

A female tennis player in a blue long-sleeved shirt and blue shorts is captured in a dynamic pose, swinging a tennis racket. She has a joyful expression, smiling broadly. The background is a soft, out-of-focus green, suggesting an outdoor tennis court. In the bottom right corner, a speedminton ball is shown in motion, with a motion blur effect trailing behind it. The overall image conveys a sense of energy and fun in the sport.

SPEEDMINTON

# Speedminton® Guide

Equipment, Techniques, Training

# Speedminton® Guide

Equipment, Techniques, Training

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We wish to thank everyone who assisted in the creation of this guide with their tips, suggested improvements, and their commitment to Speedminton®.



"Faster, harder and cooler than any other racquet sport."  
Der Tip, Berlin Magazin



"Game, set, and lots of fun! The fat-burner with fun factor is now conquering the tennis court – and surely you along with it!"  
Wellfit

"Service for Speedminton! The new summer trend for beach and field. No more lame excuses for not exercising outdoors!"  
BILD am Sonntag



"The summer's hottest new sport is the ultimate workout for legs and buttocks."  
FÜR SIE



"Top shape in top speed – Speedminton is the fastest racket sport in the world. The technique of tennis, almost twice as fast as badminton – you can hardly get in shape any faster."  
Men's Health



"Speedminton – Maria's favorite hobby. Maria Sharapova: 'I love it! It's so much fun and keeps me in shape.'"  
Tennismagazin

# Introduction

The concept: Badminton, but as fast as squash, with distances like tennis, and a special shuttlecock (Speeder) that you can even play with in the wind – up to 290 km/h fast! Bill Brandes was looking for an adrenalin shot in racquet sports when he began to develop the Speeder. Thanks to enhancements and the commitment of Speedminton GmbH, speed badminton quickly became a hot trend sport and spread from Berlin out into the world (Maria Sharapova, 2004 Wimbledon Champion – raves about Speedminton®: “I love it! It’s so much fun and keeps me in shape.” Tennis-magazin (June 1, 2004)). Special racquets, patented Speeders, Speed Courts: Play ANYWHERE, ANYTIME! Indoors, in parks, at the beach, on a roof? – No problem: Set up the playing field, grab the racquet, toss the Speeder in the air and off you go.

Reaction time, conditioning, power, speed – whether competition or freestyle: Speed Badminton has something for everyone! And when the sun sets, the Night Speeders – powered by light sticks – rise up into the dark night sky: Play with shooting stars – a magic feeling! Speed Badminton is fun even in the dark - ANYTIME, ANYWHERE!

This guide will introduce you to the world of Speedminton®

and the sport of speed badminton. It explains the rules and techniques, and helps you set up a specific training regimen. Whether you’re at school, college, a tennis club, or on your own in a park or on a meadow: your Speedminton Team wishes you lots of high-speed fun. And if you have any questions, just mail us at [info@speedminton.com](mailto:info@speedminton.com).

Or write us:

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# 1

## Introduction



# 1.1 When, Where, and How?

## When to start?

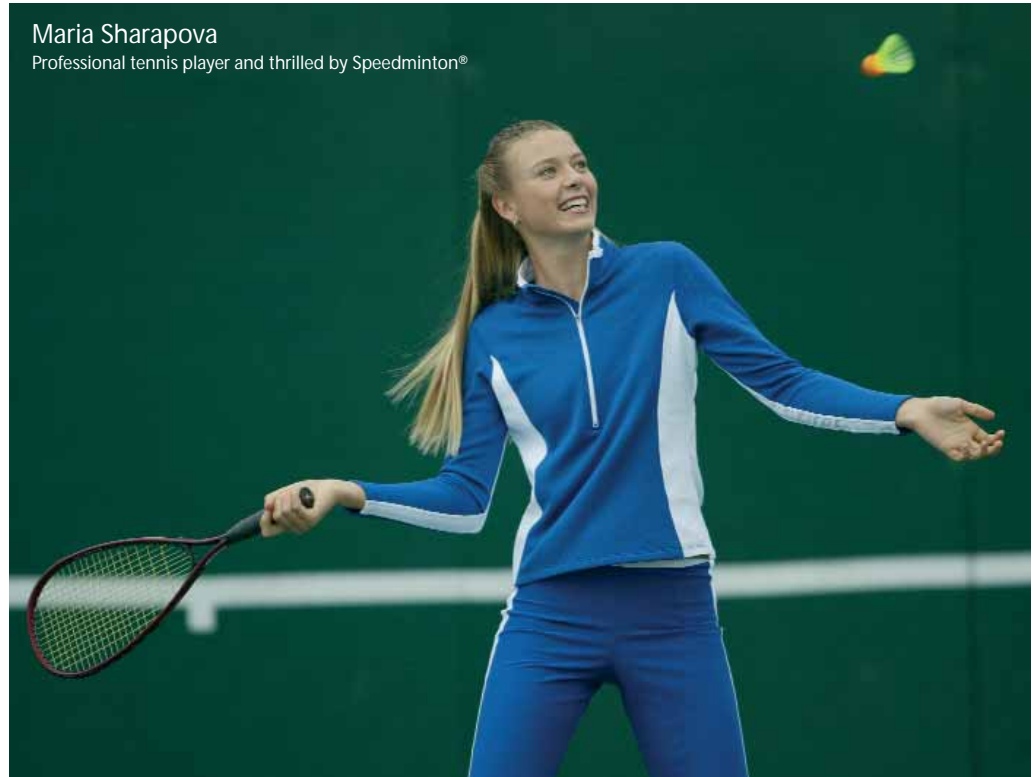
The age with which children should start playing depends on when they are capable of holding a racquet, which weighs around 170 g. There is no general age recommendation. In our experience, children can start playing at around the age of 8. The fast skill progression is impressive: even beginners can manage a volley after 15 minutes at most. This is particularly important for kids and youths.

