact with the ground
- » Speeder lands in playing field (or on one of the lines) and cannot be returned
- » Speeder lands "out" (Note: If a player returns an out Speeder, it is accepted and play continues)
- » Speeder is hit twice by the same player in sequence
- » Body contact with the Speeder

### DOUBLES MATCH

The doubles match is played on two adjacent courts. Scoring and changing sides work the same as single play mode. As in the singles game, the server has three serves in sequence and in this case must always serve to the diagonal playing field opposite. The serving team swaps fields after each serve. The first service is always made from the right-handed field to the left-hand diagonal field opposite. Once a service is returned, all players can move around their respective doubles fields freely to play the Speeder. Once all four players have served, service returns to the first server. The losing side always has the first service in the next game.



## PLAYING SPEED BADMINTON

### HOLDING THE RACQUET

The way you hold the racquet depends on your individual preference. We recommend using the middle grip for all kinds of strokes. In Speed Badminton, you never change your grip style. All types of strokes are played with the middle grip. By using the middle grip it is extremely easy to learn the different strokes and apply them during the play. See pictures below for correct and incorrect grip.



Correct: Middle Grip



Incorrect



Incorrect

### THE BASIC POSITION

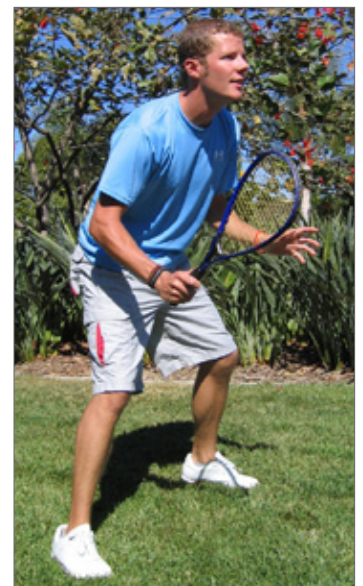
Waiting for the Speeder® in the basic position guarantees the optimal flexibility and agility for your upcoming move. (NOTE: Descriptions below are for right-handed players)

- » Spread your feet shoulder width apart
- » Bend your knees slightly
- » Hold the racquet in front of your body and put your left foot a little forward
- » Keep your body loose and ready
- » Be ready to step forward to meet the approaching Speeder
- » You should stay in the basic position as much as possible (applies to both the serving player and the returning player)

Tip: Orient yourself on the front line and resume the basic position after every hit



**THE SPLIT STEP** – Make a hop or small jump and land on the balls of your feet the moment the opponent hits the Speeder – this brings more agility to your following move.



Basic Position

## Common Mistakes:

- » Stiff body position: You can't react properly in this position
- » Your feet are too close together – you lose balance and can't react as quickly
- » Knees are not bent – this makes it difficult to react quickly and powerfully
- » Many players stand exactly in the center of the field. If your forehand side is more effective than your backhand, you should stand slightly to the left

## TECHNIQUES

### SERVICE

In Speed Badminton, the serve is one of the most important strokes. Beginners will not be able to get a rally going unless they know how to serve the Speeder® adequately. During competitive play, a good serve will put your opponent under pressure right from the start. In Speed Badminton you have to serve underhand from the middle of the square or overhead from the back line. In school you should focus on the underhand serve because it is easier to learn.

### Starting Position

- » Stand sideways with your left foot in front and right foot in the back at a slight angle
- » Knees are slightly bent
- » Upper body is slightly rotated towards your opponent
- » Hitting arm is moved backwards
- » The left hand holds the Speeder head down on the basket between thumb and pointer finger

### Hitting Position

- » Drop the Speeder
- » Simultaneously swing your hitting arm to the Speeder while rotating your upper body towards your opponent
- » Hit the Speeder in front of your body to the right
- » Shift your weight to the left foot
- » Move your left arm backwards for more stability

### Finishing Position

- » Hitting arm swings out
- » Right foot is set forward to get into the basic position

## SERVICE POSITIONS



Starting Position



Hitting Position



Finishing Position

## Common Mistakes

- » Throwing the Speeder®: Many kids try to throw the Speeder up before hitting it; just dropping it from your hand makes it much easier. (Students can tap the Speeder with the racquets a few times before they hit it to get used to the feel.)
- » Lack of concentration: Because service from the waistline seems simple, many people do not take it seriously.

## FOREHAND

The forehand stroke is the most frequently used swing and most players will find the forehand technique much easier than the backhand. The forehand stroke can be played low, half high and high. A long swing towards the Speeder makes it easier to control. For precise control, you have to move your body in the direction you are aiming. Always try to hit the Speeder in front of your body.

