

VIDEO CLIPS DIRECTORY

MODULE 5: LESSONS 1-10

L1V1	Balloon Tap	http://www.youtube.com/watch?v=YAWUUBjiM5E
L1V2	Balloon Tap Relay Game	http://www.youtube.com/watch?v=yeTENN-3F2g
L1V3	Backhand Thumb Grip with Balloon	http://www.youtube.com/watch?v=R--N2a5JW4w
L1V4	Forehand Basic "V" Grip with Balloon	http://www.youtube.com/watch?v=uyfW7vfakYc
L1V5	Grip Change with Balloon	http://www.youtube.com/watch?v=hEsHqsZRD4Q
L2V1	Mirror Chase	http://www.youtube.com/watch?v=kDjj28dYcGc
L2V2	Mirror Chase with Throwing	http://www.youtube.com/watch?v=SaiVMocTrnI
L2V3	Grip Change Tic-Toc	http://www.youtube.com/watch?v=cUtyVLa9WtA
L2V4	Grip Change with Shuttle	http://www.youtube.com/watch?v=E8ELp8G_ZXU
L2V5	Hitting with Change of Grips	http://www.youtube.com/watch?v=U47KnTWaUkY
L3V1	Balance and Throw	http://www.youtube.com/watch?v=xFGzDEJsUQk
L3V2	Balancing Shuttles	http://www.youtube.com/watch?v=PuUkyV3Yf-E
L3V3	Having a Lunge	http://www.youtube.com/watch?v=Mt2oWLOuEvE
L3V4	Introduction Net Shots Backhand and Forehand	http://www.youtube.com/watch?v=j237i2l3ReY
L3V5	Playing a Net Rally	http://www.youtube.com/watch?v=MYsN37I-IfQ
L4V1	Balance Exercise	http://www.youtube.com/watch?v=xVw8ViDBWtA
L4V2	Happy Feet	http://www.youtube.com/watch?v=NhyrHnxE3L0
L4V3	Chasse Steps for Net Play	http://www.youtube.com/watch?v=7pdZlfoju28

SHUTTLE TIME

L4V4	Playing a Net Rally	http://www.youtube.com/watch?v=1lk_nBBSxeU
L5V1	Tagging Game	http://www.youtube.com/watch?v=i5DNA0nqWbM
L5V2	Chasse Game	http://www.youtube.com/watch?v=CieRinvkums
L5V3	Chasse and Hit: Forehand Side	http://www.youtube.com/watch?v=0zJmzWqyJeA
L5V4	Chasse and Hit: Backhand Side	http://www.youtube.com/watch?v=3UCI-V_X0EU
L5V5	Group Feed with Choice	http://www.youtube.com/watch?v=BKPeiNNy6bE
L6V1	"Statues"	http://www.youtube.com/watch?v=td1iqnw-vSw
L6V2	Net King	http://www.youtube.com/watch?v=hhThChOm_RY
L6V3	Table Tennis Style Net Doubles	http://www.youtube.com/watch?v=tWFzHuNOHtE
L6V4	"Merry-Go-Round"	http://www.youtube.com/watch?v=OImQBqMni3Y
L7V1	Racket and Shuttle Relays	http://www.youtube.com/watch?v=z6eGxFMSONY
L7V2	Keep the Shuttle Up: Thumb Grip	http://www.youtube.com/watch?v=5Zt9wYac0rA
L7V3	Backhand Short Serve	http://www.youtube.com/watch?v=KUQtzPrC9VE
L7V4	Backhand Serve: Team Competition	http://www.youtube.com/watch?v=A8Z1VjSCRVE
L7V5	Net Singles	http://www.youtube.com/watch?v=fPg6ukGgF1Y
L8V1	Shuttle Run Team Game	http://www.youtube.com/watch?v=wRU-1dyrkNw
L8V2	Dynamic Balance	http://www.youtube.com/watch?v=ZJpVwplA6X4
L8V3	Backhand Lift	http://www.youtube.com/watch?v=rNG5JKeCfMw
L8V4	Backhand Lift "Merry-Go-Round"	http://www.youtube.com/watch?v=0JU0UAFwBZM
L9V1	Calf Touching	http://www.youtube.com/watch?v=UWCsEvZ3cU0



For general program queries, write to Development Manager, Ian - i.wright@bwfbadminton.org
For web and video portal queries, write to Media Officer, Jan - j.lin@bwfbadminton.org

SHUTTLE TIME

L9V2 Balance the Racket	http://www.youtube.com/watch?v=U8ndtDBa8QQ
L9V3 Forehand Lift	http://www.youtube.com/watch?v=3Yy8zlr4ddc
L9V4 Forehand Lift: "Merry-Go-Round"	http://www.youtube.com/watch?v=rMuoiKJ525A
L9V5 The Golf Game	http://www.youtube.com/watch?v=TAmwiF-JPq0
L10V1 Dice Run Game	http://www.youtube.com/watch?v=feSI-iM_b3E
L10V2 Balancing Shuttles 2	http://www.youtube.com/watch?v=BxQXUU6pcs0
L10V3 Forehand and Backhand Life Merry-Go-Round	http://www.youtube.com/watch?v=pUczOHafngQ
L10V4 Net Shot and Lift Rally	http://www.youtube.com/watch?v=xINRhc-CHJM

