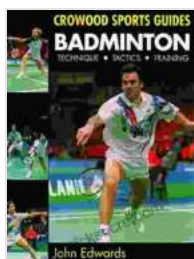


Badminton Technique Tactics Training: The Ultimate Guide for Developing Your Skills

Badminton is a fast-paced, exciting sport that can be enjoyed by people of all ages and abilities. Whether you're just starting out or you're looking to take your game to the next level, Badminton Technique Tactics Training is the definitive guide to developing your skills.



Badminton: Technique, Tactics, Training (Crowood Sports Guides) by John Edwards

★ ★ ★ ★ ☆ 4 out of 5

Language : English
File size : 27956 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 128 pages



Written by world-renowned coach Kenny Yeo, this book covers everything you need to know to improve your game, from basic techniques to advanced tactics. With over 200 full-colour illustrations and clear, step-by-step instructions, Badminton Technique Tactics Training is the perfect resource for players of all levels.

Part 1: Basic Techniques

In the first part of the book, Kenny Yeo covers the basic techniques of badminton, including:

- Grip
- Stance
- Footwork
- Strokes
- Serves
- Returns

Kenny Yeo provides clear, step-by-step instructions for each technique, and he also includes helpful tips and drills to help you improve your skills.

Part 2: Advanced Tactics

In the second part of the book, Kenny Yeo covers advanced tactics, including:

- Shot selection
- Court positioning
- Deception
- Strategy
- Game management

Kenny Yeo provides insights into the strategies and tactics used by the world's top players, and he offers tips on how you can incorporate these techniques into your own game.

Part 3: Training Drills

The third part of the book contains over 50 training drills to help you improve your skills. These drills are designed to help you develop your technique, your footwork, and your fitness.

Kenny Yeo provides clear instructions for each drill, and he also includes tips on how to make the drills more challenging as you improve your skills.

Badminton Technique Tactics Training is the ultimate guide to developing your badminton skills. With over 200 full-colour illustrations, clear, step-by-step instructions, and over 50 training drills, this book is the perfect resource for players of all levels.

Whether you're just starting out or you're looking to take your game to the next level, Badminton Technique Tactics Training is the definitive guide to help you achieve your goals.

About the Author

Kenny Yeo is a world-renowned badminton coach. He has coached players of all levels, from beginners to world champions. Kenny Yeo is also the author of several books on badminton, including Badminton Technique Tactics Training.



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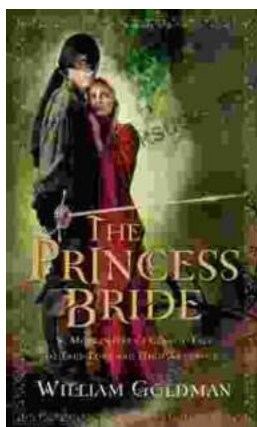
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