



presents:

53 exercises you can do in quarantine

Exercise	Level	Alone/multiple	Explanation	Link
The correct grips	2	tutorial	How to grip correctly.	dgi.dk/badminton/oevelser/13086
Boomerang	2	Alone	Overhand strokes (clear etc) with a still shuttle.	dgi.dk/badminton/oevelser/10478
Juggling - solo - 1	1	Alone	Juggle a balloon with your hand. Alternate between forehand and backhand.	https://www.dgi.dk/badminton/oevelser/13073
Juggling - solo - 2	2	Alone	Juggle a balloon. Alternate between forehand and backhand.	dgi.dk/badminton/oevelser/13089
Juggling - solo - 3	3	Alone	Juggle a shuttle, and alternate between forehand and backhand.	https://www.dgi.dk/badminton/oevelser/13091
Juggling - solo - 4	3	Multiple	Different juggling exercises.	https://www.dgi.dk/badminton/oevelser/13096
Team-juggling	3	Multiple	The players alternate between hitting the shuttle. Count how many you can get.	https://www.dgi.dk/badminton/oevelser/13094
Obstacle course - 1 - jumping exercises	1	Alone	Complete the obstacle course. You can add a timer if you want.	dgi.dk/badminton/oevelser/13081

Obstacle course - 2 - with beanbag throw	1	Multiple	Complete an obstacle course and end it, with throwing the beanbag at/to your partner.	https://www.dgi.dk/badminton/oevelser/13087
Obstacle course - 3 - balance beanbag	1	Alone	Complete the obstacle course while balancing a beanbag on the rackethead.	dgi.dk/badminton/oevelser/13088
Obstacle course - 4 - with serve	1	Multiple	Complete an obstacle course and end it, with a serve. Count completed serves.	dgi.dk/badminton/oevelser/13084
Obstacle course - 5 - with serve	3	Alone	Complete the obstacle course. When doing the obstacles you have to juggle a shuttle (or a balloon) meanwhile.	
Home-made obstacle course - inspiration	1	Alone	In the links are obstacle courses for inspiration.	https://www.youtube.com/watch?v=tYowDw1Vfsk https://www.youtube.com/watch?v=bbWNBcxVMdA
Clap the hand (frontcourt movement)	1	Multiple	The player has to use the correct footwork and end by clapping the partner's hands.	(See the clip from 0.45) dgi.dk/badminton/oevelser/10472

"Goal-keeper"	1	Multiple	Try to get the ball the land in the other players "area". The throws has to be with a curve on, so the opponent has time to react and catch the ball.	https://www.youtube.com/watch?v=mWlzZJNLGUM&list=PLFpjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=41
Scissor-jump with backwards-movement, with beanbags	1	Multiple	Practice scissor jump and practice the trowing-movement. You can add targets to hit with the beanbags (or tennis ball).	dgi.dk/badminton/oevelser/5990
Faster than your own shadow	2	Multiple	10 shuttles, try to avoid getting hit	dgi.dk/badminton/oevelser/13086
Overhand throw with shuttle – short	1	Alone	Practice the correct swing for overhand-stroke. Count how many you can hit out of 10-15 throws.	https://www.youtube.com/watch?v=zX0l4RJrcQA&list=PLFpjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=4
Overhand throw with shuttle – clear	1	Alone	Practice the correct swing for overhandstroke. Count how many you can hit out of 10-15 throws.	https://www.youtube.com/watch?v=kC4k2TCpz_o&list=PLFpjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=6

Overhand throw with shuttle – smash	1	Alone	Practice the correct swing for overhand-stroke. Count how many you can hit out of 10-15 throws.	https://www.youtube.com/watch?v=nWIFqeH53ug&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=5
Overhand throw with shuttle – Backhand	1	Alone	Practice the correct swing for overhandstroke. You can also use a tennis ball. Count how many you can hit out of 10-15 throws.	https://www.youtube.com/watch?v=ogQIyiVArgg&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=7
Underhand throw - Backhand (1.18)	1	Alone	Practice the correct swing for backhand underhand stroke. You can also use a tennis ball. Count how many you can hit out of 10-15 throws.	https://www.dgi.dk/badminton/oevelser/13072
Precision throw	1	Alone	Set up different targets.	https://www.dgi.dk/badminton/oevelser/13080
Target serving	2	Alone	Practice the backhand short serve.	dgi.dk/badminton/oevelser/6032
Serving-golf	2-3	Alone	You can do it with both forehand and backhand serve. You can create all sorts of "holes" to challenge yourself/eachother.	https://www.youtube.com/watch?v=4hfpjXNJU8E&list=PLfPjUxfrH7_12Tw_JC_8ERi1dDAgWUhtu&index=16
Serv – joshua eipe's	4	Alone	Serving challenge. Make two lines - lowest line is 1.52m from the floor, and the other is 15 cm higher (or more if the players level needs it). You use a timer to find out	https://www.facebook.com/groups/123117091103848/permalink/2773812822700915/