## Where to start?

You can play nearly anywhere: in parks, on meadows, at the beach, on fields, on the street in front of your house, or in gyms and on tennis courts.

## How to start?

The easiest thing is to just volley, without rules or playing fields, to develop a feeling for the Speeder. Discover the joy of freestyle play – without any rules. Just play however you want to. Try out the different distances of the Fun and Match Speeders. Vary your play: try out high arcs and direct shots, and get to know the Speeder's movement.



Maria Sharapova

Professional tennis player and thrilled by Speedminton®

Speed Badminton is a movement-intensive sport. It improves your physical condition, your coordination, and your reaction speed. It also gets you in shape while you have fun, burning a large amount of calories in a short period of time.

# 2

## Equipment



## 2.1 Racquets

Speed Badminton is played with special Speedminton® racquets. With a weight of around 170 grams and their special shape, they are designed specifically for the requirements of Speed Badminton. The length of 58 cm guarantees the best possible ball control, accuracy, and agility. The sweet spot is much closer to the hand, compared to other racquet sports, making for easy handling and quick skill development. A Speedminton® racquet doesn't have a lot in common with a badminton racquet. A sturdy, yet light frame and high string tension create an ideal basis for the fastest racquet sport in the world.

Speedminton® currently offers four different types of racquets.



### S70

Perfect for beginners, made of aluminum with fluorescent strings.



### S100

Power-play racquet, made of hardened aluminum, 12 kp recommended string tension.

These quality, lightweight racquets are ideal for beginners, school classes, and recreational play.

## 2.2 Speeders



### S 300

Competition racquet, made of carbon composite, 14 kp recommended string tension. This racquet is ideal for competition play. Multifilament strings provide for increased drive, while the carbon ensures optimized vibration dampening and drive.



### S 500

Speedminton's® high-end racquet is made of pure carbon. This gives the S 500 a lower weight, while its perfect balance makes it easy to swing. With its multifilament stringing, the S 500 is the Ferrari of Speedminton® racquets.

The patented shuttlecocks – called Speeders – are what makes Speedminton® special. There are three different Speeders: The Fun Speeder for getting started, the Match Speeder for fast play under competition conditions, and the Night Speeder that lets you play in total darkness.

Speeders weigh more compared to badminton birdies, and have a more compact basket that reduces air resistance. This gives them a much longer range. The dimples in the head sink cut air resistance even further. Every Speeder has a hole in its head. This increases the flight distance even more and stabilizes the flight path, because the air build-up in front of the head is eliminated. The cap's non-skid surface structure provides for a precise, targeted transmission of energy to the strings, improving accuracy and ball control. The baskets are made of an extremely tear-resistant, fluorescent material that makes the Speeders easy to spot even in the dark. The Speeders' special design gives it impressive distances, stability in flight, and tremendous speeds – day and night!

## Playing during Daytime



### Fun Speeder

The Fun Speeder is suitable for beginners and over short distances, such as in gyms. It is ideal for distances of up to 16 m and is popular for training novices and younger players. The Fun Speeder is a lighter version of the main shuttlecock – the Match speeder. The heads are injected with foam to reduce their weight.

Speed: up to 260 km/h  
Weight: 7.0 g



### Match Speeder

The Match Speeder is Speedminton's® competition Speeder. Designed for play on official tournament courts, Match Speeders can easily fly distances of 24 meters and more. This Speeder is used for all official competitions and tournaments. The heads are injected with a high-tech, high-value rubber-like plastic that boasts tremendous elasticity.

