



看奥运 上搜狐

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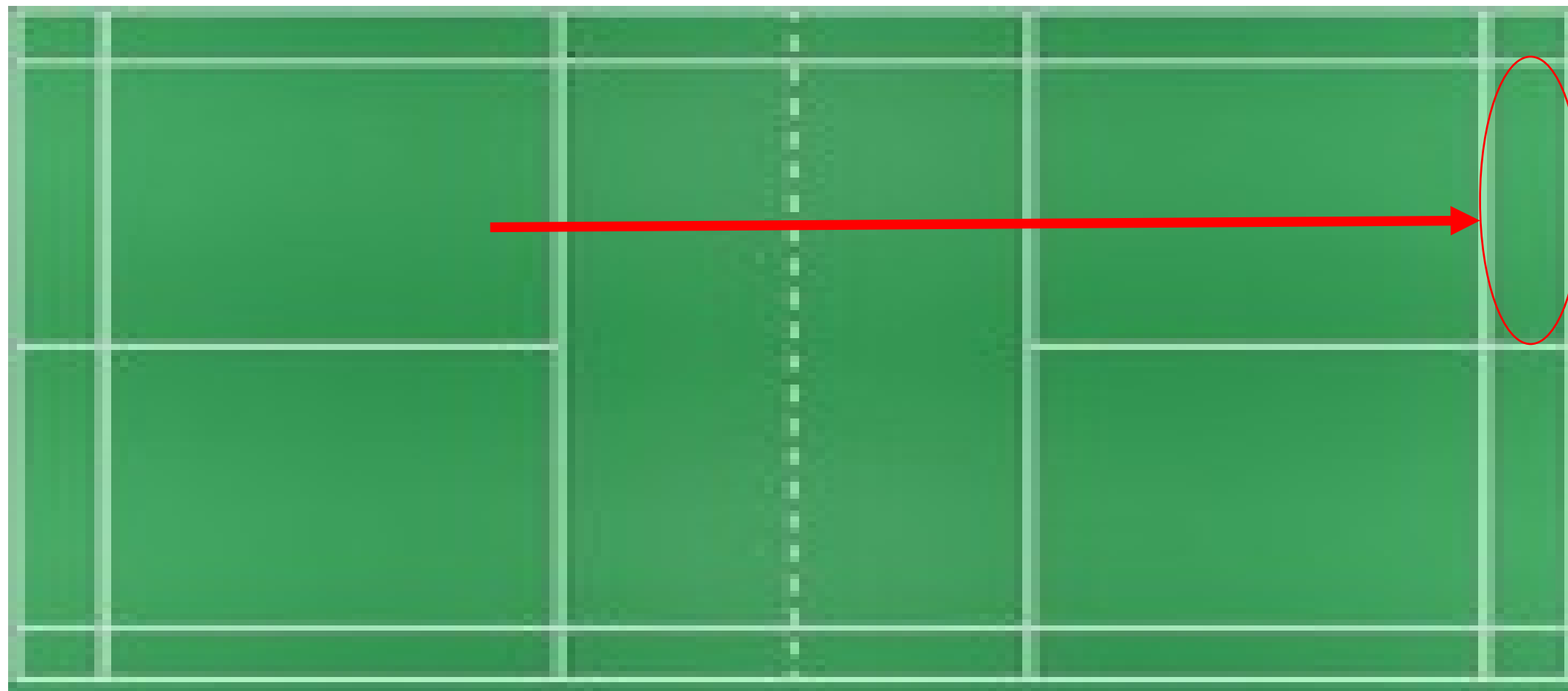
Badminton Curriculum



Alexander Wong

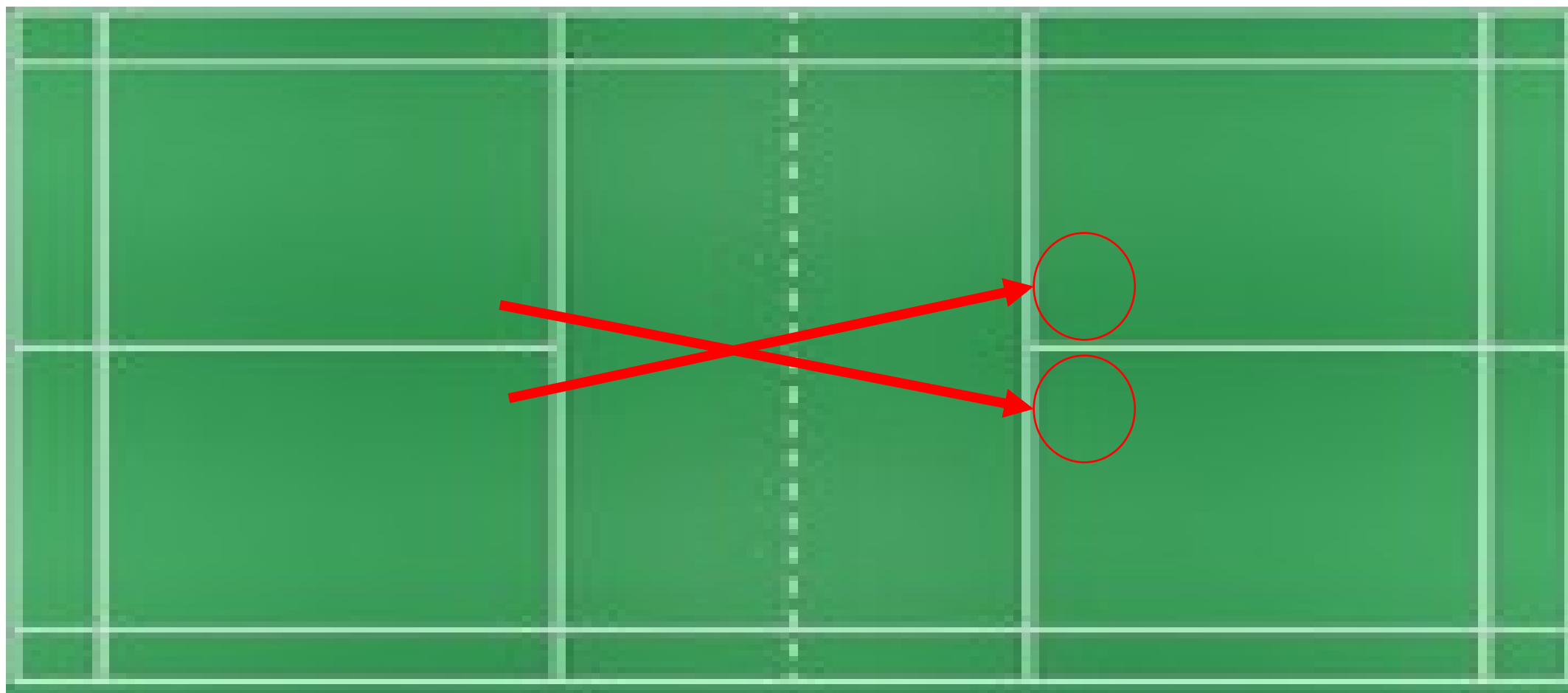
羽毛球
Badminton

1. Long Serve (发高远球)



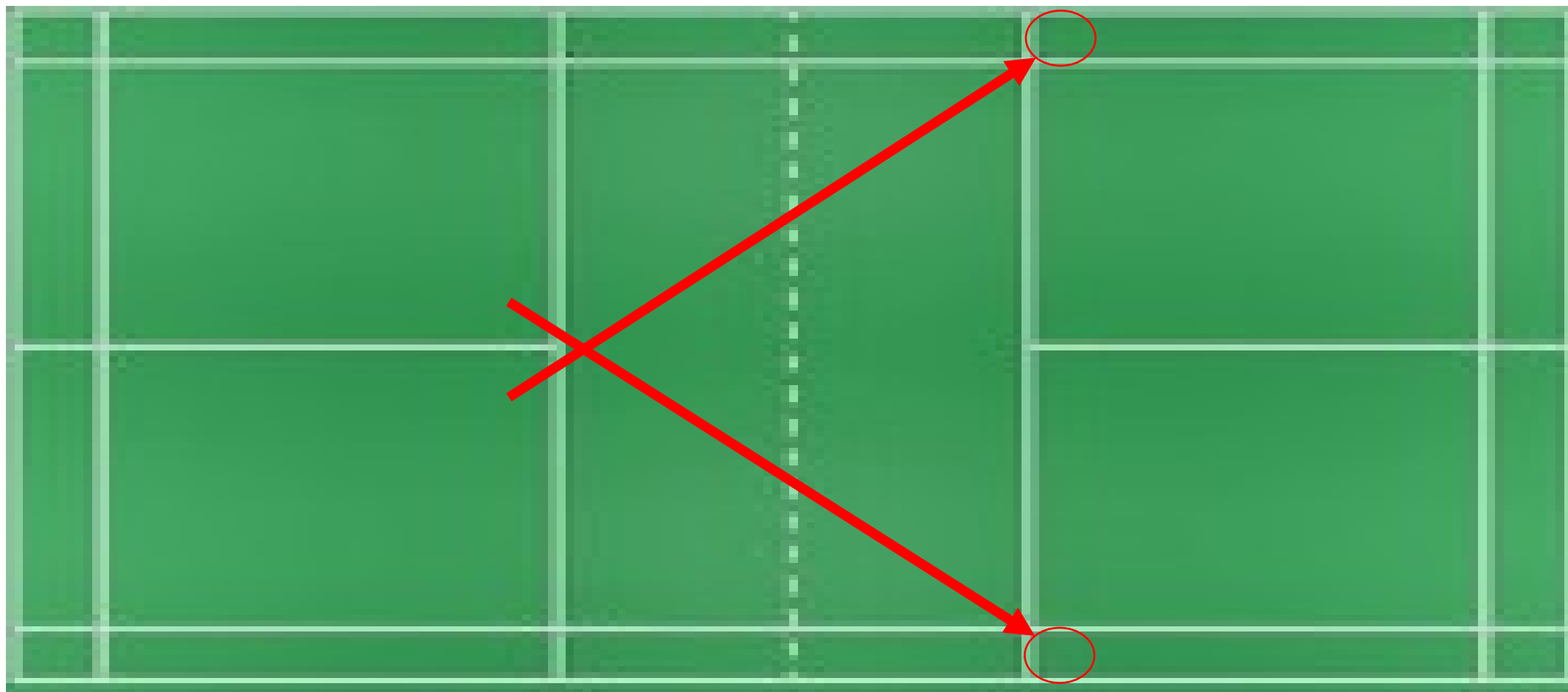
Test: 7 shots out of 10 must be in the correct area

