

BADMINTON FOR CHILDREN BASED ON BIOMECHANICAL AND PHYSIOLOGICAL PRINCIPLES

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A workshop conducted in collaboration with the International Society of Biomechanics in Sports

OBJECTIVE: The objective of the workshop is to present the logic of modifying the game of badminton in all its aspects to meet the needs of children, to demonstrate the modifications required, and to provide methods of improving children's basic skills and introduction of preliminary badminton skills.

WORKSHOP FORMAT:

1. Registration of participants will take place and manuals distributed.
2. There will be a 'classroom' session to provide the opportunity to:
 - a) Outline the logic of modifying the game of badminton, in all its aspects, to meet the needs of children.
 - b) Discuss specific modifications including the court, net, racquet and scoring.
 - c) Introduce foam and woolen balls as adjuncts in teaching basic and badminton skills to children.
3. The main 'on-court' session will follow wherein children six to seven years of age and nine to ten years of age will participate.
 - a) Appropriate modifications to the court and net will be made.
 - b) Throwing skills will be assessed.
 - c) The use of foam and woolen balls will be explained and used to improve hand-eye coordination.
 - d) Ball "games" and tests will be introduced.
 - e) Children's racquets will be introduced and children will use foam balls in a series of fun tests of hand/racquet coordination.
 - f) Children will use foam balls in "game" play.
 - g) Shuttlecocks will be introduced in bouncing drills.
4. Special attention will be given to assist children who may lack basic skills (i.e., throwing, jumping, and running) and/or who have poor eye-hand coordination.
5. There will be the opportunity for teachers/coaches to use the equipment and work with the children.
6. There will be the opportunity for children to serve and rally on children's courts using shuttles.
7. A short wind-up session will be held to appraise the workshop and resolve problems.
8. The program is primarily for use by teachers (coaches) in elementary schools involving children five to twelve years of age, but is also recommended for junior clubs. Children can also have fun at home using elements of the program.

REFERENCES:

- Waddell, D.B. (1986). Adapting sports to meet the needs of participants. *Sports Medicine: Proceedings of the VIII Commonwealth and International Conference on Sports, Physical Education, Dance, Recreation and Health*, 71-76.
- Waddell, D.B. (1994). Abstract: Adapting badminton to meet the needs of children. *Proceedings of the X Commonwealth and International Scientific Congress*, 10-14.
- Waddell, D.B. (2000). *Badminton Adapted for Children*, a manual, 4th ed. Bryson Sport Consultants, Ancaster, Ontario, Canada.