Speed: up to 290 km/h  
Weight: 9.0 g



### Wind Ring

The Speeders' shape and weight makes them perfect for outdoor play, and force 3-4 winds hardly affect them. If the winds get stronger, you can apply the wind ring, which you simply roll down over the head. The extra 2 grams of weight make the Speeder more stable and increase its distance by several meters.

## ...and Nighttime



### Night Speeder

The Night Speeder is the shooting star of Speeders, designed for fascinating play in the dark. They glow in the dark, powered by Speedlights. Night Speeder heads are made of a special plastic that is translucent and still provides the perfect elasticity.

Speed: up to 290 km/h  
Weight: 8.8 g



### Speedlights

Snap a Speedlight (light stick) into a Night Speeder to make it glow brightly for up to three hours. Speedminton® Speedlights are certified and inspected, and are hard enough for power games. The liquid in Speedlights is harmless and non-toxic.

## 2.3 Playing Fields

You can play speed badminton anywhere: at the beach, on the street, or in a park – with the right equipment, you can turn anywhere into Center Court in no time.

### Gecko Goal Markers

The sturdy Gecko goal markers let you mark off two goals of any size and any distance, to play a simple point match. They are perfect for school classes and exercise groups. In this most simple form of a game for points, the players try to shoot the Speeder into the opponent's goal.

### Easy Court

You can set up an Easy Court in no time. Two square fields (5.5 m per side) set up 12.8 meters apart give you tournament conditions at the beach, in a park, or even on a glacier – no limits! Your match: whenever and wherever you want!

### T Lines

Speedminton® T Lines turn a tennis court (indoor or outdoor) into two independent speed badminton courts for two pairs of players in a snap. The T Lines are made of white antistatic rubber. Simply unroll the lines to turn a tennis court into two speed badminton courts. You can get perfect speed badminton conditions at an indoor tennis facility, regardless of whether it's windy, raining, or snowing outside.



### Gecko Goal Markers

The orange Gecko goal markers for the Fun Court are included in every Speedminton® set.



### Easy Court

The Easy Court is a set of lines made of sturdy, fluorescent rubberized belts. It is easy to set up on grass, sand, and other surfaces.



### T-Lines

To play speed badminton on tennis courts.

# 3

## Different Styles of Speed Badminton



## 3.1 Freestyle



No court, no rules, no limits – from a relaxed game at the beach to an adrenaline-charged volley in the darkness. Just play, without keeping score – for fun and action wherever you have enough space.

Windy? No problem: simply snap a wind ring onto the Speeder for stability in winds up to strength 3-4! So you can keep playing when everyone else has given up.

Lots of Speedminton® fans love freestyle play, and enjoy showing off their skills regardless of points or playing fields. This type of play has its own special attraction: long volleys! Playing with your partner, not against them. Keeping a Speeder in play that would have been out long ago on a real court. High lobs, quick shots, long volleys, or close up? – There are no limits to freestyle play!

## 3.2 Fun Match



The Fun Court is the easiest way to play competition Speedminton®. You can use the orange Gecko goal markers to mark off goals of any size and distance to play a simple fun match. The shorter the distance between goals, the faster the volley. The larger the goal, the harder the workout. Gecko goal markers are included in every Speedminton® set! It's the ideal way to start scoring.

# 3.3 Match



## Play on an Easy Court

The Easy Court, the competition court, consists of two square fields (5.5 m each side) that are set up 12.8 m apart. With these dimensions, a Speedminton® court is exactly the same as half a doubles tennis court. To play doubles, two courts are set up next to each other (the same as a full tennis court). Make sure that there are no obstacles between the fields that could disrupt play (no net!).



A Speed Court makes competition heat up fast. Experience shows: at first, you're happy just to hit the field – but soon that isn't enough. You want to play quickly and accurately, and beat your opponent – the reaction times get shorter, the strokes more precise; the game becomes tactical. Playing on an Easy Court: the high-performance version of speed badminton!

## Play on Tennis Courts

A Speed Court is the same as half of a doubles tennis court. Speedminton® T Lines turn a tennis court into two Speed Courts in practically no time at all. Because you play without a net, you should make sure to lower the net or remove it completely. You can create competition speed badminton conditions on a tennis court. But even with a net, a simple indoor tennis facility can become a Speedminton® arena – fun included!