2. Short Serve A (短发球A)



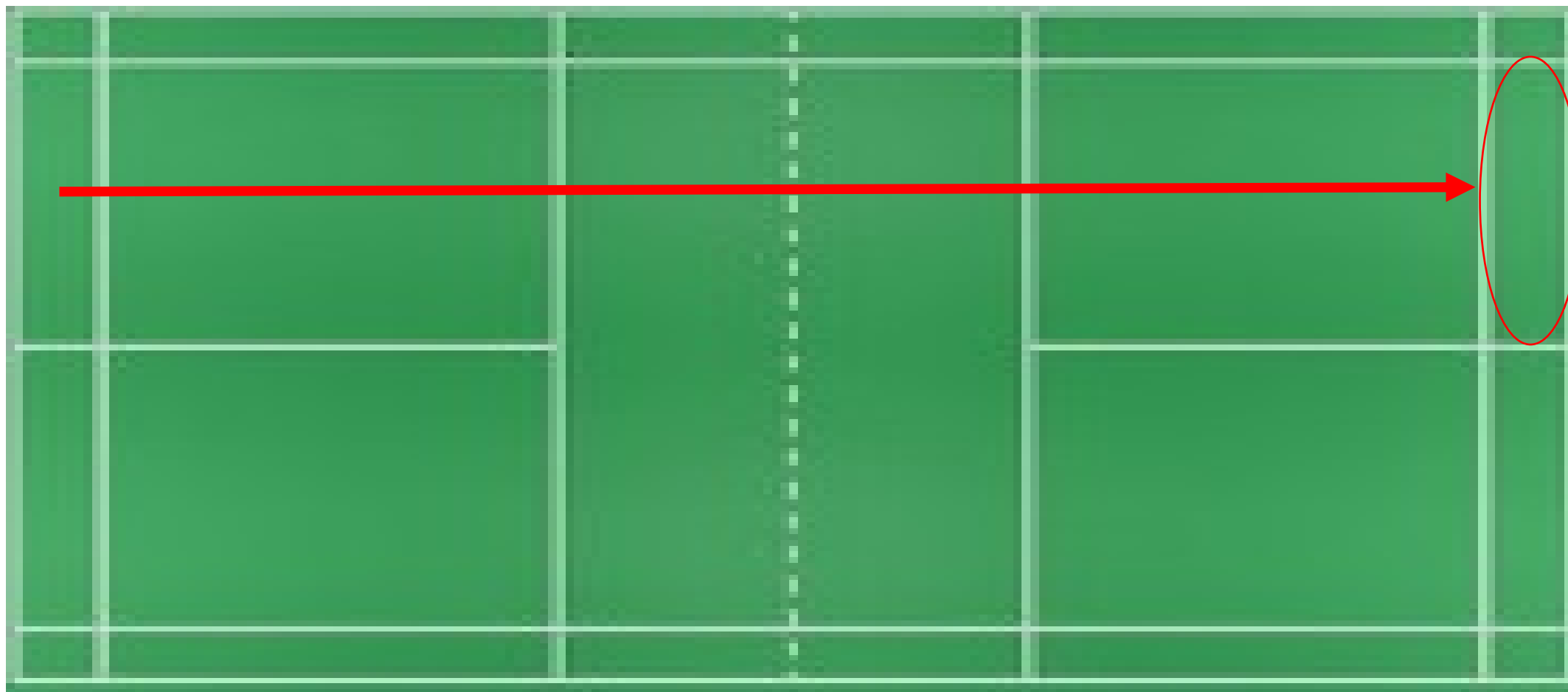
Test: 7 shots out of 10 must be in the correct area

3. Short Serve B (短发球B)



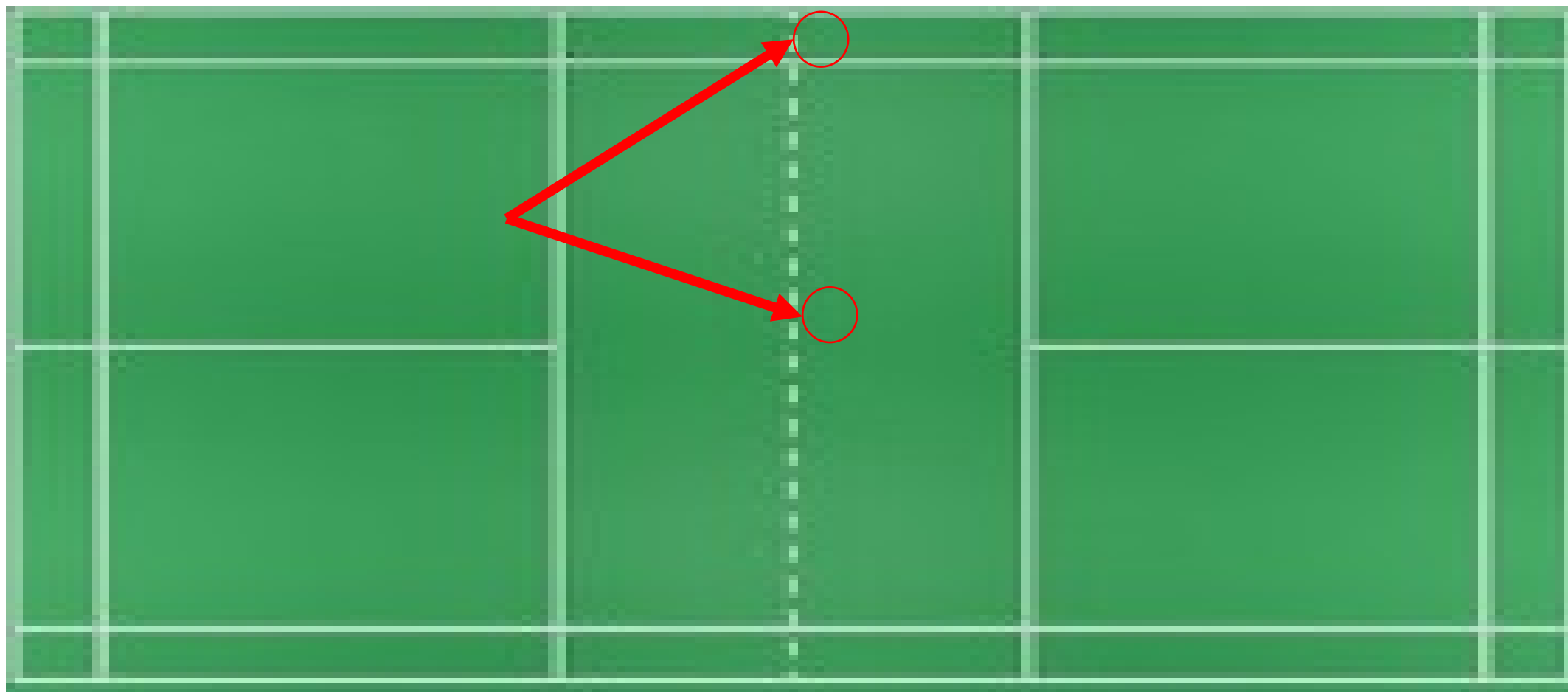
Test: 7 shots out of 10 must be in the correct area

4. Clear (高远球)



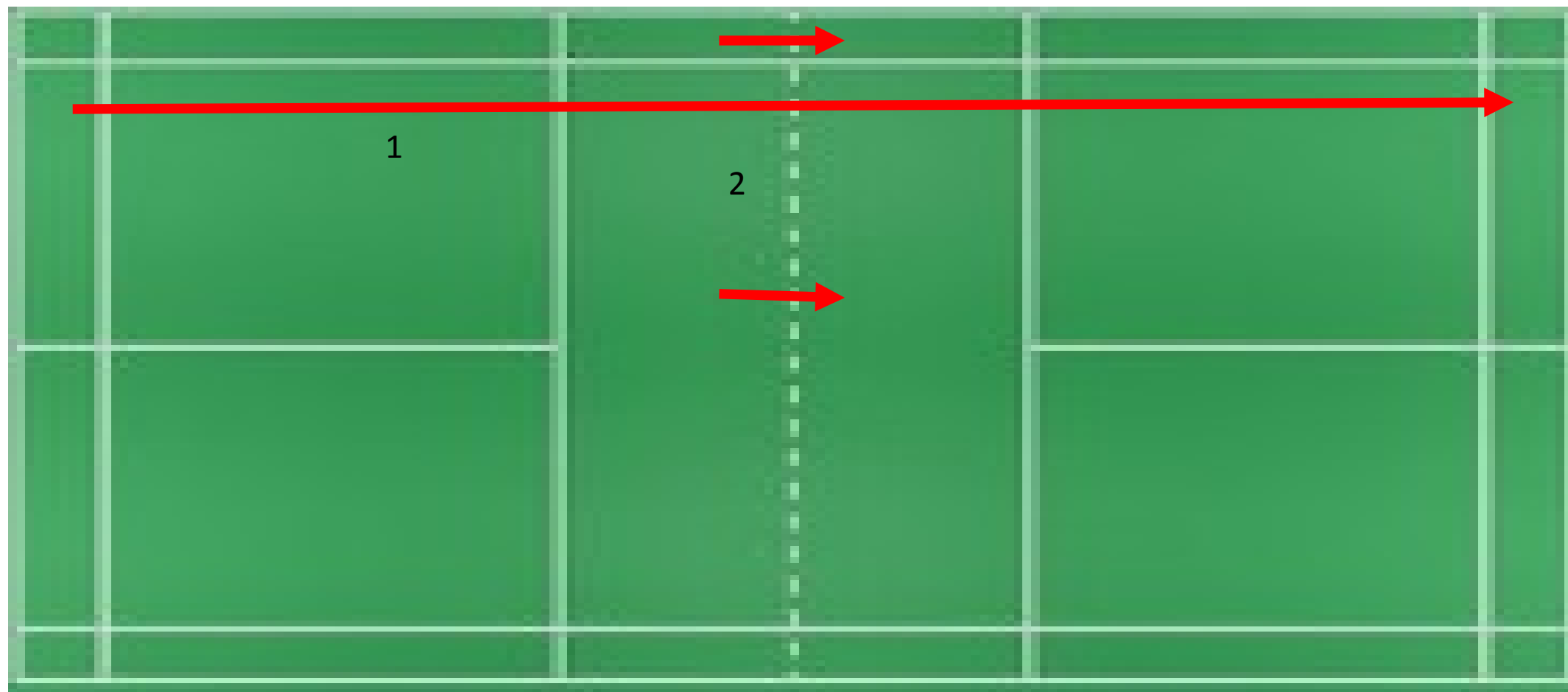
Test: 7 shots out of 10 must be in the correct area