### Starting Position:

- » Middle grip
- » Move upper body against the hitting direction (left shoulder goes forward)
- » Hitting arm goes backward
- » Body weight shifts to the right foot
- » Knees are slightly bent during the whole movement to guarantee optimal balance

### Hitting Position:

- » Racquet face points toward the direction you want to hit the Speeder
- » Body weight shifts to the left foot
- » Upper body rotates in the hitting direction
- » Hitting arm swings forward and hits the Speeder in front of the body
- » To add more speed you can whip your wrist

### Finishing Position:

- » Racquet swings out
- » Turn back to basic position as soon as possible

## FOREHAND POSITIONS



Starting Position



Hitting Position



Finishing Position

## Common Mistakes:

- » Not enough bending at the knees – makes you lose flexibility
- » Arm not extended – you hit the Speeder® too close to your body

## BACKHAND

For most Speed Badminton players, the backhand is the more challenging of the strokes. The player has to move his body first (pointing the right shoulder at the opponent). Thus, you need to change your position before making your stroke.

### Starting Position:

- » Middle grip
- » Move upper body against the hitting direction (right shoulder goes forward)
- » Hitting arm is slightly bent and goes backward
- » Body weight shifts to the left foot
- » Knees are slightly bent during the whole movement to guarantee the optimal balance

### Hitting Position:

- » Racquet face points toward the direction you want to hit the Speeder
- » Body weight shifts to the right foot
- » Upper body rotates in the hitting direction
- » Hitting arm swings forward and hits the Speeder in front of the body

### Finishing Position:

- » Racquet swings out
- » Turn back to basic position as soon as possible

## Common Mistakes:

- » Legs remain in basic position
- » Not enough body rotation
- » Arm not extended – you hit the Speeder too close to your body

## BACKHAND POSITIONS



Starting Position



Hitting Position



Finishing Position

## OVERHEAD STROKES

High and long shots from your opponent have to be played overhead. Playing in a high arc is the best way to get a rally going. Overhead strokes are very important to learn to play back and forth.

### Starting Position:

- » Middle grip
- » Hitting arm is lifted and bent and the racquet is behind your head
- » Body weight shifts to the right foot placed in the back
- » Knees are slightly bent during the whole movement to guarantee the optimal balance

### Hitting Position:

- » The elbow of the hitting arm moves towards the incoming Speeder®
- » Upper body rotates towards the basic position
- » The hitting arm is stretched and rotates counter clockwise
- » Body weight shifts to the left leg
- » Left arm moves backwards to provide an optimal balance

### Finishing Position:

- » Racquet swings out down to the left
- » Right leg moves forward
- » Turn back to basic position as soon as possible

### Common Mistakes:

- » No body rotation – the stroke will be misdirected and weak
- » Failure to fixate on the approaching Speeder – you will not be able to calculate the flight path of the Speeder correctly
- » Failure to outstretch your hitting arm – Speeder will be hit with less swing and control

## OVERHEAD POSITIONS



Starting Position



Hitting Position



Finishing Position

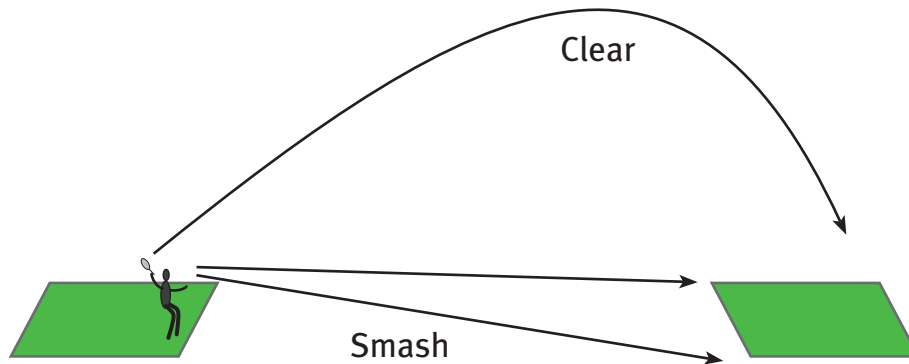
## SMASH vs. CLEAR

Playing overhead, you can make different strokes with almost the same movement depending on what you want to achieve.

A "clear" is a high stroke to the back of your opponent's field. Under pressure, this stroke gives you more recovery time because the Speeder® is in the air for a longer period. It drives your opponent to the back of their field and brings you in a good position to score with a short and fast stroke. You can also play an underhand clear from the frontline by lobbing the Speeder over to your opponent.

A "smash" is a short and fast stroke. Playing overhead you try to hit the Speeder directly to the ground into your opponent's square. The smash is the most powerful stroke in Speed Badminton and great for making a direct point; however, you have to play very precisely.

Both strokes are played overhead and the movement is almost the same. When playing a clear you have to be careful with your power because you don't want to hit too far. Playing a smash you hit as powerful as possible but it still has to be precise.



The main difference can be found in the point of the hit. A clear is played more to the back, over or even behind your body, a smash is played in front of your body.