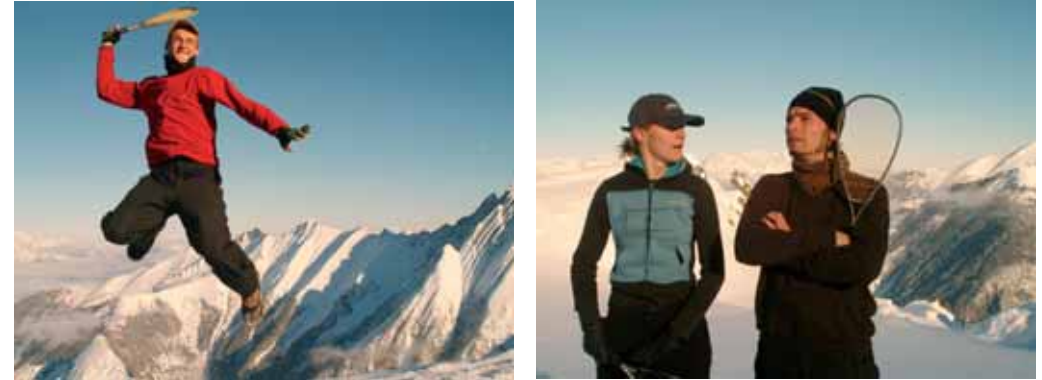
### 3.4 Playing at Night



Play when others are sleeping! The Night Speeder, specially designed for play at night, can hold a specially designed light stick in its head. Simply activate the Speedlight and snap it into the air canal in the Speeder's head – and you're ready.

A game in the park turns into an ethereal experience: shooting stars zip through the night sky. The opponents vanish in the darkness. The connection: the Night Speeder, zipping through the air like a shooting star. Pure fun and adrenaline! The night is too nice to spend it sleeping.

### 3.5 Playing in the snow



In recent years, Speedminton® fans have captured the cold, high altitudes. Turtles (snow chains) on your shoes help you to get a grip on the snow. The mountain panorama makes your snow game an unforgettable experience.

## 3.6 Speed Badminton as a Phys Ed Subject



Speed badminton has tremendous potential for schools, because it can be played on a field, on the track, or on the commons. The game can be set up quickly and easily without time-consuming nets. With its wide range of styles, you can adapt speed badminton to a variety of students' needs. Phys ed teachers can introduce to their students to a new, popular racquet sport that virtually guarantees rapid skill development. You can win kids' attention with something new! The benefit for schools:

- Low costs compared to other racquet sports
- Can be placed in gyms, on fields, and on the commons
- Different types of practice materials (Fun and Match Speeders) to match the individual students' skill levels
- Simple exercises for younger students and demanding possibilities to develop playing technique and competition for older classes.
- Fast, simple setup of courts to play for points
- No net required

## 3.7 Blackminton®



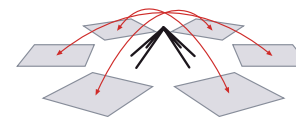
Blackminton® is a special night version of Speedminton. A Blackminton® event requires some preparation, but offers a tremendous amount of fun and new experiences for everyone there (even if they're just spectators).

Black light bathes the players and courts in magical illumination. White and day-glow-colored clothing makes the players glow in the dark. Fluorescent body painting and driving beats give the events a special touch.

The translucent Night Speeders and Speedlights glow brightly in the black light. In the Start Court formation that was developed specifically for Blackminton®, three courts are set up in a star formation, and each player plays with the person opposite.

### Star Court

Three fluorescent Speed Courts are combined to form a Star Court, and a black-light pyramid is set up in the center.



# 4

## Rules



# 4.1 Singles



Speedminton® rules have already been defined as international standards. Everyone who organizes tournaments or championships must follow these rules.

Speed badminton is thrice fast: fast to learn, fast to play, and fast to develop to match level. Most freestyle players can achieve their first spectacular volleys in just a few minutes – making them hungry for more: The first match under tournament conditions – no problem! The rules are simple:

## Game

A game ends when one player reaches 16 points. If a game is tied 15:15, play continues until one of the players achieves a two-point advantage. A match consists of either two or three winning sets.

## Service

The players draw to decide which player serves first. Service then alternates after every three serves. Every serve counts. If the score is tied at 15 or greater, service alternates after each point. You may choose between the center of the playing field and the back line for each serve. You let the Speeder fall from hip level and then hit it. Overhead service, either standing or with a flying jump, is only permitted from the back service line. The losing side has first service in the next game.