5. Drop (吊球)



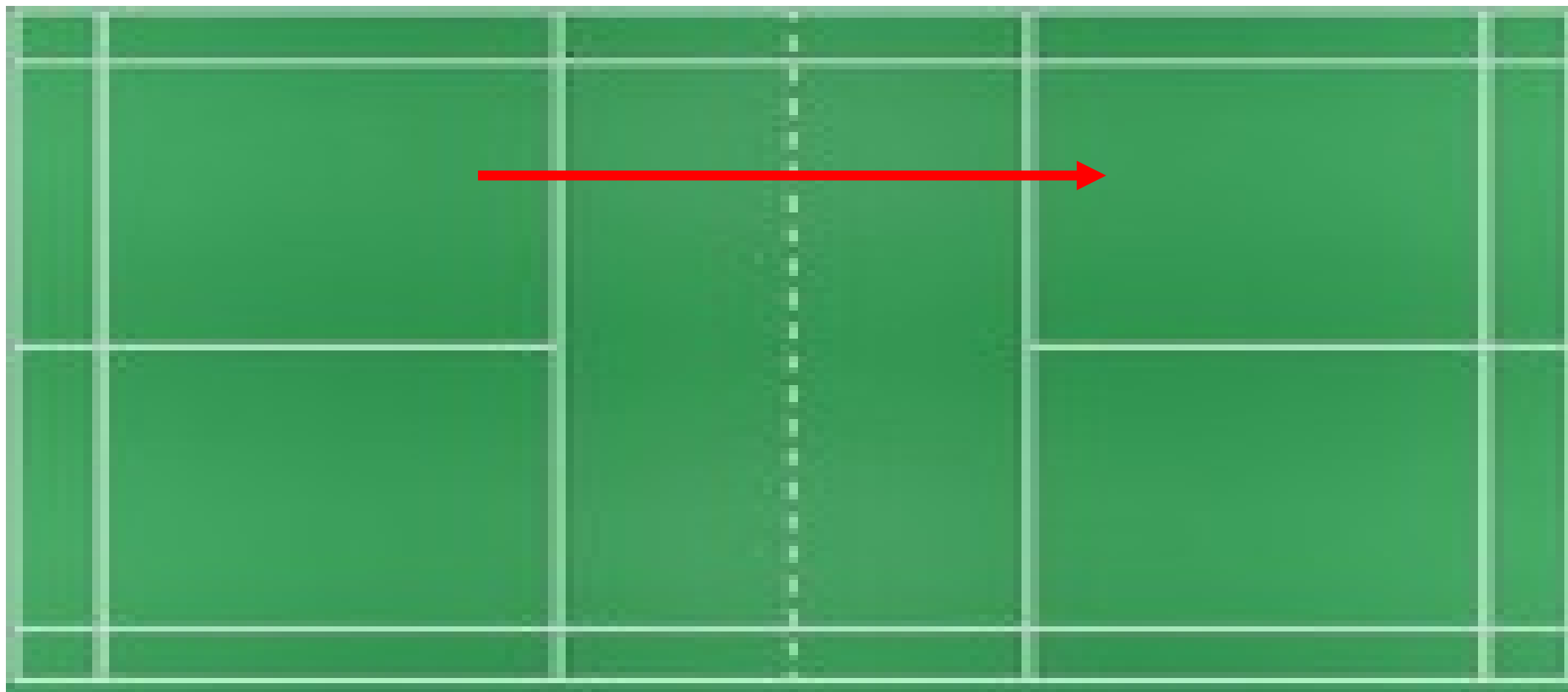
Test: 7 shots out of 10 must be in the correct area

6. Clear & Drop (高远球然后吊球)



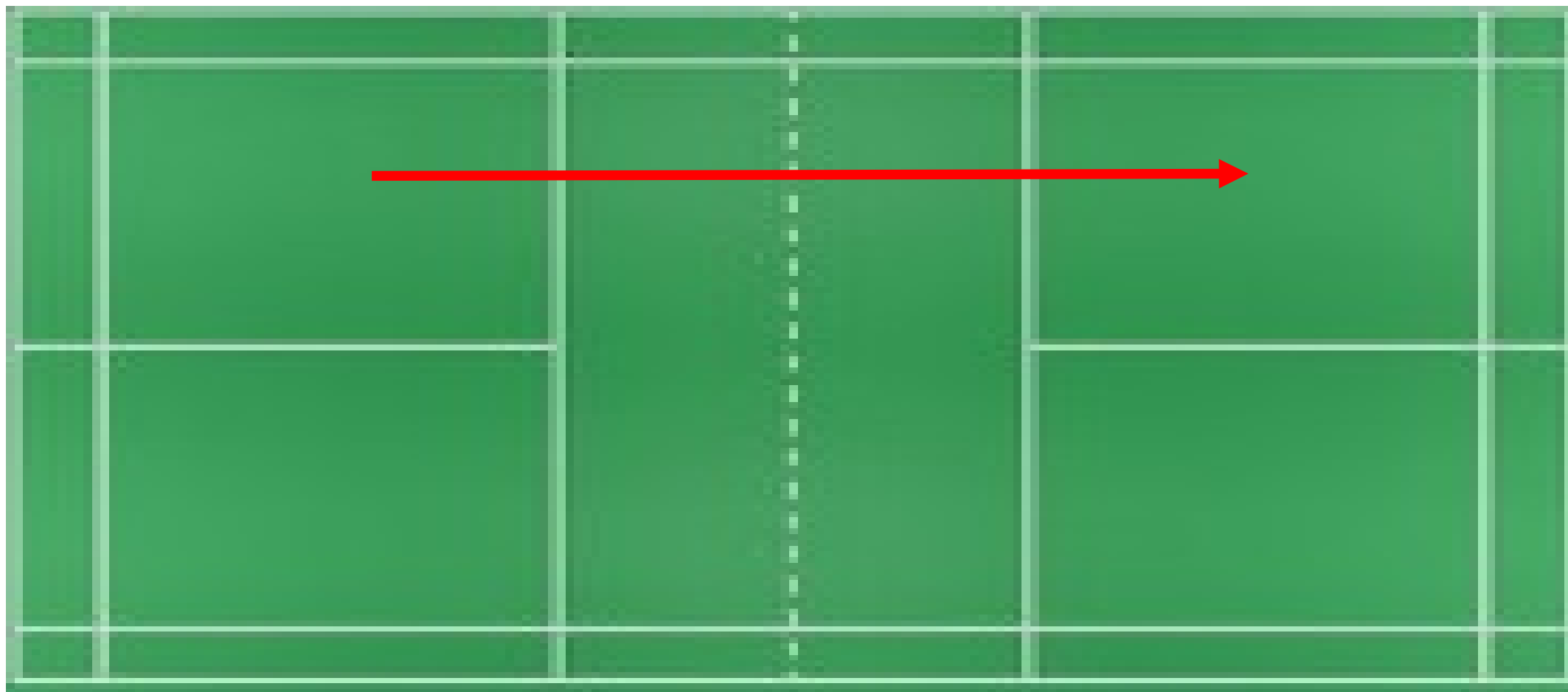
Test: 7 shots out of 10 must be in the correct area

7. Drive (平抽球)



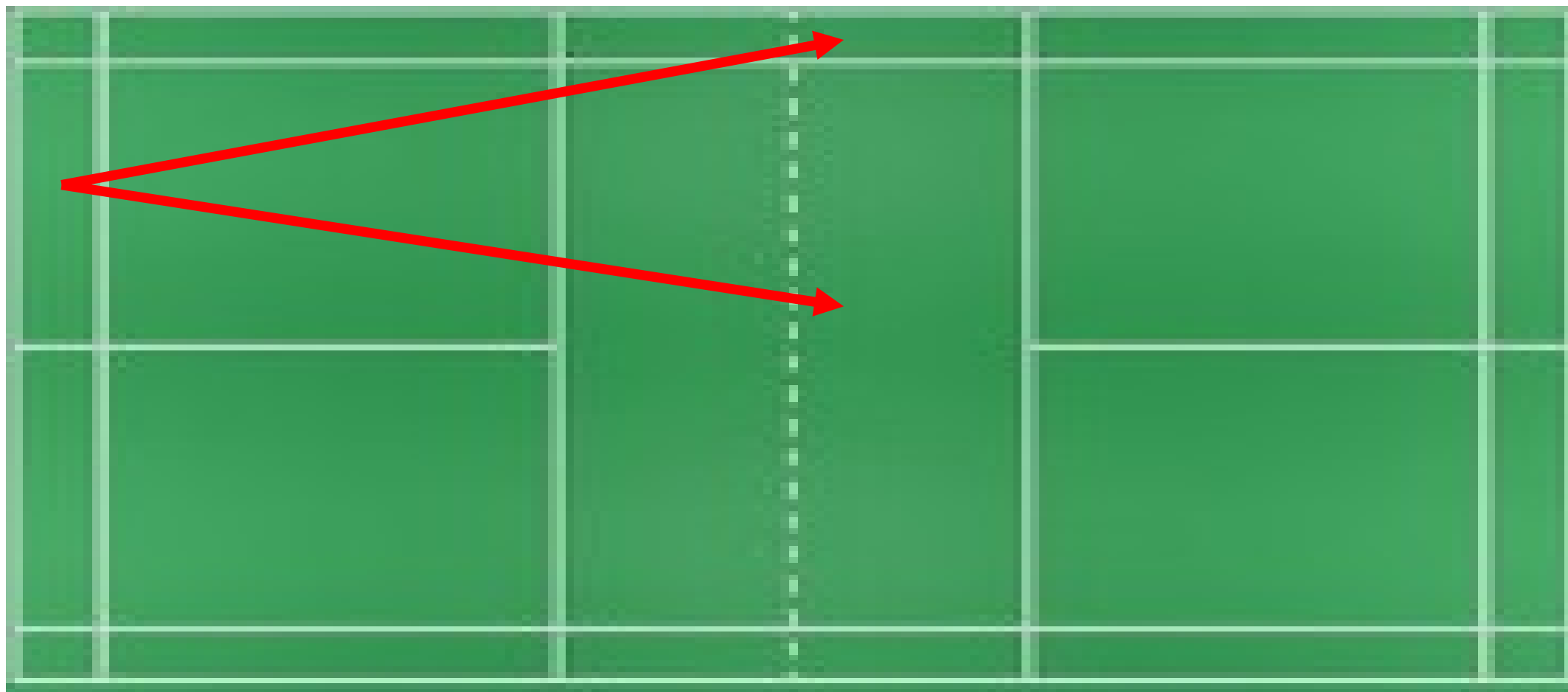
Test: 15 consecutive shots must be returned

