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JOG / RUNNING

- Athletic posture: „stay tall“ and „keep chest up“ (spine in neutral position)
- Normal, steady slow run
- Smooth technical work with arms (movement in the shoulder not elbow)



JOG WITH ARM CIRCLES BACKWARDS

- Normal, steady slow run
- Arms circle backwards w/ good shoulder blade movement („long arms“)
- Eyes forward, keep chest up, do not round upper back



SIDESTEPS

- Lateral movement with emphasized push from outside leg
- Feet stay perpendicular to movement direction
- Stay low with feet never touching each other



KARAOKE STEPS

- Lateral movement with legs crossing each other alternating
- Arms swing in horizontal plane and support leg movement
- Keep chest up



LOW SKIPPING

- Athletic position („Chest up“ „Eyes forward“)
- Fast arm movement in the shoulder not elbow
- Dorsiflex ankles, brief ground contact on balls of the feet



HEEL-TO-BUTT-KNEES-FORWARD-RUN (C-MOTION)

- Athletic position („Chest up“ „Eyes forward“)
- Arm movement in the shoulder not elbow
- Knees slightly up, move heel fast towards buttocks



BUTT-KICKS

- Similar to C-Motion with more focus on dynamic quadriceps stretching
- Hips stays extended, move heel controlled towards buttocks
- Engage glutes and core



DOUBLE SIDESTEPS FORWARD & BACKWARD

- See „Sidesteps“
- Move diagonal with two sidesteps then turn 90°
- Focus can be on push off, rhythm or fast change of direction



BACKWARD RUN

- Defensive starting position (wide half squat position)
- Run backwards in low position with eyes forward
- Arm movement supports both balance and running motion



HEEL WALK W/ BACKWARD SHOULDER CIRCLES

- Walk on heels with feet and toes pointing up
- Athletic position („Chest up“ „Eyes forward“)
- Big shoulder circles with long arms



TOE WALK W/ BACKWARD ARM CIRCLES

- Walk on toes w/ ankle full extended
- Athletic position („Chest up“ „Eyes forward“)
- Big arm circles with long arms



MINIBAND ROTATION

- Startposition: Half squat, feet straight, push knees outside towards feet level
- Rotate controlled in the hip joint slightly inward and back
- Try to keep neutral spine and neutral feet („whole foot on the ground“ „press big toe down“)



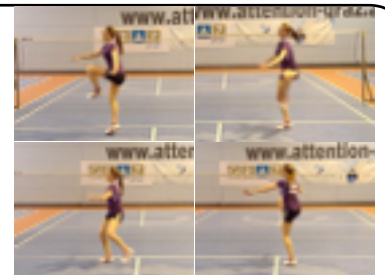
STEP-OVER-RUN

- Controlled movement of up-leg (pic. 1) towards middle (pic. 2) to inside (pic. 3)
- Double contact on down-leg (no rotation in the hip joint)
- Arms swinging in horizontal plane for better balance



STEP-OVER-RUN BACKWARDS

- Controlled movement of up-leg (pic. 1) towards middle (pic. 2) to inside (pic. 3)
- Double contact on down-leg (no rotation in the hip joint)
- Arms swinging in horizontal plane for better balance



FOAM ROLLER GLUTES

- Position as in picture: glute med. stretch position on foam roller
- Rolling up and down on stretched muscle
- Treat different spots that feel hard and roll them out



FOAM ROLLER CALVES

- Position as in picture: legs crossed, weight on calf
- Good athletic position with chest up and stable shoulders
- Roll calves in different planes up and down



FOAM ROLLER QUADS

- Position as in picture: both quads or for more intensity (one leg only) legs crossed on the roller
- Good athletic position with chest up and stable shoulders



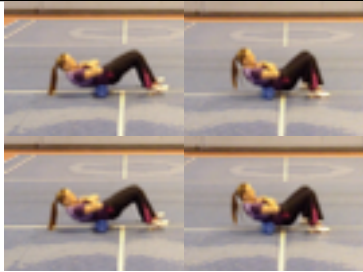
FOAM ROLLER TFL

- Position as in the picture
- Good athletic position with chest up and stable shoulders
- Roll from above knee joint up to hip joint, hurts the most (skip if too much pain)