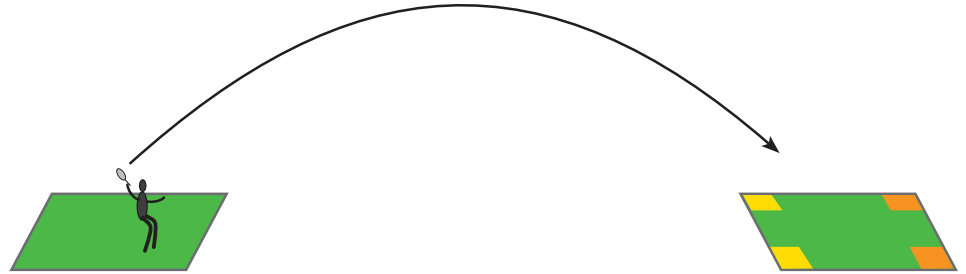
**TIP:** At first it may be easiest to learn the basics of Speed Badminton strokes by keeping your wrist straight, focusing on the movements of the arms, the legs and the upper body (more like a tennis stroke). As you get more advanced, using your wrist like a whip can improve your play with any kind of stroke.

## TACTICS

First you want your students to have nice rallies and improve their play by learning how to serve and keep the Speeder® in the air, back and forth. Once you move to competitive play, you will have to know some basic tactics to be successful.

## TARGETS

Where do you want to place the Speeder in the opponent's square? Like other racquet sports, the edges of the court are the best spots, but you will need to control your distance. Without controlling your distance, you may find that your Speeders fly outside of your opponent's square.



Try directing the Speeder to the front edges of the court. A well placed and fast stroke to the front corners will be hard to return. The corners in the back of the field are also good targets, but you are less likely to score as your opponent has more time to go back for the Speeder. The tactic for using the back corners sets you up for your next smash.

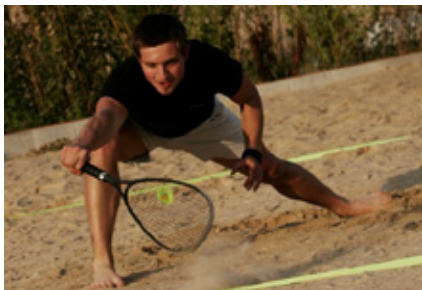
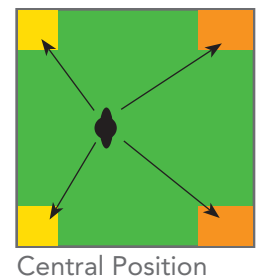
The third possibility is to aim directly at your opponent's body. Though they do not have to go a long way to get it, these strokes are very difficult to return. (Use your discretion with this method. You may not want to encourage the students to aim at each other.)

**TIP:** Smashing may be the fastest way to score, but it is not all about smashing the Speeder to the opponent's front line. Players with the greatest variety of strokes are most successful. Alternate high strokes with fast and low strokes. Make your opponent run in every square keeping them anticipating where your next shot will go.

## POSITIONING AND FOOTWORK:

Compared to other racquet sports, a Speed Badminton court seems small at first, but with the speed of the game, an 18' square is a big area to cover. Standing in the central position and always moving back to this position is essential to be prepared for your opponent's strokes.

The most effective stroke for a direct point is a fast hit to the edges in the front (yellow squares). Thus the central position of the player is not in the middle of the square, but shifted toward the front line. You can have more time to move backwards for the long and high strokes, but you need to be quick to return the short and low ones.



Always start from the central position to quickly cover the full area of the court, taking as few steps as possible, and then returning to the central position.

To return short strokes to the front line, you can best cover the space by performing a lunge step forward. Make a quick, short return to your opponent or play a high stroke to get more time if you are under pressure. After the stroke, use your front foot to push back to the central position.

Returning strokes to your back line will mostly be played overhead. Shift your weight to your front foot, pushing from your back foot. Use this element of the overhead stroke to move forward and back into the central position every time.

## RECAP

Now that you have the basics in techniques and tactics it's time to transfer what you have read to the courts. The Speeder® won't always fly where you want and your feet may not be willing to move as quickly as you like. Understanding the basics is important in every sport and the following recap may help you remember the most important things when playing Speed Badminton.

## 10 THINGS TO REMEMBER

1. A good service starts the game
2. Keep your eyes on the Speeder
3. Always return to the central position
4. Stay light on the balls of your feet
5. Cover the field with few quick steps
6. Play flexible and with many variants
7. Control defense and offense
8. Stretch and fight for each point
9. Be self-confident and fair
10. HAVE FUN!

# TEACHING SPEED BADMINTON

## INTRODUCTION OF THE SPEEDER

If your class has not played a racquet sport with a birdie before, it is worth taking some time to introduce the Speeder.

- » Components of the birdie (head and basket)
- » How the birdie flies (head in front)
- » Speedminton® Speeders are different from badminton birdies (Speeders basket and head are more durable and faster)

Advise players not to squeeze the basket of the Speeder because this will cause the Speeder to lose its shape. Speeders should be held by the head while examining. Avoid putting Speeders in your pocket to keep from smashing the basket.

Speeders are very durable and can last a long time. A fun rule is to count the Speeders out loud while handing them out to the students and do the same at the end of the lesson so you do not lose any of the Speeders.

Before handing out the racquets, you can have the class do a few exercises to become acquainted with the Speeder.

