

## Annual Training Plan for Intermediate Level Badminton Players

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### Abstract

In case the sports person has the potential, he or she needs to be trained adopting scientific procedures so as to enable him/her to attain a performance level in commensuration with his/her level of performance. The details of the annual plan of training suggested in the article will definitely help in enhancing the performance standard of the badminton players. The time available for training has to be divided into three main phases i.e. preparatory period, competition period and transition period. Regularity in training is to be ensured so that the player enhances his/her performance up to expected standard.

**KEYWORDS:** Annual training programme, Intermediate level, Badminton player

### INTRODUCTION

Planning is a binding directive for developing training condition where all required measures (forms of exercises, quality of execution of exercises, methods and means of training, nature and frequency of competition, control measures etc) are recorded in writing.

To plan means:

- a) To lay down the performance aim to be achieved.
- b) To determine tasks (objectives) arising from the performance aim.
- c) To determine the sequence in which the tasks are to be achieved.
- d) To determine means and methods for the solution of main tasks.
- e) To anticipate development of loading.
- f) To select most suitable form of organization.

Good planning is one of the key elements of effective coaching, and planning ability is an essential skill for coaches. The coach's broad role is to prepare the Badminton player for competition and to do this effectively the coach must plan to develop the athlete technically (skills), physically and physiologically (conditioning), psychologically (mental skill) and tactically.

### Annual Plan

Annual plan is aimed at gradually improving the physiological, psychological, technical and tactical ability of the Badminton players over a period of twelve months. It is aimed at producing a peak performance at the appropriate time of the year and the plan is usually divided into a number of training cycles or periods, namely macro-cycles, meso-cycles and micro-cycles

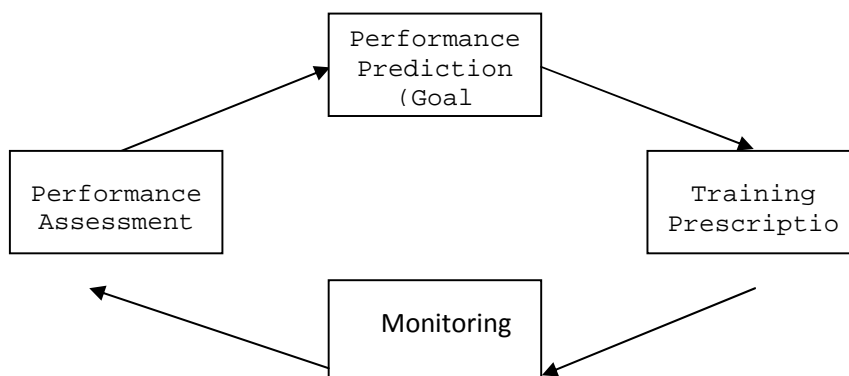
There are three main periods in a training year:

- The preparation period (pre-season)
- The competition period (in-season)
- The transition period (active rest).

The preparation phase can be further subdivided into general and specific preparation periods and the competition phase can be broken down into an early season competition phase and a main competition phase. The transition period is normally a period of 2-6 weeks of rest and physiological and psychological recovery. It should be a period of active rest so that there is not major de-training before beginning the next year's preparation period.

### Annual Plan

It is plan covering a period of twelve months. This plan is formulated keeping in mind the day and month of the important competition and it does not have to necessary correspond with the calendar year extending from January to December. It is based around a competitive season or the build-up to a specific championship event. It is aimed at producing a peak performance at the appropriate time of the year. While developing the training plans, the following four principles of planning have been kept in mind.



**Fig.1. Factors Involved in Programme Planning**

	THE YEARLY PLAN				
Phases of training	Preparatory		Competitive		Transition
Sub-phases	General Preparation	Specific Preparation	Pre-competitive	Competitive	Transition