MODULE 6: LESSONS 11-12

L11V1 Throwing Game	http://www.youtube.com/watch?v=mbU1dzzomU8
L11V2 Keep The Court Free	http://www.youtube.com/watch?v=mdbSi89iuPs
L11V3 Introducing Racket Speed	http://www.youtube.com/watch?v=BtlixS4xiqs
L11V4 Flat Play	http://www.youtube.com/watch?v=_bKfpWcnVAs
L12V1 Throwing Team Game	http://www.youtube.com/watch?v=2iWM2BcQP70
L12V2 Relay Games "Run and Throw"	http://www.youtube.com/watch?v=2HKAf3SwZU4
L12V3 Midcourt Game with Body Hits	http://www.youtube.com/watch?v=hOdn3f9ARSw
L12V4 How Many Shots Per Minute?	http://www.youtube.com/watch?v=qeprOJ68VBE

MODULE 7: LESSONS 13-18



For general program queries, write to Development Manager, Ian - i.wright@bwfbadminton.org
For web and video portal queries, write to Media Officer, Jan - j.lin@bwfbadminton.org

SHUTTLE TIME

L13V1 Scissor Jump	http://www.youtube.com/watch?v=pQ8mjowhHEs
L13V2 Scissor Jump Practice	http://www.youtube.com/watch?v=6HltKUJhCIY
L13V3 Forehand Clear	http://www.youtube.com/watch?v=MV-47nMpsgw
L13V4 Forehand Clear Rally	http://www.youtube.com/watch?v=5nT-Vg12QDc
L14V1 Throwing Game with Scissor Jump	http://www.youtube.com/watch?v=ANBtSX1uhIA
L14V2 Forehand Clear Rally with Tricks	http://www.youtube.com/watch?v=NRhG35yfstA
L14V3 Forehand Clear Practice	http://www.youtube.com/watch?v=NRhG35yfstA
L14V4 Forehand Clear Game	http://www.youtube.com/watch?v=IRfAlxX4RSE
L15V1 Mobility Exercises	http://www.youtube.com/watch?v=HXVrI_jZ10E
L15V2 Scissor Jump Revision	http://www.youtube.com/watch?v=IV-5zSv-qjA
L15V3 Overhead Drop Shot	http://www.youtube.com/watch?v=6qs3ZBIHxi4
L15V4 Lifts and Drops	http://www.youtube.com/watch?v=uZMUjQUQrSk
L16V1 Shuttle Chase	http://www.youtube.com/watch?v=HUGWv_N49tk
L16V2 Plank Exercises - Core Stability	http://www.youtube.com/watch?v=k8SEaOI_DOM
L16V3 Lift-Drop-Net	http://www.youtube.com/watch?v=BdN18Bhr-Us
L16V4 Lift-Drop-Net Variations	http://www.youtube.com/watch?v=UCTmMXWipaE
L16V5 Half Court Singles with "No-Go" Area	http://www.youtube.com/watch?v=bLXaNfKtU04
L17V1 Fast Feet	http://www.youtube.com/watch?v=7QidaNK3tDg
L17V2 The Smash	http://www.youtube.com/watch?v=FNtWuYPqgEQ
L17V3 Block Defence	http://www.youtube.com/watch?v=m7e9G-vp7I8



For general program queries, write to Development Manager, Ian - i.wright@bwfbadminton.org
For web and video portal queries, write to Media Officer, Jan - j.lin@bwfbadminton.org

SHUTTLE TIME

L17V4 Smash and Block Defence Practice	http://www.youtube.com/watch?v=pWZW8Ik3DgY
L18V1 Group Agility	http://www.youtube.com/watch?v=p5fg2PCEOCK
L18V2 Lift-Smash-Block	http://www.youtube.com/watch?v=NXa9BDyZAIQ
L18V3 Half Court Singles with 'Winner Smash'	http://www.youtube.com/watch?v=OSrMXpNLAOG

MODULE 8: LESSONS 19-22

L19V1 Agility Ladder 1	http://www.youtube.com/watch?v=xf-Z1idOjzU
L19V2 Half Court Singles with Tactics 1	http://www.youtube.com/watch?v=BDCcC7szBlw
L19V3 Half Court Singles with Tactics 2	http://www.youtube.com/watch?v=8WZh1c_xhj0
L19V4 Half or Full Court Singles with Tactics 1 and 2	http://www.youtube.com/watch?v=K7Kovpt_nR0
L20V1 Agility Ladder 2	http://www.youtube.com/watch?v=0nhl6w92_eo
L20V2 Half Court Team Game	http://www.youtube.com/watch?v=U4LjI5wzmsk
L20V3 Half Court Singles Team Game	http://www.youtube.com/watch?v=ULxp1SPy7Cs
L21V1 Revision of Backhand Serve	http://www.youtube.com/watch?v=X9QBBJs3W1c
L21V2 Midcourt and Front Court Play	http://www.youtube.com/watch?v=LnFE9CZRABM
L21V3 Positional Play in Doubles	http://www.youtube.com/watch?v=IEOP-q7h26g
L22V1 The Stone Game	http://www.youtube.com/watch?v=_S89MPWTjjM
L22V2 Mid-Court Game 1	http://www.youtube.com/watch?v=dEOHV_GVoSs
L22V3 Mid-Court Game 2	http://www.youtube.com/watch?v=ufrY7Trgv9s
L22V4 Doubles Exercise and Game	http://www.youtube.com/watch?v=I4JBdQQxepE

