



## **Badminton: Fitness and Training**

### *Fitness Demands of Badminton*

#### **Andy Allford:**

I work as an English Institute of Sport Strength and Conditioning Coach specifically for badminton, my role also encompasses working in the gym, delivering speed agility sessions on court, working within a multi disciplinary team, working with the coaches, analysing the players.

On site we have physiotherapy, nutrition, psychology, performance analyst and also a doctor as well, as well as the coaching team. In terms of the actual game rally lengths tend to last about 6- 10 seconds in most of the disciplines and you get about 3 times the amount of rest.

If you put that into figures an average shuttle and play for a badminton match actually only lasts around about 12 minutes over an hour match, so the demands of badminton are really high intensity that are repeated in short bursts over quite a long period of time. I also like badminton because of the speed of the game and the shuttle coming off the racket at well over 200mph.

The assessment of a badminton players individual needs and goals come from a number of areas. One is we do some base line fitness testing so its very objective secondly we do lots of subjective work as well so we'll work with the player and the coach to discuss minute details of their game and trying to describe what they are and what they need to improve ...We also use some of the stats we do and the notes that the coaches make within each game... we actually have to pull all the information from lots of different areas to actually make the right choices for that play.

The movements a badminton player needs to perform again are quite vast...The courts quite small so they need to rapidly accelerate and decelerate in probably a space of around about 2 meters. Typical movements tend to be what most people would understand in terms of lunging so going towards the forecourt lunging down to retrieve your shuttle actually pushing off to get into the back court lots of jumping but lots of fast multi directional movements so that's quite an array of different styles of movements around there and it differs from each position as well.

The types of training a badminton player does is... again quite vast because there's obviously a big physical component to the game, there's a mental component, technical components and there's also tactical components as well...

I kind of liken it to playing chess at 200mph, so there's a number of practices that the guys need to do..., they need to make sure that physically we're addressing all the different areas be it aerobic, anaerobic, flexibility, mobility, strength, power, speed, stability, all of those facets and then tactical and mental components as well.