### **Hand out one Speeder to each child. Tell the class to do the following individually:**

- » Make sure there is enough space between each student
- » Throw the Speeder straight up and try to catch it again with both hands
- » Throw the Speeder up and try to catch it with one hand
- » Throw the Speeder in a bow over your head and try to catch with each of your hands
- » Throw the Speeder in the air and turn 180° and catch the Speeder
- » Throw the Speeder straight up as high as you can and catch it coming down
- » Throw the Speeder straight up, sit down and catch it
- » Throw the Speeder straight up, lie down and catch it

## Throwing the Speeder® – 2 students, 1 Speeder

Tell the students to stand 8 to 12 feet apart and throw the Speeder to their partner

Different types of throws:

- » From the bottom
- » Over the head
- » In a high bow
- » On a low line
- » Change hands
- » Change distances
- » Jump in the air and throw
- » Throw the Speeder standing backwards to your partner
- » Sit down and throw the Speeder back and forth

Now give each student a second Speeder and have them use two Speeders to perform the same drills.

## Hitting the Speeder with the hands – individual

By keeping an open, flat hand, the students can use them first to hit the Speeders.

- » Try to keep the Speeder in the air by hitting it repeatedly
- » See how high the Speeder can be hit in the air
- » Alternate hits between right and left hand
- » Do a single spin while hitting the Speeder
- » Walk around while hitting the Speeder

## Serving the Speeder with the hand – individual

Teach the students how to serve with their hands first. Tell them to grab the Speeder in their left hand at the basket. With the right hand they tap the Speeder from the bottom while counting; one, two three. After the count of three tell them to drop the Speeder and let it fall slightly and hit it.

## Playing Speed Badminton with two hands – 2 students, 1 Speeder

After teaching the children how to hit the Speeder and how to serve, you can start the first game of playing with their hands. Tell the students to stand 4 to 8 feet apart. You can use the cones to set up the court about 6 feet square. Let the students count their hits and find out who can do the longest rally.

## INTRODUCTION OF THE RACQUET

Some students may have never played a racquet game before, so it is good to introduce the racquet to the students.

- » How the Speedracquet is different from a badminton or racquetball racquet
- » Why it is shorter – for fast reaction
- » Why the string is thicker than a badminton string – Speeders are heavier

Show the students the correct middle grip. Now give the students a racquet and have them balance the racquet on their pointer finger while walking around.

## Have the students line up and try the following:

- » Put the Speeder® on the racquet, throw the Speeder up using the racquet and try to make the Speeder land on the face of the racquet
- » Try to lift the Speeder from the ground just using the racquet
- » Try to keep the Speeder in the air by hitting the Speeder repeatedly
- » See how high they can hit the Speeder into the air
- » Use their left hand if they are right handed and right hand if they are left handed
- » Try to walk around while hitting the Speeder
- » Sit down and stand up again while hitting the Speeder
- » Count the number of times they can hit the Speeder up in the air without missing

The last step is to teach the students how to serve the Speeder. Instruct them to hold the Speeder with their left hand at the head and hold the Speederacquet in their right hand. Count one, two, three and drop the Speeder, letting it fall slightly, and hit the Speeder underhand. Have the students line up, two lines 20 feet across from each other, and have them serve to each other.

## WARM-UP EXERCISES

There are many exercises the students can do to warm up their entire bodies using just the Speederacquet. Hand out a racquet to each student and ask them to do the following:

- » Lay the racquet down and jump back and forth over the grip; use both legs at first and switch to one leg, alternating legs
- » Put the racquet in front of them and make a big lunge step over the racquet; alternate legs
- » Stand the racquet upright on the grip and jump over the racquet
- » Hold the racquet with both hands (one hand on top and one hand on the grip), step over the racquet and bring it around again (like jump rope)
- » Hold the racquet with both hands, bend over and try to touch their toes with the racquet
- » Hold the racquet over their heads and lean to the left, right, front and back

## OTHER GAMES USING SPEEDMINTON®

### All against one

The teacher stands in front of the group, each student has a racquet and stands arms length apart. The teacher calls out a certain stroke and the students have to demonstrate the stroke.

- » Smash – the students have to make an overhead swing with the racquet
- » Clear – the students have to jump and swing the racquet
- » Forehand – the students have to step right and swing in a forehand motion
- » Backhand – the students have to step left and swing in a backhand motion
- » Slip – Everyone sits down and stands up again quickly
- » Have the students run in place while they are doing the strokes

### Man in the mirror

Each student has a court set up and a racquet. Using only the racquet, the student will serve without using a Speeder and the opponent must react to the serve and play the game.

## COORDINATION EXERCISES

### Partner exercises – students face each other, 5 feet apart

- » One student tosses the Speeder® and the other has to make the Speeder land on the racquet; alternate
- » One student throws the Speeder and the other player has to hit the Speeder with the racquet back to his partner softly so it can be caught again; alternate
- » Play back and forth with two Speeders and see who can have the longest volley
- » Play back and forth jumping on their left legs only then their right legs
- » Sit down and play – who can have the longest volley

### Extra work

Two students play back and forth, and at the same time they must do different tasks after each stroke:

- » Turn in a complete circle
- » Crouch down and jump back up
- » Hop using both legs
- » Skip in place

### Who's next?

All the students stand in a tight circle and have their racquet in front of them, placing the grip on the ground in an upright position. The teacher will give a clear signal (right or left) and all the students have to pass the racquet to either the right or the left.