## Points

Every volley counts unless it has to be repeated. Points are awarded in the following cases:

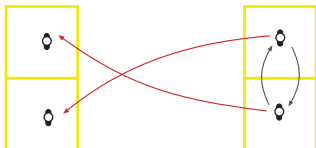
- Service fault
- Speeder contacts the ground
- Speeder lands in playing field (or on one of lines) and cannot be returned
- Speeder lands “out”
- Speeder is hit twice by same player in sequence
- Body contact with the Speeder

If a player returns an “out” Speeder, it counts as “accepted” and play continues.

## Changing Sides

Players change sides after each set to ensure equal playing conditions (wind and lighting conditions). In a tiebreak match, the players change sides as soon as one player reaches 8 points.

## 4.2 Doubles



### Game

A doubles game also ends when one team reaches 16 points. If the score is tied at 15 or greater, play continues until one team has a two-point advantage. A match consists of three winning sets.

### Service

The players draw to decide which team serves first. The server has three serves in sequence, as in the singles games, and must always serve to the diagonal playing field opposite. The serving team swaps fields after each serve. The first service is always made from the right-hand field to the left-hand diagonal field opposite. Once a serve is returned, all players can move around their respective doubles fields freely to play the Speeder. Once all four players have served, service returns to the first server. The losing side always has first service in the next set.

### Points

Points are awarded like in singles play.

### Changing Sides

Players change sides after each set. In a tiebreak match, the teams change sides as soon as one team reaches 8 points.



The doubles match is played on two adjacent courts.

# 5

## Techniques



# 5.1 Holding the Racquet

You can just pick up your Speedminton® racquet and start playing – You'll have fun and increase your skills. Still, in our experience, both recreational and competition players can benefit from the top players' abilities. As a result, together with the competition masters, we have collected several technique-related tips that can help you improve your game:

Like in other racquet sports, the speed badminton racquet can be held in a number of different ways. We recommend the "semi-continental-grip" or "center grip". You do not have to shift your grip in speed badminton, like you have to for a tennis backhand. The "semi-continental grip" will help you learn and employ the different strokes quickly.

Therefore, there is only one recommended way to hold the racquet, but you should pay particular attention to this early on, as students and racquet sport novices tend to grip the racquet too high at first.



## 5.1.1 Proper Racquet Hold

The easiest way to apply the middle grip correctly:  
Grip the racquet's heart in your left hand and hold it vertically in front of your body. Place your right hand flat on the strings. Without letting go of the racquet, let your right hand glide down the strings to the end of the grip and close it.



## 5.1.2 Incorrect Racquet Hold

The grip is too high, resulting in less power and shorter distances.



## 5.1.3 Incorrect Racquet Hold

The "frying pan grip":  
Overhead shots seem easier at first, but you can't play the Speeders at the top of their arcs due to the wrist position. As a result, you can hardly control Speeders that fall below shoulder level.

## 5.2 Basic Stance



### 5.2 Correct Stance

You should assume the basic stance whenever possible, for the return and during volleys. Observe the following:

- Spread out your feet a shoulder's width, either adjacent or staggered slightly
- Bend your knees slightly
- Hold the racquet in front of your body, and step off slightly if you feel comfortable – right-handers will have their left foot forward and left-handers their right foot
- Tense up slightly

## 5.3 Split Step



### 5.3 Split Step

You should always stay in motion during a volley. The split step will help you do so.

### Frequent mistakes

- The player is too stiff: this makes it impossible to react properly to the serve and other strokes
- Feet are too close together: the player can easily lose his/her balance when pivoting left or right
- Legs are not bent at the knee: you can't pivot well if your legs are stiff
- Stance is too centered: the backhand side – which is usually harder to play than the forehand – is too open
- Position too far back in the field: short shots are more difficult to reach

A split step is a small jump that you perform with both legs. When you land, you only touch the ground briefly with the balls of your feet, so you can take off towards the approaching Speeder as quickly as possible. Players with good timing start the split step exactly when the opponent serves, to react instantly after the stroke. We also recommend this technique to prepare for a return.

# 6

## Stroke Technique



# 6.1 Forehand

It is important to learn the basic stroke techniques in any racquet sport, so you can react properly to any situation that may arise. The elementary stroke techniques are explained in detail below.

Every stroke involves three phases: Back swing, stroke, and follow-through.

## Preparation

- Middle grip
- Rotate upper body against stroke direction (for right-handers: left shoulder in front)
- Move racquet arm back, bent slightly at the elbow
- Shift weight to right leg; keep legs bent slightly through entire stroke movement to help ensure balance

## Stroke

- Racquet surface is perpendicular to the ground or slightly angled
- Shift weight to left leg, to transfer the body's motion to the Speeder.
- Rotate upper body in stroke direction
- Racquet strikes Speeder head in front of the body
- A whipping motion is recommended to increase stroke speed

## Follow-through

- As short as possible, so you can react to the opponent's next shot more quickly
- Right leg in front; shift weight back from left foot to right
- Back to the basic position



### 6.1.1 Preparation:

Player moves towards the Speeder. Draw wrist back.