udfordring			how long it takes you to hit all 12 serves with in the two lines.	
Hit and catch.	3	Alone	Hit the shuttle up into the air, and try to catch it with your strings. When you “catch” the shuttle try to adjust your grip while catching.	https://www.youtube.com/watch?v=zNGs1fzv0Lo&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=44
Continuously hit and catch.	4	Alone	The goal of the exercise is the same as above, this is just a little bit more challenging.	https://www.youtube.com/watch?v=EXgMDinVcNo&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=47
Continuously hit and catch (alternating between forehand and backhand).	4	Alone	The exercise is the same as above, but you have to alternate between catching the shuttle with the forehand and backhand.	https://www.dgi.dk/badminton/oevelser/4359
Catch the shuttle on the back.	3	Alone	Start with the Rackethead next to the shuttle with a forehand grip. Go “under” the shuttle and adjust to a backhand grip.	https://www.youtube.com/watch?v=RByav-Sc0Ns&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=48

Control the shuttle while flipping the Racket around	3	Alone	Again it is a great exercise for learning to adjust the grip with your fingers.	https://www.youtube.com/watch?v=IY_eEs4Upbk&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=54
Juggling while doing tricks.	3	Alone	Hit the shuttle high into the air, and then do some kind of trick – Racket behind the back, sit down and get back up, hit the next one between the legs or behind the back.	https://www.dgi.dk/badminton/oevelser/4359
Juggling two shuttles simultaneously	4	Alone	It's a fun and challenging way of learning underhand strokes, and helps you learn adjusting your grip quite quickly.	https://www.youtube.com/watch?v=grt0bjQCjJE&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=58
Juggling of the Racket - 1	4	Alone	It's a fun little "bragging" exercise J	https://www.youtube.com/watch?v=dHVwCotp86M&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=45
Juggling of the Racket - 2	4	Alone	It's a fun little "bragging" exercise J	https://www.youtube.com/watch?v=TR6NlgXtuMo&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=46

Catch and throw – teamwork.	4	Multiple	Start with a shuttle on their Racket, and then "throw" the shuttle to each other at the same time. Catch it.	https://www.youtube.com/watch?v=EXgMDinVcNo&list=PLFpJUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=47
Teamplay - 1 - How many can you get?	3	Multiple	Have about 4-5meters between you, and play to each other, mainly with underhand strokes. How many can you get in a row?	https://www.youtube.com/watch?v=1C-kpA6CTO4&list=PLFpJUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=70
Teamplay - 4 - How many can you get? Butt-version.	4	Multiple	Juggle/play the shuttle to each other while sitting on the ground. You have to rely on pure precision. How many can you get in a row?	https://www.youtube.com/watch?v=iqlHs4odLSE&list=PLFpJUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=59
Teamplay - 5 - How many can you get? 1-legged version.	4	Multiple	The same as "Teamplay - 4", but instead of sitting on the ground, you have to stand on one leg (remember to switch leg).	

Teamply - 3 - Play to each other with trick-shots.	4	Multiple		https://www.youtube.com/watch?v=KSNRdHxzARO&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=60
Teamply - 2 - alternate between forehand and backhand	4	Multiple	Have about 4-5meters between you, and play to each other, mainly with underhand strokes. How many can you get in a row? In the more difficult version, both players have to alternate between forehand and backhand	https://www.youtube.com/watch?v=1C-kpA6CTO4&list=PLfPjUxfrH7_0Sdei7zaVov5tG-ol1_bts&index=70
Teamply - 6 - two shuttles at the same time	4	Multiple	Can also be done without net.	https://www.youtube.com/watch?v=2zHxLjl7h3M
GripFixer Academy Exercises				
Wall-box (solo) -	3 / 4	Alone	Box on the wall. Foam ball or table tennis ball	https://www.youtube.com/watch?v=eubtU6OfQLs