### Last man standing

Each student hits the Speeder straight up and tries to keep the Speeder in the air. If the Speeder falls to the ground, the student sits down with the Speeder. The last student who is able to keep the Speeder in the air wins.

### Obstacle course

Create teams. Each student has a racquet and the Speeder is placed on the racquet. The student has to pass through an obstacle course while balancing the Speeder on the racquet. Once completed, the student runs back and tags the next player. Whichever team is the fastest wins.

### Jack in the box

Create teams. Each student has to place a Speeder on the top of their head and run around a cone that is approximately 20 feet away. Once the student returns then he will pass the Speeder to the next student.

### Two at a time

Create teams. Each student has to run around a cone approximately 20 feet away, holding the racquet in one hand while balancing the Speeder and dribbling a basketball. Once the student returns, he will pass the racquet/Speeder and basketball to the next student.

### Speeder Chase

Students make a circle and each student has a racquet. Using one Speeder passing to the left and one Speeder passing to the right each student has to pass the Speeder to the next student, the goal is to have the Speeders meet up.

## Your turn

Form a group up to six players. One student will be in control of the Speeder,<sup>®</sup> hitting it in the air. While doing so, the student calls out the name of another student and he/she must hit the Speeder back in the air, calling out another student's name.

## Sharp Shooter

Create teams. Students line up 3 plastic cups approximately 20 feet away and have to serve overhead and knock the cups over. Keep one player of the team down by the cups to set-up for the next student. The student who sets up the cups must set his/her cups up and run to the rest of the team, grabbing the racquet and serving overhead to knock his/her cups over. Whoever finishes first is the winner.

## Go for three

The students have to place a serve into a basket or hoop from a certain distance. Start at 10 feet and move out to as much as 30 feet. Play best out of 3.

## Take the risk

Set up a playing area with hoops, and choose points for each of the hoops; closest gets 10 points, furthest gets 50 points. Each student gets 5 hits. Whoever has the most points wins. You can make teams for this game as well.

## In the hoop

Using a hoop for each player to stand in, place the hoops 20 feet apart; the player may not leave the hoop and must have a continuous volley with his/her partner. Whichever team volleys the longest wins. Have the rest of the students call out the number as each hit takes place.

## CONDITIONING EXERCISES

### Bring them home

Create two teams and line them up behind two baskets. Spread Fun Speeders and Match Speeders all over the playing area. One team is responsible for the Fun Speeders and the other team is responsible for the Match Speeders. At the sign from the instructor, each student has to run and get two Speeders and put them into the appropriate basket. Once the Speeders are in the basket the next student can run out to get two more. The team that collects the Speeders in the basket first is the winner.

Variation: All the students run at the same time after the sign from the instructor, and the students grab one Speeder at a time (Match or Fun), drop the Speeder into the basket and go to get another one. The team that collects the most Speeders wins.

### On and off

Create two teams and line up. Each student has a Speeder. Put a basket 30 feet in front of each line. At the sign from the instructor, the students run to the basket and drop the Speeder. When the student returns to the line, the next student goes. Once the line is complete, the first student runs to the basket to retrieve a Speeder and runs back to the line to let the next student go. Whichever team returns all the Speeders to the line wins.

## Tag

1. Choose a student as the tagger. The other students must run to racquets placed around the playing area to be 'safe' but they can only stay for 5 seconds at a time. Once the tagger tags another student, that student becomes the tagger.
2. Choose a student as the tagger. Give half of the remaining students Speeders,<sup>®</sup> which is "safe" while the Speeder is in the student's hand, but the student must pass the Speeder to another student within 5 seconds.
3. Choose a student as the tagger. The tagger will have a Speeder in his/her hand and must throw the Speeder at the other students. Once the tagger hits a student with the Speeder, that student has to freeze and stand still with their legs shoulder length apart. Have a few other students with Speeders that can free the frozen player by throwing the Speeder between their legs.

## TRAINING TECHNIQUES

To help the students focus on certain strokes, it is helpful to have them play in fixed sequences. Have each student play using one stroke, either forehand or backhand. Line the students up at a distance of 20 feet and have them volley.

### More complex sequences:

- » Player A always plays a short smash and Player B returns with a long underhand stroke
- » Two high and long strokes are followed by one short stroke (repeat as long as possible)
- » Two high and long strokes are followed by two short strokes (repeat as long as possible)
- » Three high and long strokes are followed by two short strokes (repeat as long as possible)
- » Player A can play free but has to hit the Speeder consistently to a certain spot in Player B's court; Player B plays with the same stroke throughout the drill (example: Player A plays with a short stroke to the right, and Player B returns with a forehand out of a lunge step)

### Long rallies

To establish longer rallies, you can ask the students to modify the rules:

- » The students must volley back and forth for at least 3 strokes before they can gain a point
- » Students are not allowed to smash the Speeder

### Mark targets

In order to practice precise strokes to the vulnerable areas of your opponent's court, mark those areas with extra cones. Have Player A return 10 strokes to Player B's court. For example: Player A has to return 10 forehand strokes into a 3 foot square at the front of Player B's court. You can even mark the areas during a match and give bonus points for strokes that go into the marked area.