### 6.1.2 Stroke:

Use hip and body rotation for acceleration! Snap wrist towards impact point.



### 6.1.3 Follow-through:

Keep this phase as short as possible, to get back to basic position.

## 6.2 Backhand

### Preparation

- Middle grip or light backhand grip (rotate racquet around 30° counter-clockwise)
- Rotate upper body against stroke direction (for right-handers: right shoulder in front)
- Move racquet arm back, bent slightly at the elbow
- Shift weight to left leg; keep legs bent slightly through entire stroke movement to help ensure balance

### Stroke

- Racquet surface is perpendicular to the ground or slightly angled
- Shift weight to right leg, to transfer the body's motion to the Speeder
- Rotate upper body in stroke direction
- Racquet strikes Speeder at the same time
- A whipping motion is recommended to increase stroke speed

### Follow-through

- As short as possible, so you can react to the opponent's next shot more quickly
- Left leg in front; shift weight back from right foot to left
- Back to the basic position



#### 6.2.1 Preparation:

Player spots approaching Speeder. Shift body weight to right leg, prepare for stroke.



#### 6.2.2 Stroke:

Shift body weight in stroke direction. Movement induces follow-through.



#### 6.2.3 Follow-through:

Stroke is complete, player moves back to basic position.

## 6.3 Overhead Forehand

### Preparation

- Middle grip
- Lateral position, left shoulder in front
- Raise racquet arm; racquet is behind head
- Shift weight to right, back leg
- Left arm points at approaching Speeder
- Assume this position as soon as you decide to spike approaching speeder; retain position with change of direction

### Stroke

- Elbow of racquet arm rotates towards approaching Speeder; at this point, it is higher than the other hand
- Start to rotate upper body towards basic position
- At the same time, racquet arm opens up towards the Speeder; forearm is pronated (palm facing outward); stroke ends with snapping of wrist when hitting Speeder
- Shift weight forwards to left leg
- Left arm automatically drops to abdomen

### Follow-through

- After impact, racquet arm swings down to the left, past body
- Right leg in front; shift weight from left foot to right
- Back to the basic position



#### 6.3.1 Preparation:

Left arm set to approaching Speeder. Use middle grip!



#### 6.3.2 Stroke:

Forearm pronates towards impact point (wrist supports stroke). Left arm moves to abdomen.



#### 6.3.3 Follow-through:

Racquet arm swings past left side of body.

# 6.4 Overhead Backhand

## Preparation

- Rotate body, back faces opponent
- Racquet arm in front of torso, elbow is highest point
- Lean forwards
- Weight on left leg

## Stroke

- Stretch body towards approaching Speeder
- Start to rotate upper body towards basic position
- At the same time, racquet arm opens up towards the Speeder; forearm is supinated (palm facing inward); stroke ends with snapping of wrist when hitting Speeder
- Left arm automatically drops to abdomen

## Follow-through

- Racquet arm does not follow through after impact; is dampened
- Back to the basic position



### 6.4.1 Preparation:

Back faces stroke direction. Forearm is bent; elbow is highest point.



### 6.4.2 Stroke:

Arm is extended for stroke.  
Tense body for leaping shot in particular!



### 6.4.3 Follow-through:

After landing, turn back to face opponent as quickly as possible.

## 6.5 Underhand Serve – From Field Center

### Preparation

- Lateral position (left foot forwards)
- Knees slightly bent
- Hold Speeder by basket in left hand (between thumb and index finger)
- Rotate upper body to right
- Swing racquet arm back

### Stroke

- Drop Speeder
- At the same time, rotate upper body back in stroke direction and swing racquet arm through Speeder
- Shift weight to left leg
- Left arm swings back to stabilize balance

### Follow-through

- Right leg in front; shift weight from left foot to right
- Racquet arm swings through
- Assume basic position



#### 6.5.1 Preparation:

Hold Speeder between thumb and index finger. Left shoulder points in stroke direction. Do not toss Speeder; drop it for better accuracy.



#### 6.5.2 Stroke:

Rotate upper body to accelerate stroke. We recommend using your wrist for better power.



#### 6.5.3 Follow-through:

Racquet follows through. Right leg follows rotating movement that carries player forwards to front line.

