



## **Badminton: Fitness and Training**

*MDSA*

### **Andy Allford:**

MDSA training is multi-directional speed & agility. MDSA training to a badminton player is absolutely vital, so in terms of specific on court the top smash, basically the shuttle coming off the racket happens at over 200mph so if you're on the other side of the net you've got to be able to pick up the shuttle very, very early on, react to a stimulus, you've then got to be able to move fast physically, you've then got to get there hold your position then tactically play a shot and then basically get back out and be ready for the next one and that happens in a very split second. So we try and do specific drills that improve that and amplify it, make it faster, make the reaction time.

In one sense you could just say playing the game is MDSA training so you're reacting to a shuttle, reacting to your opponents, you're moving really, really fast and that's fine...however what we need to do is when we get that opponent that's slightly faster than you, either can think faster, can move quicker then what we have to try and do is artificially create MDSA training off the court so we would use things that try and react to stimulus a little bit faster and also make your movement mechanics faster as well so a couple of drills we would use you might react to another person so you've got that stimulus that's reactive with another stimuli, we would use sounds, we would use visual components, we would use all sorts of different things to try and stimulate that quickness and make you go faster than you would do on the court.

We don't do any specific testing for agility because it's such a complex area, a lot of the training mechanisms I've seen of other coaches they end up just doing little assault courses that look great, look agility but with a very pattern movement.

Agility is reacting to something, a little bit of the unknown, a different stimuli and then actually responding to that stimulus as well. So that's why it's really difficult we would have players that might do poorly on agility test such as the T-test but actually when they're on court their game agility is really good because they can pick the shuttle up earlier, they have that game sense and then their movement speed, if it's poor it's counter acted by their ability to read the game as well.