### Improve footwork

Good footwork always starts in the central position. You can mark the central position on the ground and have the student return and step on the mark after each stroke in the game.

To cover the front of the court with the lunge step is very important. Place three Speeders on the front line and let the students collect the Speeders with a lunge step (without racquet). Have them retrieve one Speeder at a time and return to the central position. You can also place Speeders in every corner of the square and have the students collect each Speeder in the same manner. This technique will improve the students' speed and footwork.

## Against the wall

Speeders® bounce off walls almost like tennis balls. If you have the possibility to let the students play against a wall, you can allow them to practice their strokes individually. Have the students work on the underhand serve against the wall and you will see improvement in their hand-eye coordination.

## Speed it

Break students up in groups of three. One student holds a stopwatch and the other two are set up on the court. The students on the court volley back and forth as many times as they can within a minute. This works on speed and control.

## MORE GAMES USING SPEEDMINTON®

### Fast fire

Line two teams up 30 feet apart with a low wall between them. Using softballs, place the softballs on the wall, have each of the students (all at once) try to hit the softballs off of the wall using their racquets with Speeders. Give each student the same amount of Speeders. The team that hits the most balls into their opponent's area wins.

### Round the world

Set up a Speed Badminton court, and split the class into two teams. Have one team at the back of each court. The first student must serve the Speeder to the other court (both sides playing) and run to the end of the line on the other side's court. If the student misses the square, they are out. Play continues until you have only one student left on each court. Then they play against each other until there are three outs.

### Jail

Set up a Speedminton court, and have all the students line up on one side. The student must serve the Speeder and make it into the other square. If the student misses the square they must go to the other square and are "in jail." In order to "get out of jail," the student must catch a Speeder served from another student. If the Speeder is caught by the student in jail, the server goes to jail. When you are down to the last student, they must try to get three shots in the square that are not caught by the student in jail. If the student in jail catches one of the three Speeders it is a "jailbreak" and all of the students run free. (TIP: Adjust the court size to the number of participating students.)

### Caterpillar

Divide the class into two groups and line them up standing with their legs shoulder width apart. The first student has to pass the Speeder through his/her legs backwards to the next student continuing until it gets to the last person in the line. Once the Speeder reaches the last student in line, they must crawl back to the front of the line through each student's legs and start the process over. The winner is the team that finishes first.

### Speed Volleyball

Students play on a volleyball court with the Speedminton equipment. 2 – 6 players are on a team and the rules are the same as volleyball but you are using Speedminton equipment.

### Speeder Golf

Build a golf course with a variety of stations. The students have to hit the Speeder into a basket (the hole) at each station. Be creative and add obstacles. Each student must keep his/her score (how many hits before making it into the basket). The student with the lowest score wins. You can break the students into groups of four if time allows.

## YOUR FIRST LESSON WITH SPEEDMINTON®

Listed below is a suggested schedule for middle and high school students. Elementary-level students will require more time with introductory games before playing back and fourth.

| TIME       | ACTIVITY  |
|------------|---|
| 5 minutes  | Introduction of the equipment and how to play <ul style="list-style-type: none"> <li>• What is special about the Speeder®</li> <li>• What is special about the racquets</li> <li>• How to play (no net – two squares)</li> </ul>  |
| 5 minutes  | Hand out a Speeder to every student and ask them to <ul style="list-style-type: none"> <li>• Throw the Speeder into the air and catch it</li> <li>• Do the same with one hand</li> <li>• Do the same alternating hands</li> <li>• Throw the Speeder in an arc using left then right hand</li> <li>• Throw the Speeder in the air, turn in a complete circle and catch the Speeder</li> <li>• Throw the Speeder in the air and catch it behind their back</li> </ul> |
| 5 minutes  | Have the students get in groups and throw the Speeder to a partner back and forth using different methods to catch the Speeder <ul style="list-style-type: none"> <li>• Overhead</li> <li>• Underhand</li> <li>• Both hands</li> <li>• Backwards</li> <li>• Jump and throw</li> </ul>   |
| 15 minutes | Hand out a racquet to each of the students<br>Explain safety precautions (don't come in contact with another student)<br>Try the following racquet exercises (pages 18-19): <ul style="list-style-type: none"> <li>• Who's next?</li> <li>• Obstacle course</li> <li>• Last man standing</li> <li>• Speeder chase</li> </ul>  |
| 13 minutes | Explain the underhand service to the students and line them up in rows (approximately 25 to 30 feet apart from each other) so they can practice with a partner using the Fun Speeder. Be sure to reiterate safety precautions. Then pass out the Match Speeder and have them feel the difference in the Speeders.   |
| 2 minutes  | Have the students gather the equipment and put it back into the Speedminton bags  |

Total time of class 45 minutes

## TOURNAMENTS

With the ease of setting up as many courts as you would like at the same time and keeping the matches short, Speed Badminton is the perfect game for tournaments. If you are going to have a tournament, here is a hit list so you are prepared:

- » What type of tournament (rules) do you want to play?
- » How many participants will there be?
- » How much time is allotted and how many sets will be played to win a game?
- » How many courts will you need to set-up?
- » Who will be the referees?
- » Who is in charge of the results (scoreboard)?
- » Who will play at what time and against whom?
- » Will you have snacks and drinks available?
- » What will the prizes be?