## 6.6 Overhead Serve – Behind Field

### Preparation

- Lateral position; left shoulder points towards opponent
- Hold Speeder in left hand in front of body; racquet arm is also in front of body in this phase

### Stroke

- Toss Speeder in the air with left arm; in a perfect toss, the Speeder would land, if not hit, in front of the right foot; throwing arm remains extended during toss
- Racquet arm swings up, behind head
- Elbow rotates towards approaching Speeder; at this point, it is higher than the hand
- Start to rotate upper body towards basic position
- At the same time, racquet arm opens up towards the Speeder; forearm is pronated (palm facing outside); stroke ends with snapping of wrist when hitting Speeder
- Shift weight forwards to left leg
- Left arm automatically drops to abdomen

### Follow-through

- After impact, racquet arm swings down to the left, past body
- Right leg in front; shift weight from left foot to right
- Assume basic position



#### 6.6.1 Preparation:

Player just after preparation phase, preparing for a leaping overhead serve. Toss Speeder from the shoulder, with arm extended, to improve accuracy.



#### 6.2.2 Stroke:

Player shortly before impact. Body is arched slightly and left arm is extended for better balance.



#### 6.3.3 Follow-through:

After executing stroke, player moves from baseline to front line, to prepare for the return.

# 7

## Conditioning and Exercises



# 7.1 Stroke Exercises

This chapter introduces several exercises that will help coaches and teachers with the sport of speed badminton. The described exercises can be performed on any surface (indoor and outdoor) and are suggestions for systematic training.

Sessions should be planned and structured in advance.

In general:

- Work from easy to difficult
- Work from slow to fast
- Work from known to unknown
- Work from simple to complex

Adapt the conditioning units and exercises to the players' skill levels. The possible exercises are introduced in this section.

## Forehand/Backhand

### Exercises:

- Player A can only practice forehand strokes, while player B can play freely. In this exercise, A's playing field is shrunk by a third. This exercise is great for conditioning, because A has to run past backhand shots to swing the forehand stroke.
- B plays to A's forehand, varying the target area (pattern target area so that A can return around 50% of shots).
- B always plays to A's forehand (reduced field). In contrast, A has to alternate between B's forehand and backhand. This exercise is also good conditioning for B's legwork.
- A can only play forehand, but has to touch the outer line on the backhand side after every stroke. B has to make sure that he only plays to A's forehand, so A can return. This exercise also promotes B's Speeder control.
- A and B can only play forehand. Both playing fields are shrunk by a third.

The above exercises can also be used for backhand training. In this case, player A can only hit backhands, etc.



## Overhead

### Exercises:

- B plays lobs to A, and A has to return with an overhead stroke.
- B plays lobs to A, and A has to return with alternating overhead forehands and backhands.
- B plays lobs to A, and A has to return them with overhead strokes, alternating between short on the frontline and long on the baseline.
- B plays lobs to A, and A has to return them with overhead strokes, alternating between short on the frontline and long on the baseline.
- A and B have to play overhead shots that must land within the playing field boundaries.

## Service

Serve exercises are fun, and can also be entertaining in school classes and other groups. There are several ways to train service. Set up targets in various distances. These could be boxes, pylons, or masking tape stripes on the wall.

In general:

- Set up the target area so a hit rate of around 50% is possible.

There are no limits to your creativity. Try to hit the targets. Practice underhand and overhead serves!

## 7.2 Warming Up

A quick jog and subsequent warm-up for upper and lower body is the best way to prepare for a Speedminton® training unit.

Pay particular attention to the shoulders and legs, as these muscle groups are used the most. You can complement the warm-up program with fun, simple games.

### Specific Warm-Up

- A quick jog, followed by rhythmic exercises (such as side-steps and back-steps)
- Coordinated exercises (for example, crossing legs in a sideways motion, back and front)
- Speed (short sprints, double-jumps)
- Stretchprogram
- Use a systematic stretching program so you don't forget anything (start from the top and work your way down, or vice versa). Do not stretch beyond the pain point. Do not bounce.
- We also recommend jumping rope to boost conditioning/fleet-footedness: one leg right/left, forwards/backwards, arms crossed, double jumps.

### Specific Running Exercises

- The running exercises start in the center of the Speed Court. From this position, initiate the movements to the corners and lines of the fields; it is important that the players use side steps for sideways movements and also run backwards.

### Fun Ways to Warm Up

#### Exercise 1: Copycat (10 min.)

Divide the students into pairs. One student runs through the room, while the other follows and has to copy everything the first one does. Change the lead after 5 minutes.

Objective: Get used to opponent, train social skills

#### Exercise 2: Playing by Numbers in Teams

Two teams face one another across a playing field separated by a midline. Each player has a racquet and is given a number. The players with the same numbers face one another with a distance of 15-20 m between them. A line should mark the field behind the players as well.

