



Nyhedsbrev oktober

Mangler du inspiration til din træning? Prøv kræfter med programmet fra landsholdstræningen i Brøndby

De danske herresingler gør det godt på verdensscenen, men de kommer ikke sovende til det. Billedet viser et multifeedings-program som landstræner Kenneth Jonassen har lavet for drengene. Programmet er ikke for børn og er meget hårdt men prøv det af og mærk selv hvor hårdt det er.

D. 7. til 14. november samles mange af de dygtigste spillere i Aarhus til en træningssamling. På denne samling skal der trænes, snakkes taktik, ses video, laves træningsprogrammer, spilles holdkampe, spilles turnering og meget mere. Det er planen at vi vil uploade og tilføje billeder på facebook siden så tjek den gerne ud jævnligt hvis i vil følge med i vores træningssamling.

Jeg håber jeres træning går godt. Hvis i har spørgsmål eller ønsker at snakke om løst eller fast er i altid velkommen til at skrive eller ringe til mig

Venlig hilsen

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MULTI PROGRAM

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NO Denmark

1 set:

- 5 x 12 Smash - kill or spin
(Use both clips and power smashes)
- 4 x 20 Front court defence
(Quick movement stay low and think fast feet)
- 6 x 16 Nr1: Attack/Mid court x2/Kill on FC
(Series of 4 - focus on quality of mid court and hard push off to FC)
- 4 x 12 Rear court - after drop or slice push forward to net
(Quality on all shot - ready to do change of pace on push to FC)
- 5 x 20 Nr2: Drop/attack/push/drive/follow up
(Series of 5 - timing on attack after drop shot, quality on 1 push)

2 set:

- 6 x 15 Defence only against attack
(Remember cross defence as well - use shoulder not just arm action)
- 5 x 16 Fast full court - Attack on every 4 shot with placement
(Every 4 shot is a easy to read lift - extra work to get behind it)
- 5 x 24 Nr3: Attack/3 to FC finish with lift into/def+1
(Series of 6 - focus on change from attack to defence + 1)
- 5 x 12 Start with serve + 2 changes of speed from difficult position
(Follow pace of feeder - find the right shot to change pace on)

3 set:

- 5 x 15 Nr4: Attack/lift on short cross defence/defence x2/follow up on FC
(Series of 5 - timing of defence and recover with quality on shot 3+4)
- 5 x 10 Nr5: Rear court attack with precision - push to net
(Use both clips and power smashes - then speed change to FC)
- 5 x 15 Defence against attack feeding from the sides
(Focus on recover and timing of footwork/racket)
- 6 x 20 Nr6: Drives x2 & Mid court pushes x3
(Series of 5 - fast racket and short action on push)
- 4 x 12 Full court play 4 corners - change pace to attack on last 2 in each set
(Use a big court)