8. Smash and Block (杀球和接杀球)



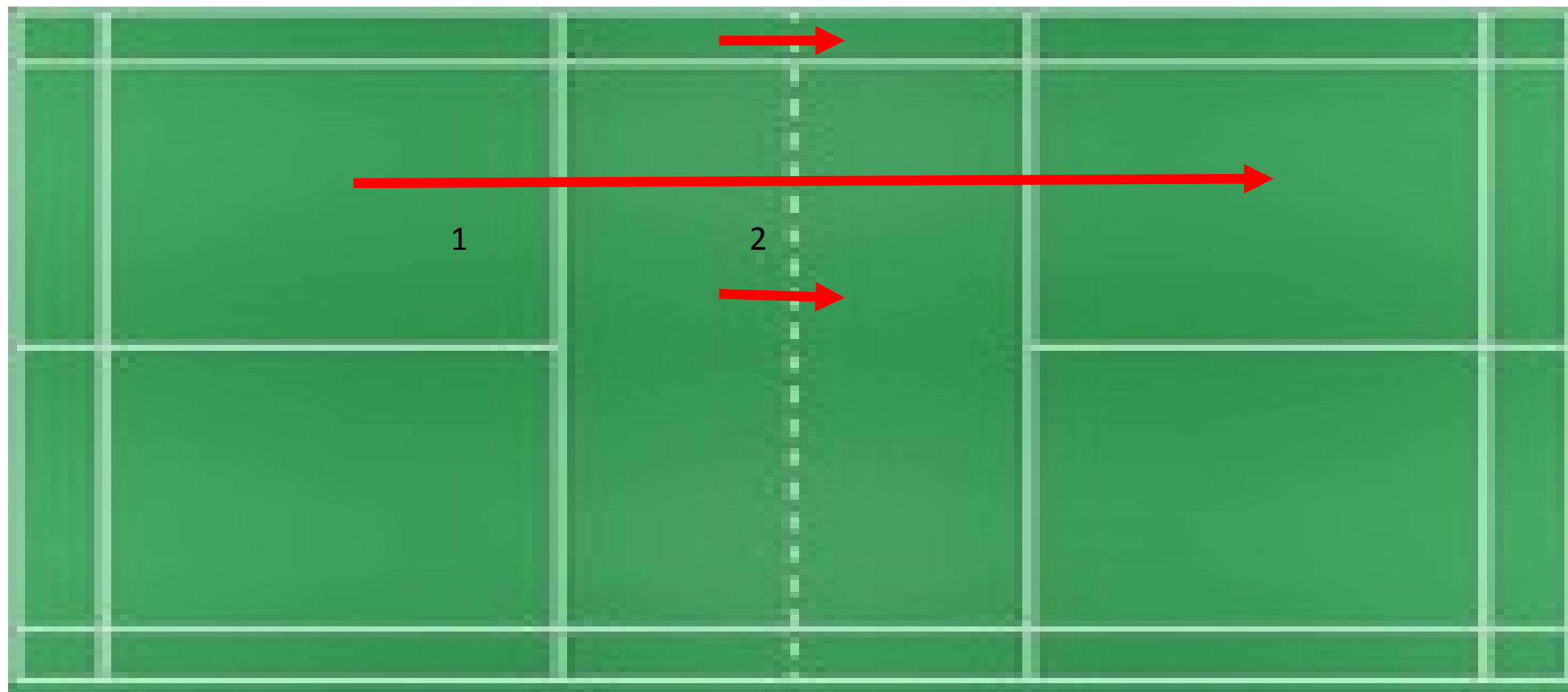
Test: 7 shots out of 10 must be in the correct area

9. Drop from the back (后场吊球)



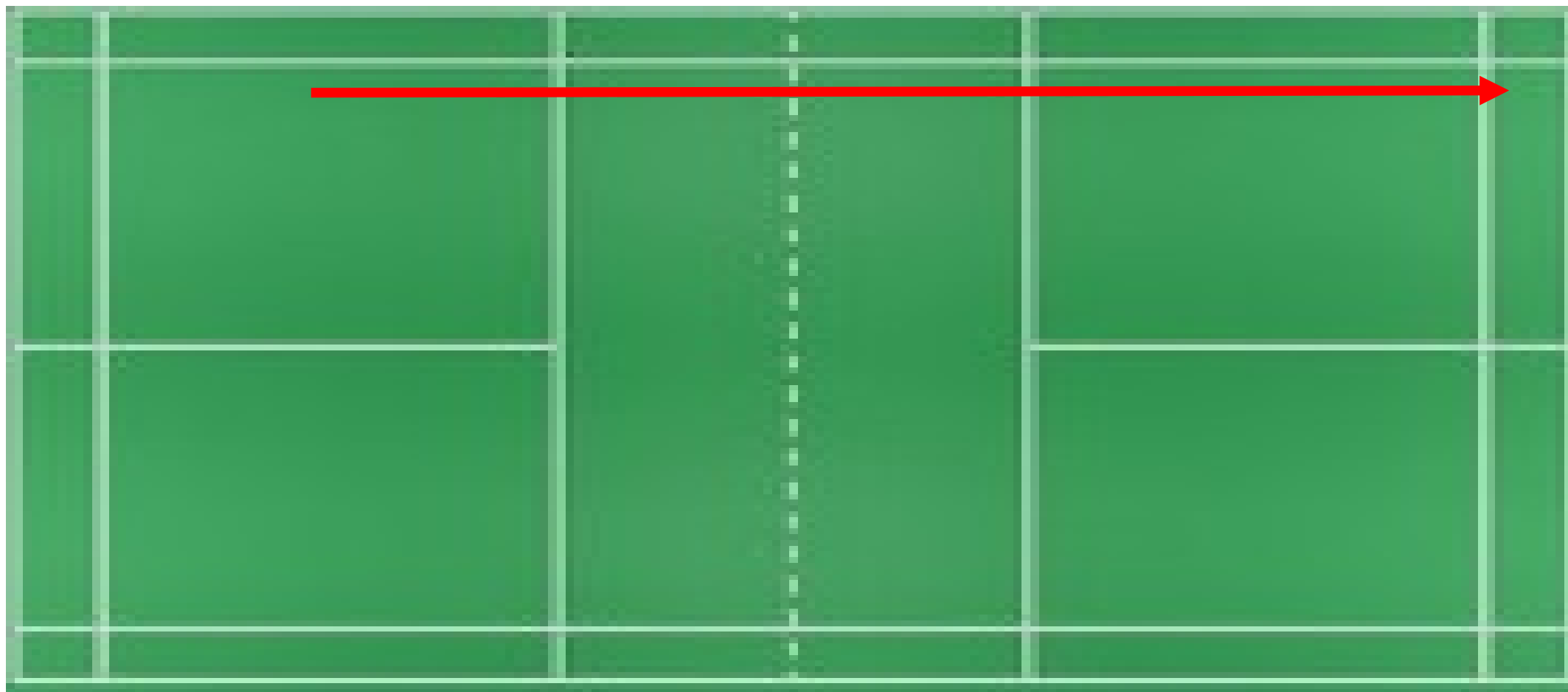
Test: 7 shots out of 10 must be in the correct area

10. Smash and drop (杀球然后吊球)



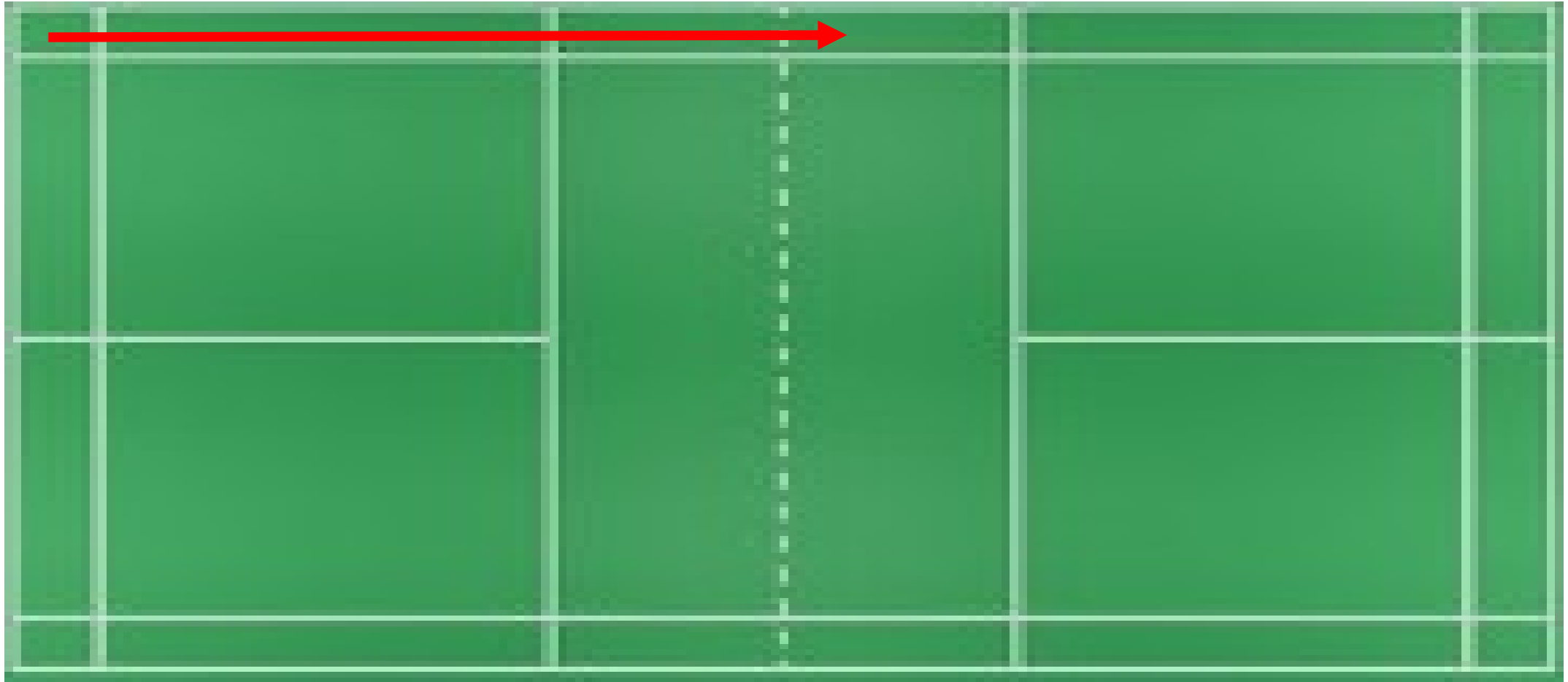
Test: 7 shots out of 10 must be in the correct area