FOAM ROLLER LOW BACK

- Arms in front of body, keep abdominals 100% engaged at all times („crunch“)
- Lumbar spine is flexed as in a crunch
- Roll the lower back (do not use with back problems)



FOAM ROLLER LAT

- Starting position as in Form Roller Low Back, then perform 30° rotation so that foam roller lies on lat
- Extend arm to stretch lat
- Roll lats from mid back up to arm pitch



SMALL ROLL WINDMILL

- Place small roll or doubles tennis ball on thoracic spine
- Keep abdominals 100% engaged at all times
- Arms pull away from body and move alternating (bringing rotation to t-spine)



SMALL ROLL T-SPINE CRUNCH

- Place small roll or doubles tennis ball on thoracic spine
- Keep core and glutes tight
- Perform small crunch-movement (flexion-extension) on thoracic spine level



WALL SLIDES

- Sit with legs crossed with head, back and buttocks in contact with wall
- Place arms with elbows and back of the hand in contact* with wall as seen in the picture
- Move arms from pic. 1 position up until contact* is lost



T-SPINE-HIP-MOBILITY

- All-Fours-Position
- Move from neutral to lumbar and thoracic flexion to extension
- Hold extended position and sit back on heels as long as extended position can be hold to stretch hip muscles



T-SPINE MOBILITY SITTING

- Sit w/ legs crossed and hands behind upper head, stay tall at all times („get long spine“)
- Alternate t-spine rotation and lateral flexion for two circles than change sides
- Do not perform with low back problems



SWIMMERS MOBILISATION

- Controlled arm swings with good athletic posture („chest up“ „core and glutes engaged“)
- Slowly widen range of motion until a light stretch is felt



SWIMMING PRONE

- Active prone position with ankles dorsiflexed, glutes, core and mid trap engaged)
- Lift shoulders from the ground and alternate arms up and down do full extension next body



Ts & Ys

- Active prone position with ankles dorsiflexed, glutes and core engaged)
- Arms pull away from body
- Slowly lift arms into T/Y position with focus on lifting the shoulder from the ground up (mid/low trap)



MINIBAND ROTATION L/R

- Starting position: Half squat, feet straight and parallel, knees pushed outside over the feet
- Controlled move one knee towards mid line (inward rotation in hip joint) as seen in the picture, from there pushed back and repeat w/ other leg



MB EXTENSION/ABDUCTION

- Athletic one-leg-stance
- Move extended non-stance-leg backwards and lateral w/o movement in the trunk
- Keep chest up and core stable, move controlled only in the hip joint



MINIBAND ROWS

- Athletic body position („chest up“, „core engaged“)
- Controlled rowing movement w/ one arm, focus on bringing both shoulder blades together
- Stabilize arm in the front



MINIBAND LAT PULLDOWN

- Athletic body position („chest up“, „core engaged“)
- Controlled pulldown w/ one arm, focus on bringing both shoulder blades together & down („shoulders down“)
- Stabilize arm in the front



MINIBAND LATERAL WALK

- Extended athletic position
- Always keep tension on the mini band
- Movement only from the hip joint, push from outside leg to move (not pull from inside leg)



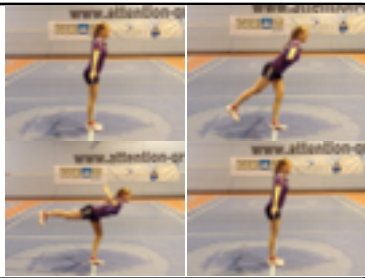
SQUAT

- Stance slightly wider than one's shoulder, feet turned slightly outwards
- Keep eyes in front, move down with same angle velocity in hip and knee joint



INVERTED HAMSTRING

- Keep Trunk and upper leg in line, back leg full extended, pull toes to the shin
- Controlled movement up and down, focus on movement from the hip
- Use arms 4 support/balance



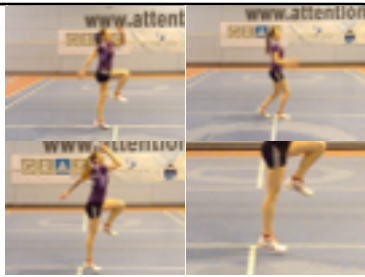
MARCHING

- Keep good chest position and core stable
- Strong and powerful movement of arms and legs
- Focus on pushing to the ground, contact is on balls of the feet