## FUN TOURNAMENTS

### PLAYING IN GROUPS

Playing in groups is the easiest way to organize a large number of students or friends. In a group, everyone plays against each other at the same time to come to a final ranking. The students who are not playing will be the referees. Try to group students who are at the same play level, so you could have three different tournaments with three different levels (beginner, intermediate and match). After the ranking is set, play continues until you have the final tournament pairing. Have fun and have the students who are not playing cheer on the other tournaments.

### HANDICAP-DOUBLE

In this tournament you play doubles and you create different handicaps to the teams. Handicaps might include binding the players together, only using one racquet and having teammates hand off the racquet after each play, or playing with your opposite hand. There are multiple handicaps that you can come up with for a fun tournament.

### FLAG TOURNAMENT

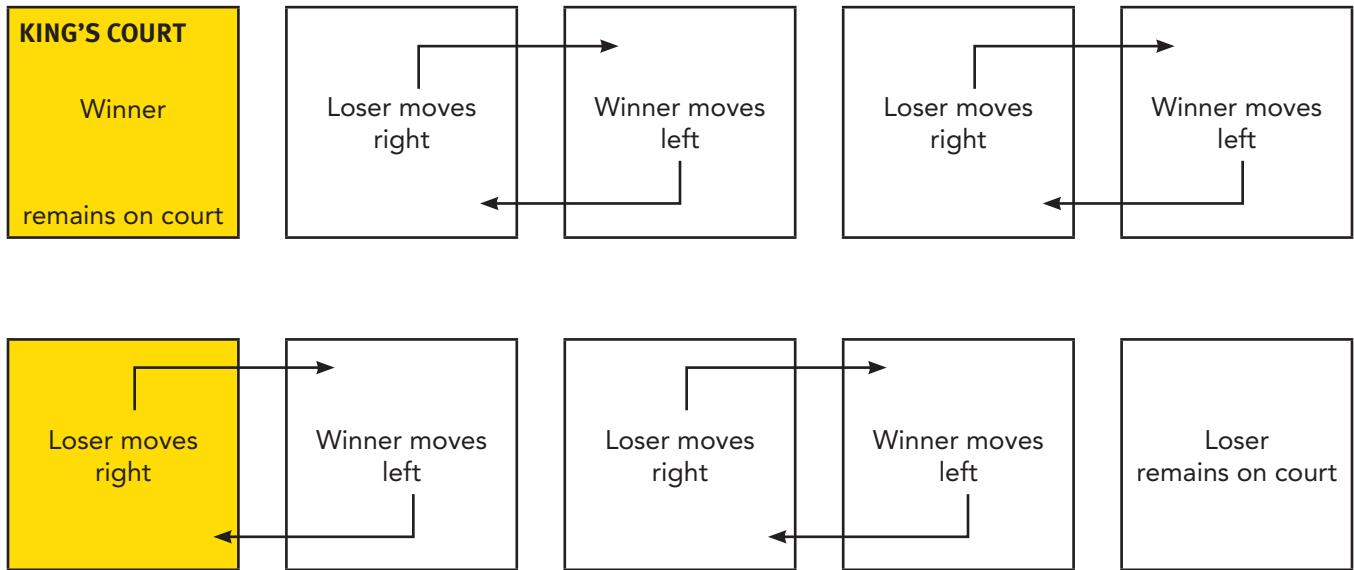
For every victory the player gets a green flag on his/her racquet, and for every loss he/she gets a red flag. The person who has the most green flags wins.

### TIMED TOURNAMENT

If time is a factor then this tournament is for you. You decide how many minutes each game will last and at the end of that time the player with the most points wins the match. This way you can have three matches but maybe only allow 5 minutes for each match. Everyone gets to play!

## THE KING'S COURT

This version is perfect for large classes that can play on a large field. The students play on courts next to each other. The game ends after a certain amount of time and the winner has to move to the next court on one side and the loser has to move to the court on the other side. This way the players will have playoffs with different opponents and the field of players will be in order from the strong to the weak. See example below



## The Speed Badminton Athletic Badge

This is a perfect game for the end of the school year or the Speed Badminton period. The students have to master several stations. The students will get a card to collect points at the stations. To achieve the Speed Badminton Athletic Badge, they must collect enough points.