11. Backhand clear (反手高远球)



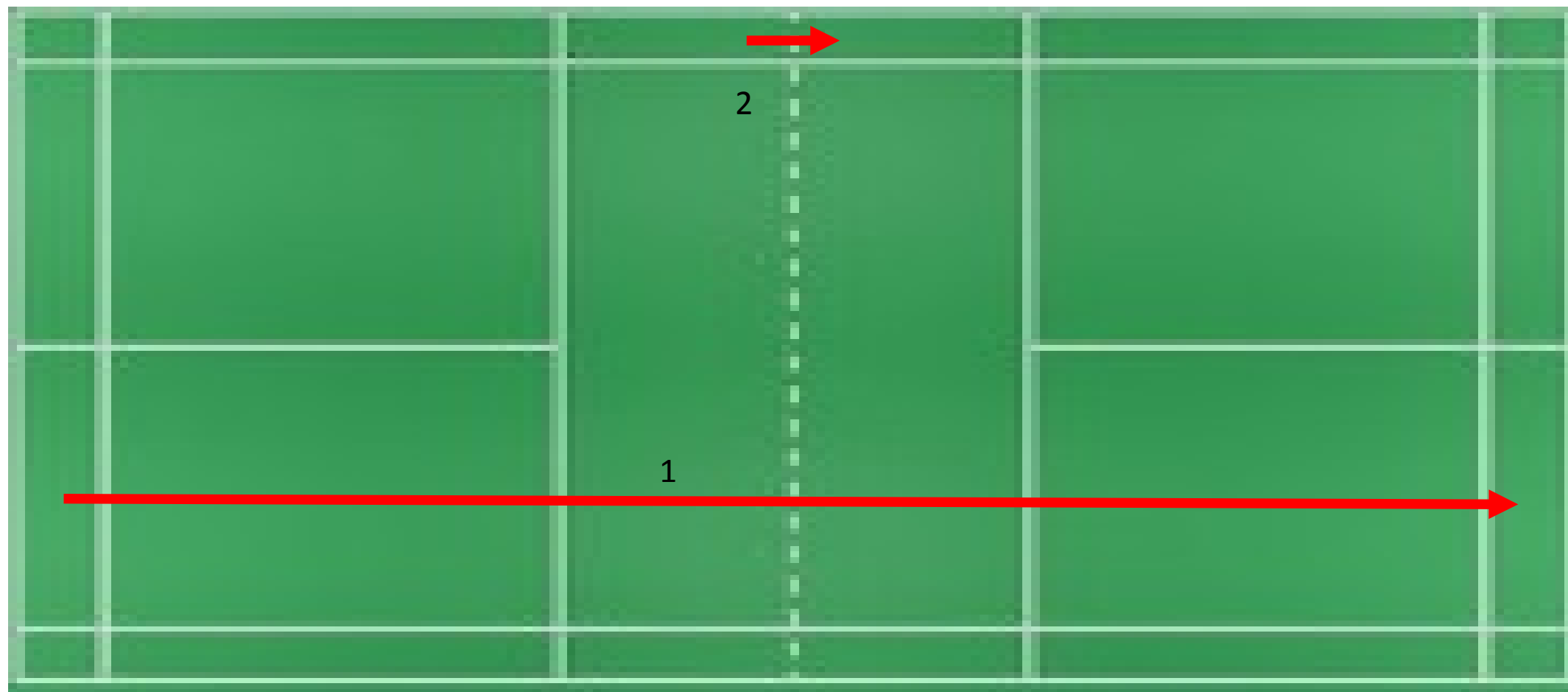
Test: 7 shots out of 10 must be in the correct area

12. Backhand drop from the back (反手后场吊球) ^{Tier 3 (高级)}

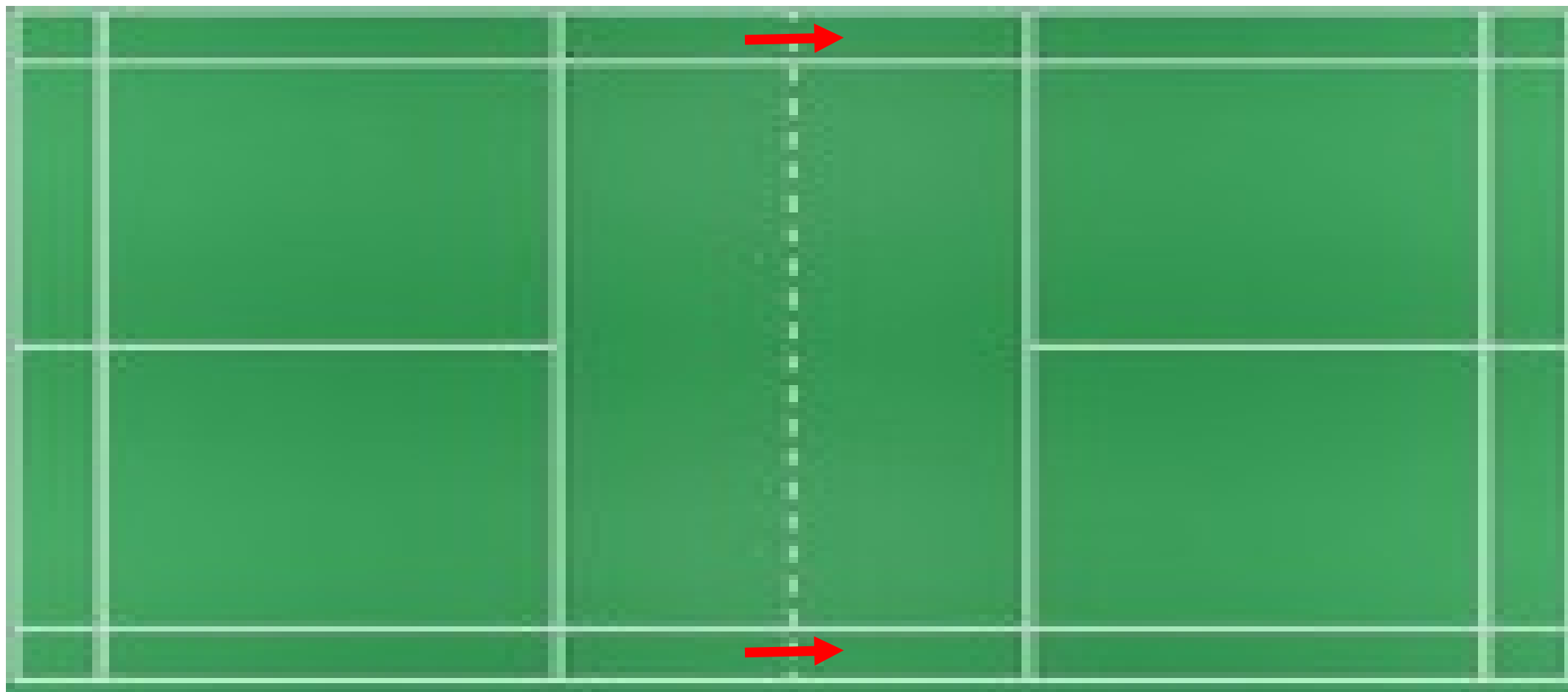


Test: 7 shots out of 10 must be in the correct area

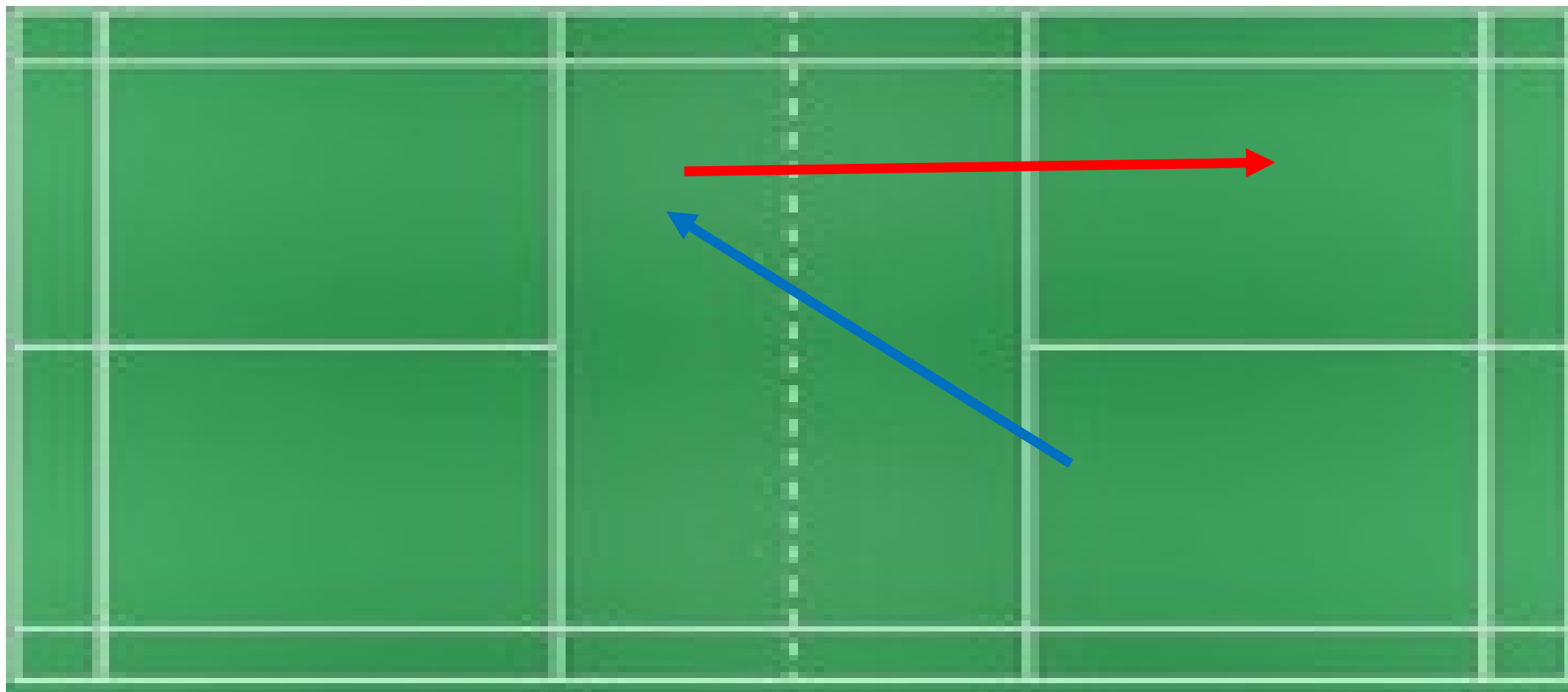
13. Full court clear and drop (全场高远球然后吊球)^{Tier 3 (高级)}



