



**BADMINTON BLAST 9-12**  
**MARCH 22-26 | 1PM-4PM**  
**AGES 9-12**



**YOUR SPORT LEADER:**  
 ➤ **Andreas**

**SCHEDULE OF ACTIVITIES**

**MONDAY:** Introductions, birdy tag, rules/grips, court lines and rally games, serving targets, footwork: positioning and balance, net shots and games, and more!

**TUESDAY:** Rally games; Court Run; Serving; Serve Games; Overhead Techniques; Hand Feed Overhand Clear; Overhead Drop; Clear/Underhand; Clearing Game and King of the Court.

**WEDNESDAY:** Play rally games; Singles/Doubles Rules/Strategies; Review Skills; Half-Court Game 1v1; Footwork and Movement Drills; Movement Tactics and Movement Games.

**THURSDAY:** Rally games; Game Strategies/Shot Selection/Shot Placement; Defense Techniques; Defense/Offence Transition; Doubles Strategies Reinforced.

**FRIDAY:** Skill review; Singles Tournament; Doubles Tournament; Competitions and Rally Games; Overhand/Underhand Clear Drop; Week recap

**ITEMS TO BRING TO CAMP:**

- Water bottle, snacks, running shoes
- Extra masks
- Badminton racquet if you have (we will provide)

A mask must be worn when entering, exiting and moving around the building. While taking part in physical activities, masks are optional and if desired, sport camp leaders will direct participants to remove mask when appropriate.