## 2. Specific Preparatory period

Objectives	Technical and Tactical Development	Physical Development	Competitions
<ul style="list-style-type: none"> <li>• Training to be sharp.</li> <li>• Improvement &amp; perfection of technical &amp; tactical objectives through training.</li> <li>• Sport specific physical development; challenge anaerobic system, develop speed &amp; explosive strength.</li> <li>• Low volume &amp; high intensity training.</li> </ul>	<ul style="list-style-type: none"> <li>• Work on technical strengths.</li> <li>• Improve tactical knowledge.</li> <li>• High intensity training workouts.</li> <li>• Specific training of sport.</li> <li>• Train twice a day. First session could be devoted for conditioning and second session for technical practice.</li> <li>• Emphasis on skill perfection.</li> <li>• Sessions can be slightly shorter but with intensity and quality.</li> <li>• Create high intensity competitive situations.</li> <li>• Emphasize work that has already been covered, i.e. work on strengths to build self-confidence.</li> </ul>	<ul style="list-style-type: none"> <li>• Challenge anaerobic system: interval training, sprints, fartlek.</li> <li>• Challenge speed system (Phosphogen System): sprints, plyometrics.</li> <li>• Challenge power system: low volume, high intensity and explosive strength.</li> <li>• Challenge strength system: moderate weights and frequent repetitions (3-4 sets of 8-10 reps)</li> <li>• Work: rest ratios closer to requirements of the sport (app. 1:3).</li> <li>• 80% of the time in bouts of less than 20 sec. and 20% of the time in bouts of more than 20 sec.</li> <li>• Rest intervals of 15-30 sec. between sets and 2 min. rest periods interspersed throughout the conditioning session.</li> </ul>	<ul style="list-style-type: none"> <li>• Start to compete in more secondary matches.</li> <li>• Increase the number of matches.</li> </ul>

## 3. Pre-competitions period

Objectives	Technical and Tactical Development	Physical Development	Competitions
<ul style="list-style-type: none"> <li>• Fine-tune your competitive skills.</li> <li>• Testing of the player's skill in competitive situations.</li> <li>• Specific recommendations for short-term improvement.</li> <li>• Maintenance of physical</li> </ul>	<ul style="list-style-type: none"> <li>• Feedback to be tactical in nature.</li> <li>• Warm up period for training should be similar to the warm up period for a competition.</li> <li>• Psychological peaking; practice sessions with a psychological emphasis.</li> <li>• Highlight and work on strengths.</li> </ul>	<ul style="list-style-type: none"> <li>• Heavier weights and fewer repetitions (3-4 sets at a weight the player can perform 4-8 reps).</li> <li>• Challenge anaerobic training: short sprints and plyometrics.</li> <li>• Decrease aerobic training.</li> <li>• Fine tune specific ability and athletic</li> </ul>	<ul style="list-style-type: none"> <li>• Compete in preparatory competitions.</li> </ul>

improvement; training becomes highly specific, high intensity and low volume. • Taper off as you get closer to meets.	<ul style="list-style-type: none"> <li>• Structure session to simulate competition (similar work: rest ratios).</li> <li>• No major changes.</li> </ul>	movements.	
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#### 4. Competitions period

Objectives	Technical and Tactical Development	Physical Development	Competitions
<ul style="list-style-type: none"> <li>• The main objective is peaking in the important matches.</li> <li>• Maintaining the best physical, technical and mental shape.</li> <li>• Combine matches with days or weeks of rest.</li> </ul>	<ul style="list-style-type: none"> <li>• Practice the skills to acquire mastery.</li> <li>• Adapt types of meets to player characteristics.</li> <li>• Warm up physically, technically and psychologically properly before each competition.</li> <li>• Follow the pre-meet routines stabilized for each player.</li> <li>• Stretch and cool down after each match.</li> <li>• Volume depends on the amount of competitions.</li> <li>• Adapt training according to opponent's performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain strength and endurance levels.</li> <li>• Decrease the strength-training programme.</li> <li>• Use circuit training (1-2) sets at 12-15 reps).</li> <li>• Maintain the fitness level.</li> <li>• Maintain the level of fitness (1-2 runs of 25-40 min. per week).</li> </ul>	<ul style="list-style-type: none"> <li>• Emphasize feelings of total readiness for the competitive challenge.</li> <li>• Develop pre-competition and post competition routines.</li> <li>• concentration on mastery of techniques.</li> <li>• Use visual aids</li> <li>• Motivation and discipline.</li> </ul>

Objectives	Technical and Tactical Development	Physical Development	Recovery
<ul style="list-style-type: none"> <li>• The main objective is recovering from the stress of competing.</li> <li>• A stage of active recovery after major competitions.</li> <li>• Psychological and physical rest and recuperation.</li> <li>• Assess post competition performance.</li> <li>• Discuss areas that will need attention in the next preparatory phase.</li> </ul>	<ul style="list-style-type: none"> <li>• The transition phase is probably the most underrated phase in Badminton training.</li> <li>• When starting to train again it is possible to work on technical changes.</li> </ul>	<ul style="list-style-type: none"> <li>• Participation in other sports, e.g. football, basketball, hockey, volleyball etc. (cross training)</li> <li>• Light fitness training.</li> </ul>	<ul style="list-style-type: none"> <li>• Holidays, going out, family, friends, etc.</li> <li>• Take some time to recover from training.</li> </ul>

## 5. Transition period

In case the training programmes suggested above are followed systematically by an intermediate Badminton player there is all possibility that his/her performance will improve and gradually he/she will progress to the next level of performance.

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