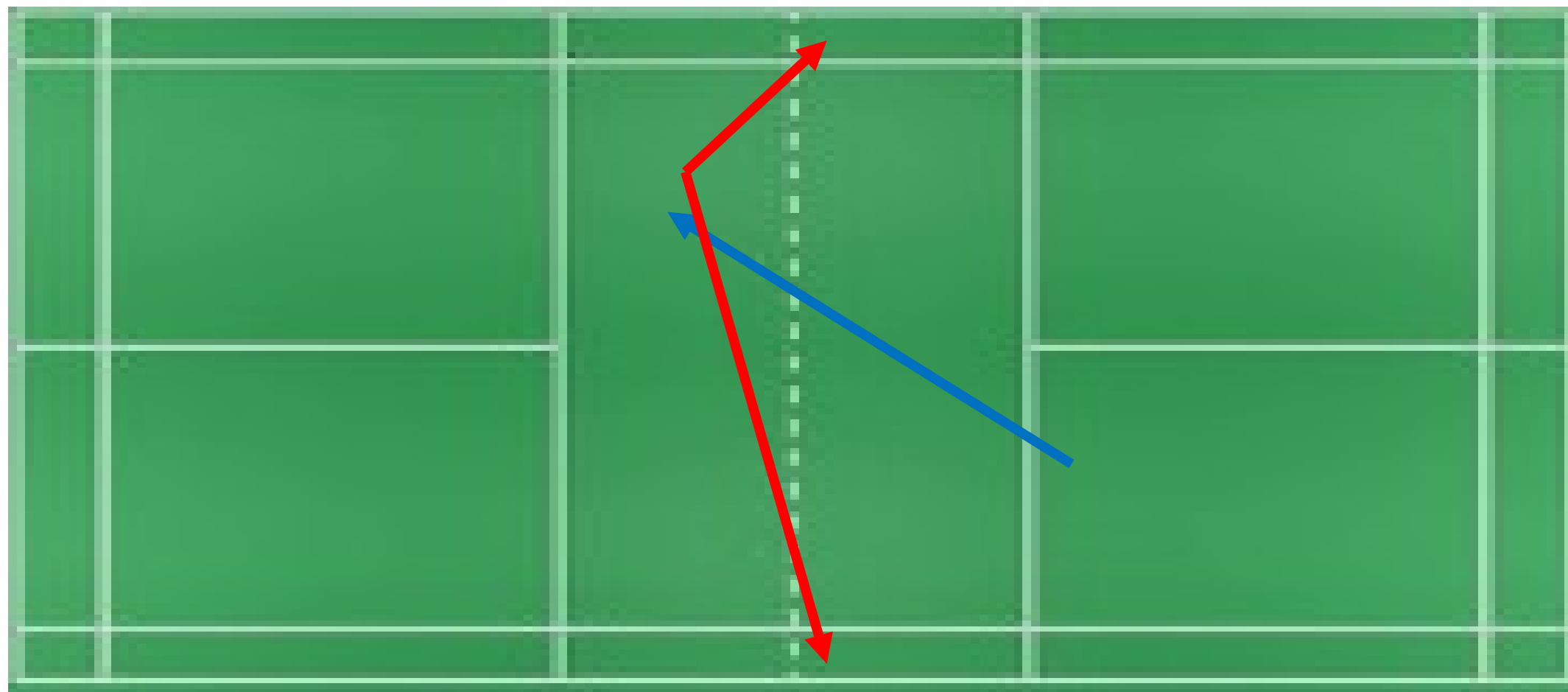
14. Full court drop (全场吊球)