FunMin Games				
Throw-hit-catch	2	Multiple	Throw underhand to the player, and the player tries to play a soft and catchable shoot. Count how many you can "hit and catch" out of 10-15 shuttles.	https://www.dgi.dk/badminton/oevelser/13093
Throw-hit-1target	2	Multiple	Throw underhand to the player, the player tries to hit the targets. Count how many you can hit with 10-15 shuttles, and try to beat your own record.	https://www.youtube.com/watch?v=aDzC2tVVcQo https://www.youtube.com/watch?v=LZA37fZZh6k&list=PLfPjUxfrH7_12Tw_JC_8ERi1dDAgWUhtu&index=35
Throw-hit-2targets - short and long	3	Multiple	Throw underhand to the player, the player tries to hit the targets. Count how many you can hit with 10-15 shuttles, and try to beat your own record.	
Throw-hit-2targets - sideways	3	Multiple	Throw underhand to the player, the player tries to hit the targets. Count how many you can hit with 10-15 shuttles, and try to beat your own record.	
Throw-hit-multiple targets	2	Multiple	Throw underhand to the player, the player tries to hit the targets. Count how many you can hit with 10-15 shuttles, and try to beat your own record.	dgi.dk/badminton/oevelser/13095

Wall-work - No line - How many in a row	4	Alone	Wall-work is a great exercise, we have made different variations of it. details in the links.	https://www.youtube.com/watch?v=0hH_vY_Iy9U&t=1s
Wall-work - Line - How many in a row	4	Alone	Wall-work is a great exercise, we have made different variations of it. details in the links.	https://www.youtube.com/watch?v=9sCxaDvmGAc
Wall-work - No box - How many in 30sec	4	Alone	Wall-work is a great exercise, we have made different variations of it. details in the links.	https://www.youtube.com/watch?v=h6k-Bav9BRc
Wall-work - Box - How many in 30sec	4	Alone	Wall-work is a great exercise, we have made different variations of it. More details in the links.	https://www.youtube.com/watch?v=A-N2t5V4iV8
Wall-work - Box - How	4	Alone	Wall-work is a great exercise, we have made different variations of it. More details in the links.	https://www.youtube.com/watch?v=XkvPiTiplp0

many in a row				
How to make a net at home	1	Tutorial	Although it might be more fun to play in the hall, it's possible to play at home – here is a few examples of how it can be done - In this video you can see how Christian Faust Kjaer is doing it J https://www.youtube.com/watch?v=aDBOkbXQN1c and here Kaerina Tomalova https://www.facebook.com/badmintoneurope/videos/606711119879674/	https://www.facebook.com/badmintoneurope/videos/60671119879674/ https://www.youtube.com/watch?v=aDBOkbXQN1c
Home-kit net	1	Tutorial	You can buy a foldable net.	https://www.amazon.de/dp/B00LB3P1TK/ref=sr_1_6?dchild=1&keywords=badminton-netz&qid=1585041740&sr=8-6
Netmatch	3-4	Multiple	Pretty simple, but fun and even the pro's plays this game. Only underhand strokes, create some small courts/boxes (you can use electrical tape...) - see the first link. When getting better, you can try to put spin in the shot (you can see it at 0.30 in the second video)	https://www.youtube.com/watch?v=HO68XMgunH4&list=PLfPjUxfrH7_12Tw_JC_8ERi1dDAgWUhtu&index=37
1 min. flat play	4	Multiple	You have one minute to get as many touches as possible. You can either challenge someone else or see if you can beat your own record. The better you get the more power you can put into the shot. It can also be done without a net.	https://www.youtube.com/watch?v=fDrrE3CV_gQ

			(The video is Anders Antonsen and Rasmus Gemke a few years ago)	
Volley	3 / 4	Multiple	You create a box/playing area, of 1,5m X 1,5m. You alternate between hitting the shuttle, if one player hits outside the "playing area" the opponents gets a point. In the link you can see how it's done as a cooperation-exercise. The difference from this game to the video, is that you can a "playing area" and if it's out the opponents scores a point.	https://www.dgi.dk/badminton/oevelser/13094
"Speed minton"	4	Multiple	Create two "boxes"/playing areas, with about 5meters apart, without a net in between. You have to hit the other players "box", if it's outside you lose a point. The official game can be seen in this video, but don't have as much distance between the "boxes" since a badminton-shuttle doesn't fly as fast and far.	https://www.youtube.com/watch?v=nqgUNc33fUw