Example of tasks:

- » Speeder® sharp shooting (with cans or softballs)
- » Keep the Speeder in the air for at least 10 hits
- » Balance the Speeder on the racquet through a slalom course
- » Hit the Speeder 10, 20 and 30 feet using hoops to mark the distance

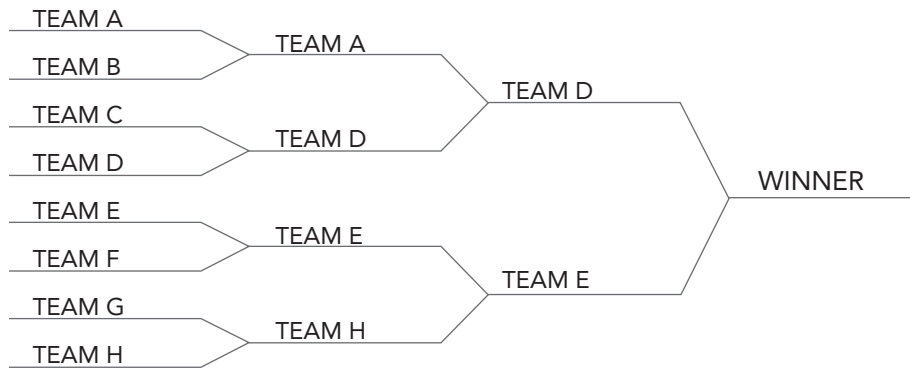
## COMPETITIVE TOURNAMENTS

The competitive tournament will show who the best player is, but at the same time is fun for everyone. It is very important that the students know and understand competitive match rules.

## SINGLE ELIMINATION

A single elimination tournament, also called a knockout or sudden death tournament, is a type of competition in which the loser of each match is immediately eliminated from the tournament. The number of participants in a single elimination tournament is fixed as a power of two. For example; the Wimbledon singles championships in tennis are tournaments of 128 players. This ensures all competitors will face opponents who have previously played the same number of matches. The full schedule of pairings across all rounds (the bracket) should be allocated before the tournament starts.

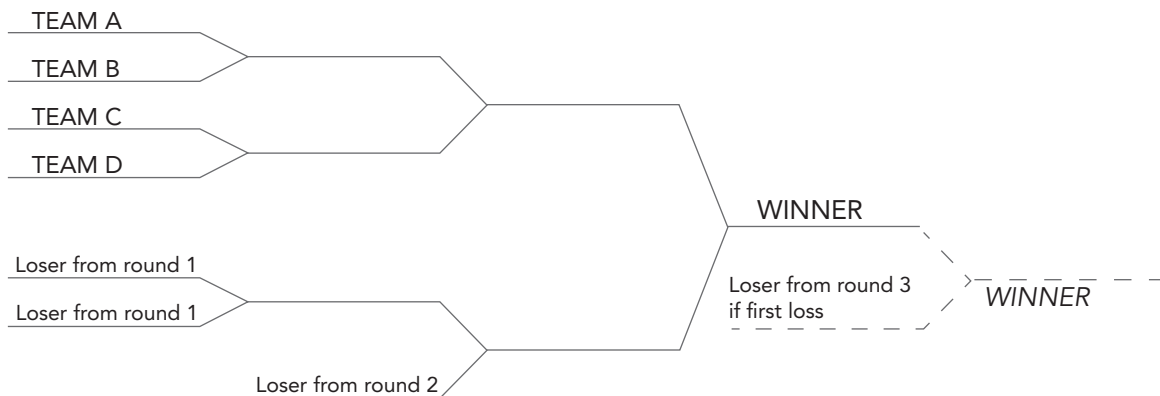
The big disadvantage of single elimination is that once a player loses a match they are out for the whole tournament. This works for professional tournaments, but in a school you want to keep all the students active. If you decide to run a competitive tournament, it is suggested that you also include The Speed Badminton Athletic Badge as part of the year-end activities.



## DOUBLE ELIMINATION

A double elimination tournament is a competition in which a participant ceases to be eligible to win the tournament's championship after losing two games or matches. A double elimination tournament is broken into two sets of brackets, the Winners Bracket and the Losers Bracket. After the first round, the winners proceed into the Winners Bracket and the losers proceed into the Losers Bracket. Every player has two matches before becoming eliminated.

### WINNER'S BRACKET



### LOSER'S BRACKET

## **PLAYING IN THE DARK - BLACKMINTON®**

Playing Speed Badminton in the dark is great fun for everyone and gives your senses a whole new experience.

With the Night Speeder® and Speed lights you can discover the dark side of Speedminton® with your students or with your friends. The Night Speeder is designed specifically for playing in the dark. You activate the Speed light and insert it into the Night Speeder. The head of the Night Speeder will glow and you are ready for the game.

You do not have to wait until it gets dark out, for instance if your school has a darkened gym. It is great fun for everyone to hit the glowing Speeder around and at the same time experience moving in a dark environment without really seeing your body, your racquet or your opponent.

For additional information, visit [www.SPEEDMINTONUSA.com](http://www.SPEEDMINTONUSA.com)

### **CONTACT INFORMATION:**

Pro Performance Sports  
5823 Newton Drive, Suite 130  
Carlsbad, CA 92008  
877-225-7275 Toll Free  
760-707-5600 Direct  
760-707-5450 Fax  
E-mail: [info@speedmintonusa.com](mailto:info@speedmintonusa.com)  
E-mail: [info@sklz.com](mailto:info@sklz.com)

## **HAPPY SPEEDING!**