15. Instant smash (发球时杀球)

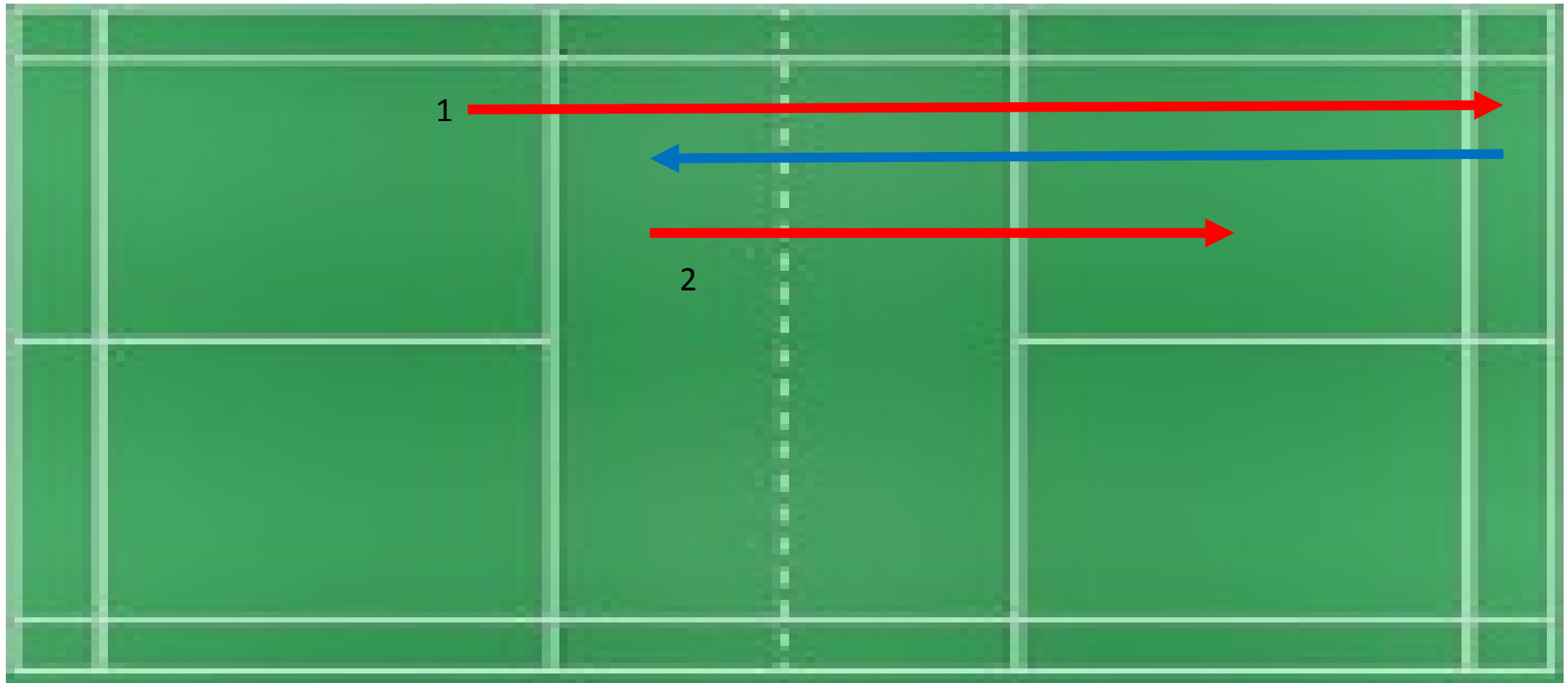


16. Instant drop (发球时吊球)

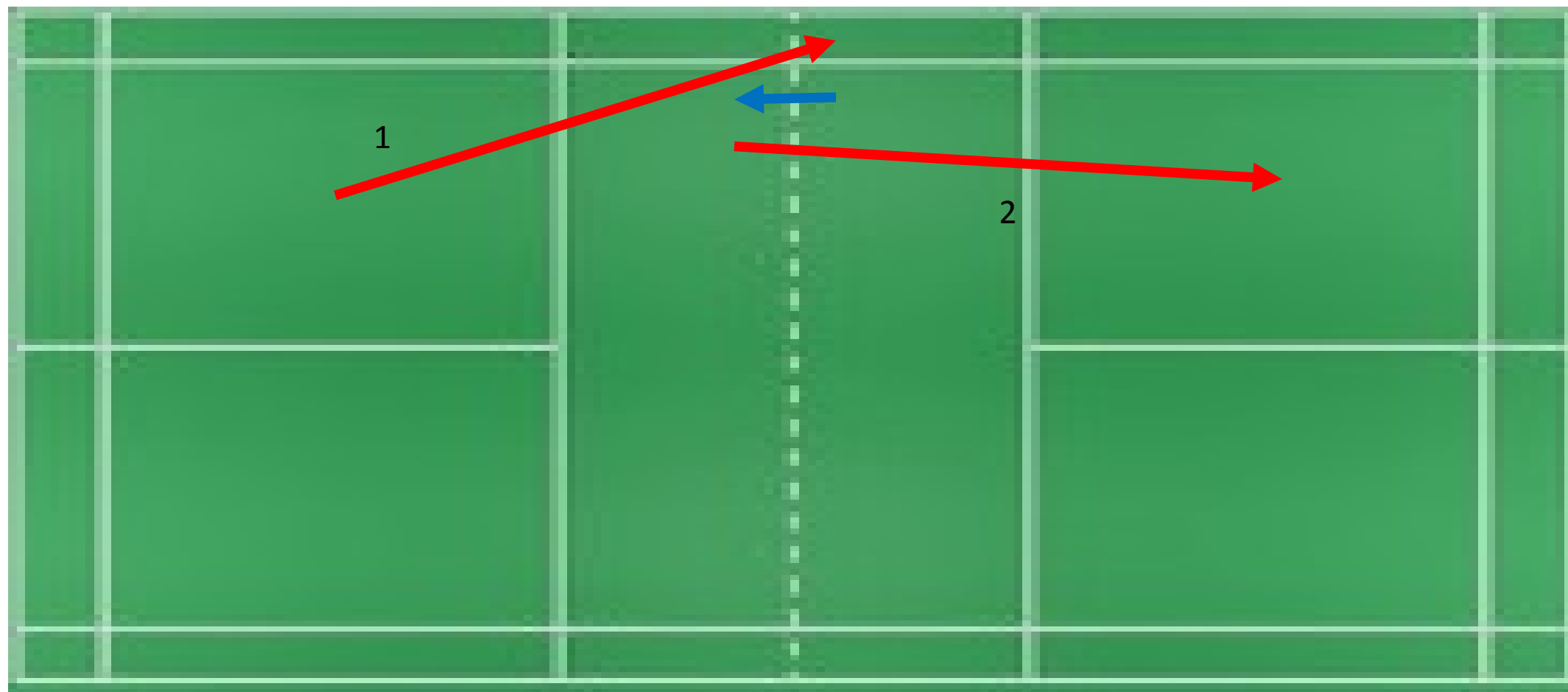


17. Clear and smash (高远球然后杀球)

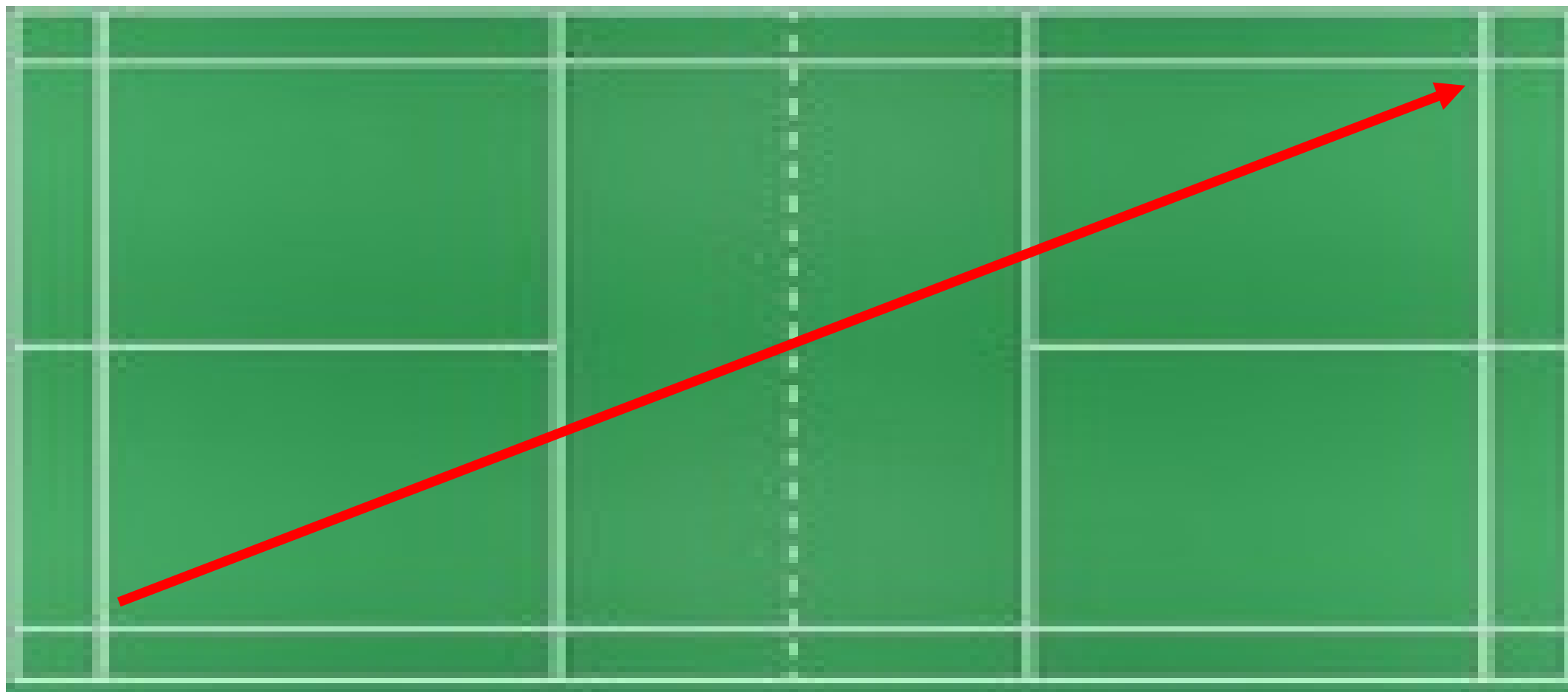
Tier 3 (高级)



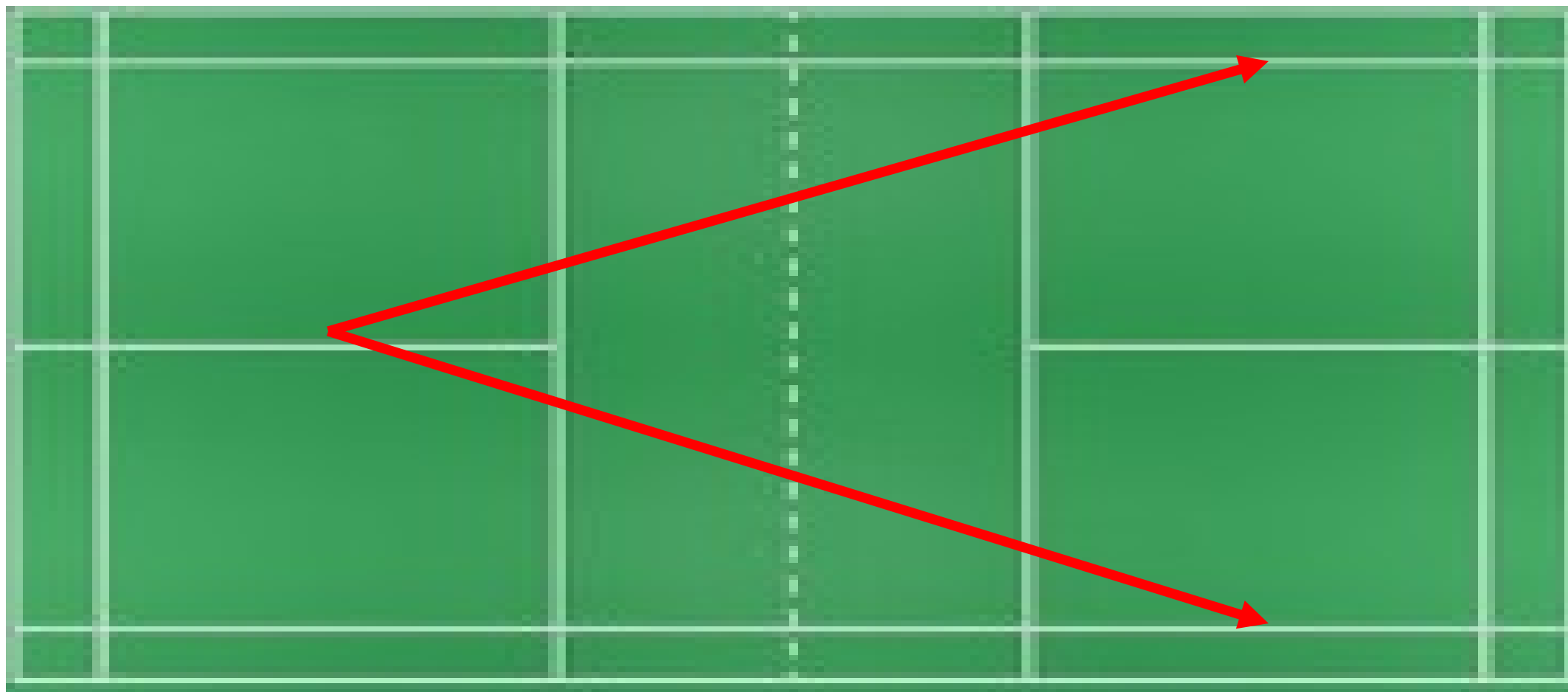
18. Drop and smash (吊球然后杀球)



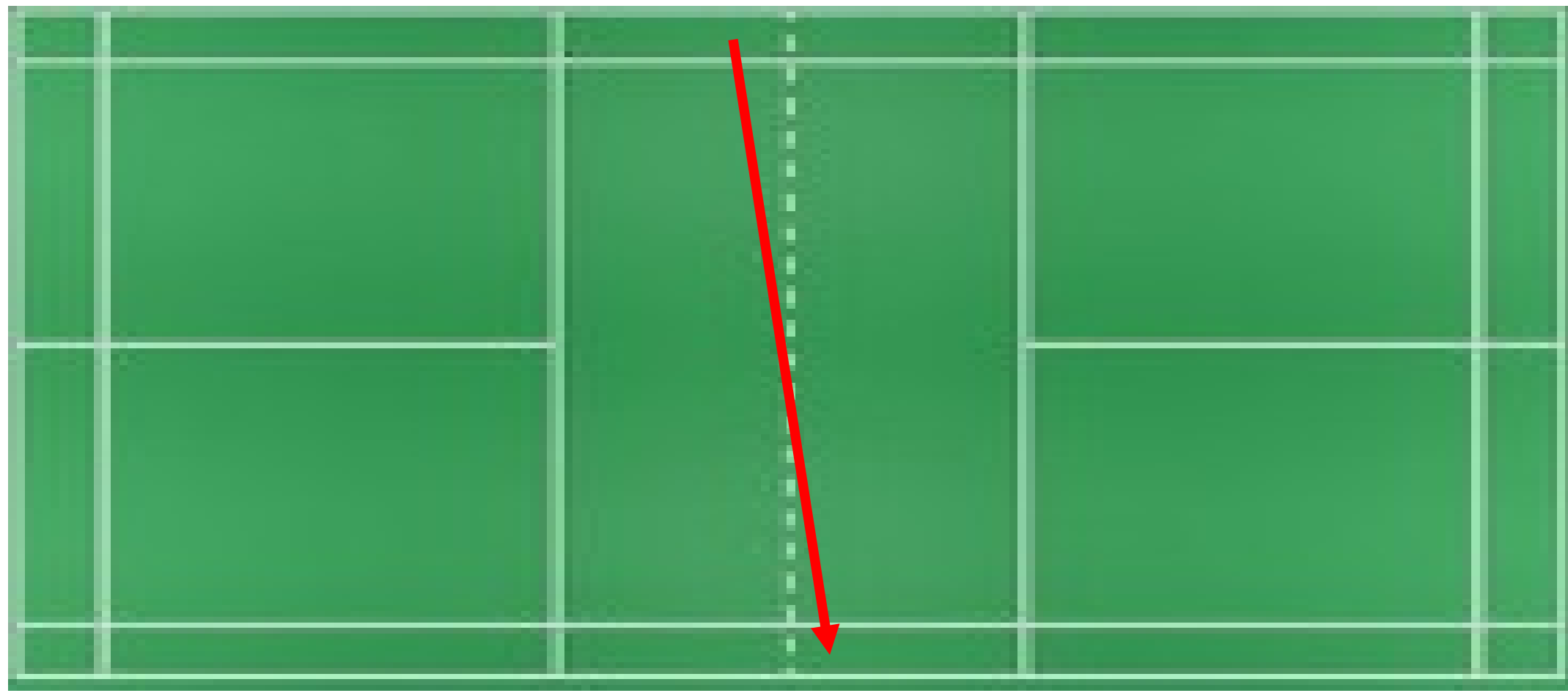
19. Cross court clear (全场高远球)