SKIP

- See „Marching“ - movement is now more powerful with elastic component
- Double contact on balls of the feet
- Think „push down“ and „stay tall“ (=erect upper)



LATERAL MARCHING

- See „Marching“
- Use outside leg to push outside from center of mass for good lateral push
- Also use lateral arm movement similar as in ice skating



LATERAL SKIP

- Combination of lateral marching and skip
- Double contact on balls of the feet
- Powerful lateral push w/ elastic component (=double contact)



SKIP WITH CLAP

- Slow and controlled leg movement
- Keep upper body erect, chest up while clap under upper leg
- Focus on posture (not a quickness exercise)



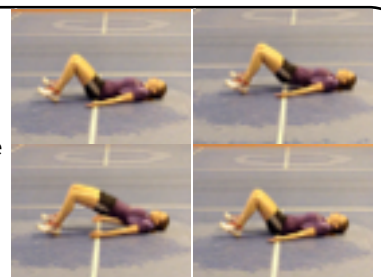
HUG ME - HUG THE WORLD

- Walk and perform controlled slow movements with arms to perform upper body stretches
- Chest and rear shoulder girdle stretches, hold 2 seconds each stretch



BRIDGE „UP & DOWN“

- Good floor position („toes pulled to shin, spine neutral, core engaged“)
- Engaged glutes, move from the hips
- Hold extended position for 2 seconds



BACKWARD LUNGE

- From standing position step back and lower body - controlled and balanced - body into lunge position
- Return to standing position with strong push off from front leg, keep core engaged and stable at all times



LUNGE & ROWS

- Perform a controlled lunge forward into deep position, feet point straight ahead
- Perform two rowing movements at shoulder level, pull shoulder blades together in end position



LUNGE & REACH

- Perform a controlled lunge forward into deep position, feet point straight ahead
- Perform a side and lat stretch on the back leg side while only slightly bending upper body - „reach arm up“



LUNGE & ROTATION

- Perform a controlled lunge forward into deep position, feet point straight ahead
- In deep position rotate at thoracic spine level, do not move at the hip or knee
- „Keep both hip bones pointing forward while rotating“



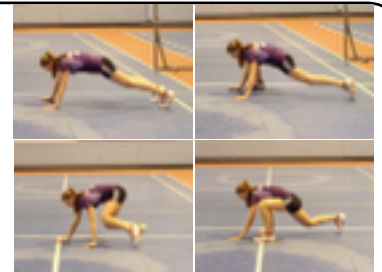
LATERAL SQUAT

- Push from half squat position (picture 2) from outside leg into lateral squat position
- From lateral squat position pull outside leg under the body into half squat position
- Stay low at all times - no up and down movement of the head



SPIDERMAN WALK

- From push up position move one leg forward to shoulder level, from that position crawl forward w/ arms and move other leg forward
- Use legs alternating, walk out with the hands and keep 4 point contact



LUNGE & BALANCE & ROWS

- Combination with focus on balance of the previous exercises „lunge and rows“ and „knee to chest“
- Perform forward, backward or if stable backward with eyes closed with a strong focus on balance and posture



SIDELYING ABDUCTION

- Sidelying abduction of extended leg
- Support head with down arm
- Keep spine neutral, keep core stable, no movement in spine, move from hip only



KNEE-TO-CHEST-WALK

- Lift knee actively first, then pull knee towards chest for a light flute stretch
- Keep tall and chest up, do not lean forward, keep shoulders back and down
- Change sides with every step forward



HEEL-TO-BUTT-WALK

- Lift heel actively towards buttocks, then pull heel towards buttocks for a more intense stretch
- Keep tall and stable, do not lateral bend
- Change sides w/ every step



FIGURE-4-WALK

- Actively lift and externally rotate leg, support stretch with slight pull w/ one hand at knee and one hand at the ankle
- Keep tall and chest up, do not lean forward, keep shoulders back and down
- Change sides with every step



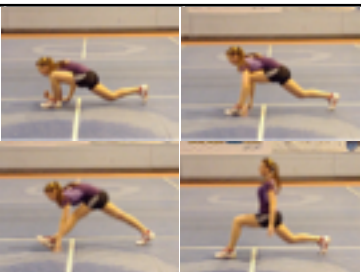
FRANKENSTEIN-WALK

- Only perform with no back problems
- Keep tall, do not bend forward at lumbar spine
- Lift extended leg controlled and slowly so that you feel a light stretch



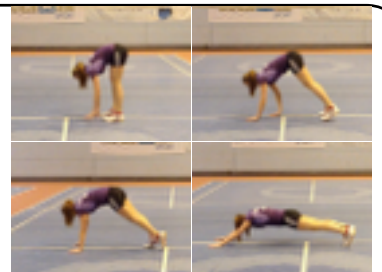
WORLD'S GREATEST STRETCH

- 3 stretches per side, then change sides
- Fire glutes of back leg at all times
- Work controlled and slowly into the 3 stretching positions
- First stretch support w/ 1 arm down, second w/ 2 arms down



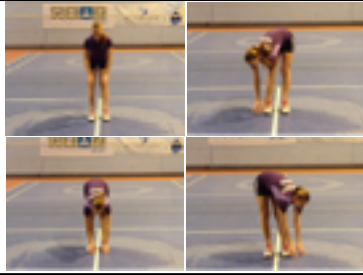
HANDWALK

- Walk slowly and controlled from picture 1 position into picture 4 position
- From picture 4 to picture 1 position only walk from ankles, keep knees extended
- Use only small steps forward, no lateral movement of the hip



3-WAY-BACKSIDE STRETCH

- Only perform with no back problems present
- Bend slowly and controlled forward until you feel a light stretch at the backside of both legs (not necessarily touching the ground)
- Use 3 different positions



3-WAY-CALF-STRETCH

- Position 5-15 cm in front of wall, hands against to wall
- Drive the front knee towards mid line and 5 cm right and left of mid line, keep heel down to work on ankle flexibility & mobility



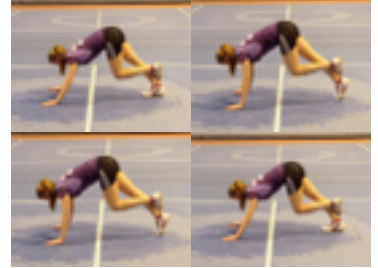
LEG SWINGS

- Lean parallel to the wall, hands at wall, keep foot of stance leg perpendicular to wall
- Swing other leg in a controlled fashion from left to right



ACTIVE-CALF-STRETCH

- 3-point-position as seen in the picture
- Change from stretch to strengthening position on down leg („extend and bend at the ankle“)
- Push heel to the ground to feel a light stretch on the down leg



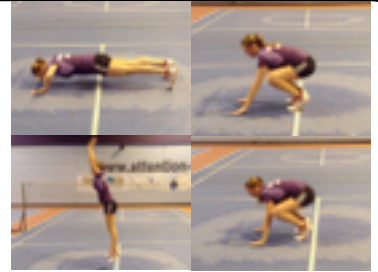
PUSH-UP TO PILLAR BRIDGE

- Slowly change from push-up to pillar bridge position without movement in the trunk
- Keep chest out and glutes engaged at all times
- Neutral spine w/ eyes down



PUSH-UP-JUMPS

- Perform one push-up, move into position as seen in picture 2, get into half squat position and perform a jump
- Land in half squat position and go back into push up position
- Perform slowly and controlled, always keep back straight



SQUAT JUMPS

- Controlled jumping and landing in half squat position
- Stabilize landing with weight on mid foot, landing on whole foot with first contact on balls of the feet



PUSH-UP LEG EXCHANGES

- In push up position exchange legs quickly but controlled
- Keep trunk and shoulder girdle stable at all times
- Keep spine in neutral, eyes down



FOOTWORK „NO ARMS“

- Perform different quick feet exercises without movement of the arms for neural activation at the end of a 10-15 min warm up program
- Keep good posture



FOOTWORK „SLOW ARMS“

- Perform different quick feet exercises w/ arm movement for neural activation at end of 10-15 min warm up program
- Keep good posture
- Arms simulate running form and motion



NOTES