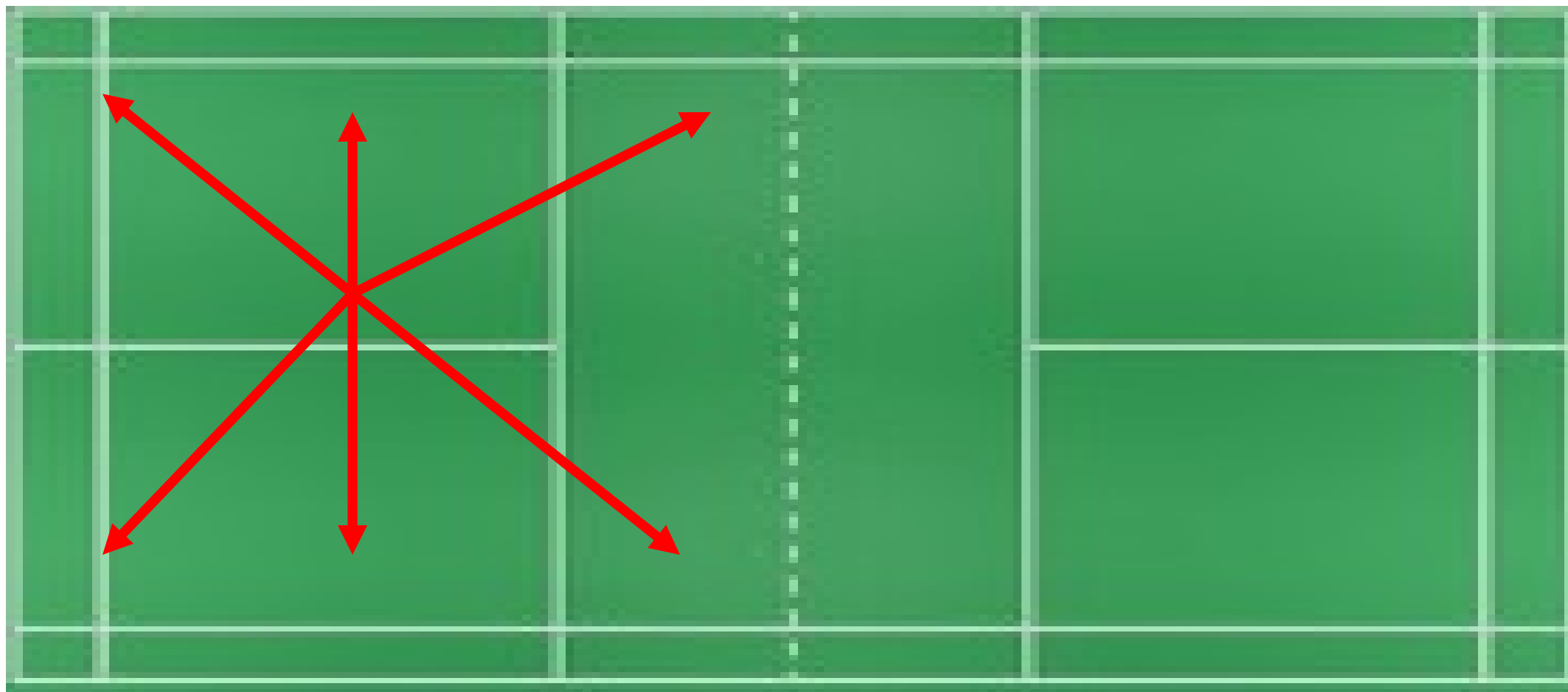
20. Cross court smash (全场杀球)



21. Cross court drop (全场吊球)

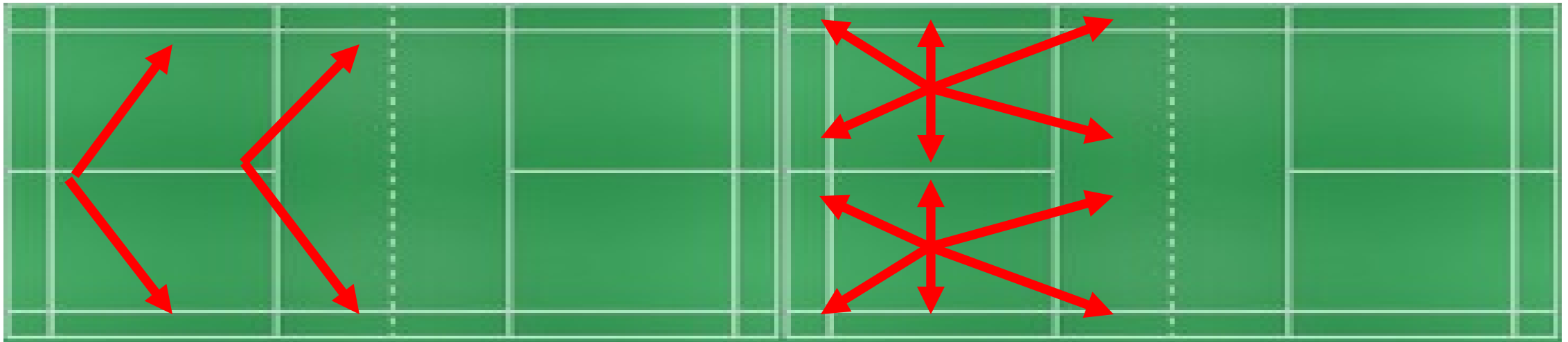


22a. Singles formation(单打技术)

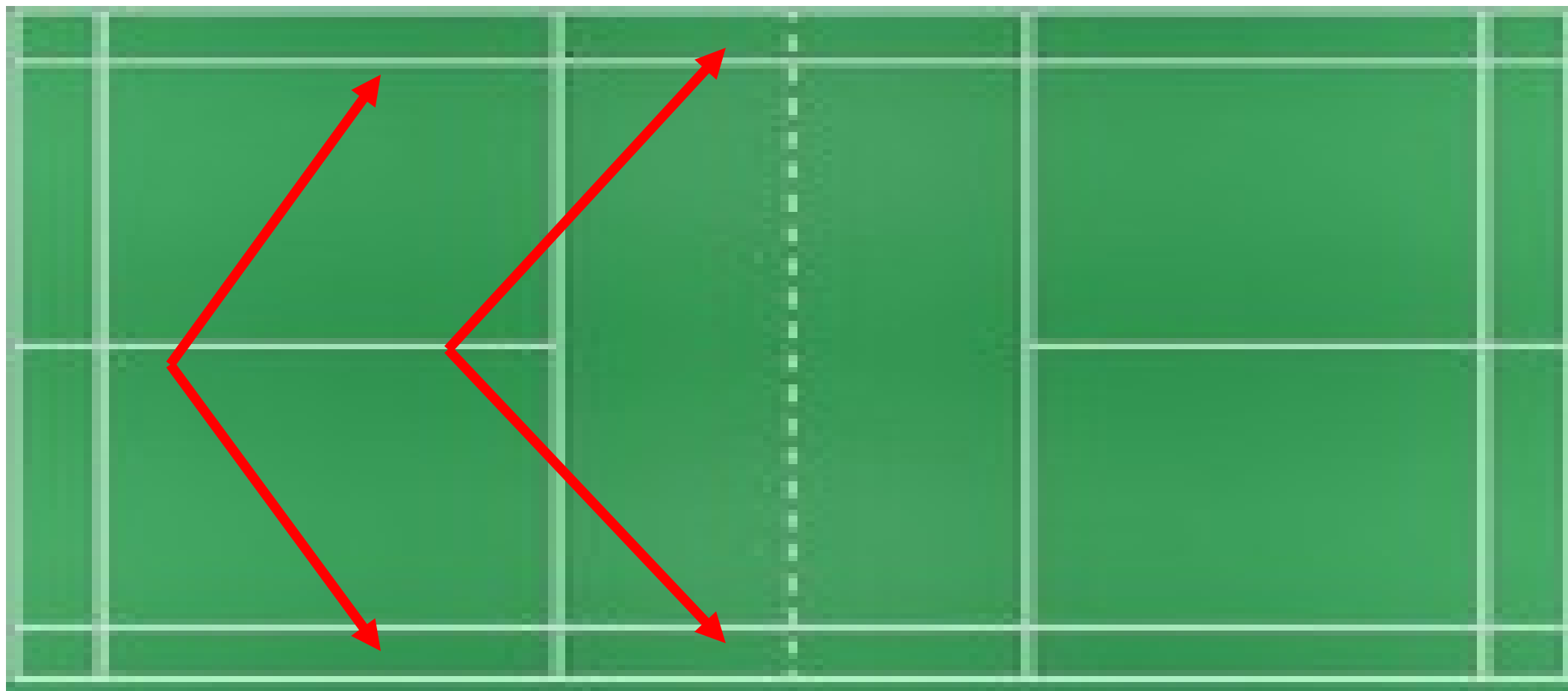


22b. Doubles formation(双打技术)

Tier 4 (比赛级)



22c. Mixed doubles formation(混双打技术)



23. Personal style training(个人技术发展)

1. Strength style = Smash! (力量 = 杀球)
2. Speed style = Moving a lot (速度 = 高远球 + 吊球)
3. Deception style = Lots of feints (假动作)
4. Adaptive style = Adjust to opponents weakness (对手弱点)