One of the players in the middle of the line hits the Speeder up to the midline and calls out a number. The player whose number was called tries to reach the Speeder and hit it to the other side. After the first shot, the other players can intervene. If the Speeder touches the ground, start over.

Objective: Train playing skills, improve cognitive skills, have fun in the group

## 7.3 Getting a Feel for the Speeder



### Exercise 3: Brennball with a Twist

Equipment: marking pylons as bases, racquets, speeder  
Two teams play against each other. Setup like regular Brennball. One group is in the field, the other on the baseline. A player on the baseline team (the burner) hits the Speeder into the field and tries to round the bases, or at least get to one of them and be "safe." The players in the field try to burn the player, but they can only touch the Speeder with their rackets. The teams switch sides after three burned players.

Objective: Get a feel for the Speeder and stroke strength

### Exercise 4: Running Lines with a Racquet

Balancing the Speeder on the racquet surface, run to the first line and back, then to the second line and back, etc. Versions:

- Same distances, but always play volley
- Same distances, but alternate between forehand and backhand

Objective: Warm up, get a feel for the Speeder, improve stamina

Feeling. Can it be taught? In childhood, kids deal intensively with the individual material properties of a ball. Ball-based games are very important for physical and cognitive development. They promote coordination and condition, as well as help teach social skills.

Racquet sports with difficult techniques must be taught, so students can get a feeling for the Speeder and racquet. You can do this with varied exercises, and it is important to avoid routines, to make the game and exercises as interesting as possible. This will help students get a feeling for the Speeder and understand how it acts in different situations.

### Exercise 1 (5 min.)

Hold Speeder flat on outstretched palm, to learn its flight characteristics. This preparatory exercise also makes it easier to start using the racquet. (Alternatives: hold the Speeder up with both hands, hold the Speeder up together with a partner)

### Exercise 2 (10 min.)

Hit the Speeder into air several times with forehand, without it touching the ground  
(Alternative: alternate forehand/backhand; hold up the Speeder with the frame; use other body parts: foot, shoulder, thigh, etc.). Count how often the Speeder was hit.

Objective: develop a feeling for the Speeder; learn to differentiate between forehand and backhand

### Exercise 3 (10 min.)

All the students gather on one side of the gym. Explain and demonstrate the underhand serve. Then the students try to serve themselves. They should first try to hit the Speeder as far as possible, and then hit a target.

Objective: learn the underhand serve, learn stroke strength

#### **Exercise 4 (5 min.)**

Hit the Speeder in the air, spin around until it lands.  
Alternative: sit-ups as a competition.

Objective: feeling for the Speeder, orientation

#### **Exercise 5 (5 min.)**

This exercise involves getting used to the racquet. The students should try to toss the racquet in the air with as much spin and rotation as possible. You can encourage the students to think up their own tricks.

Objective: dexterity and observation skills

#### **Exercise 6 (10 min.)**

Relay of three or more.

Carry the speeder across a defined distance atop the racquet surface... hand off ... line up in back. Do at least 2 rounds.

Objective: competition and ball observation

#### **Exercise 7 (5 min.)**

Close circle: each player places their racquet on the ground in front of them, head down, and on command, all run around clockwise and try to catch the neighbor's racquet before it hits the ground.

Objective: coordination, concentration, learn to move in rhythm

#### **Exercise 8 (5 min.)**

Running in a circle.

Carry the Speeder on the racquet. Change direction on command. Alternative:

- Call other commands, such as stop, spin, etc.

Objective: dexterity, loosen up

#### **Exercise 9 (5 min.)**

Stand in pairs, back to back. Each is bouncing a Speeder on their racquet.

- Sit down together
- Move sideways, forwards, backwards
- Different speeds

Objective: coordination, play with the partner, synchronization

#### **Exercise 10 (5 min.)**

Working in pairs, each bounces a Speeder on their racquet, while they toss a ball or Speeder back and forth with the other hand.

Objective: Develop a feeling for the racquet as an extension of the hand

#### **Exercise 11 (5 min.)**

The players run around in a circle, ever faster, bouncing a Speeder on their racquets. If a player loses the ball, he/she has to do another task and then get back to the group.

Objective: concentration, reaction time

#### **Exercise 12 (5 min.)**

In a circle: Each player has a Speeder, and they all hit them straight up on command. All players then move one position to the right and try to play the Speeder again. The goal is for the entire group to achieve a full rotation without any of the Speeders touching the ground

Objective: concentration, reaction time

## 7.4 Introduction to Match Play

### Exercise 13 (5 min.)

In a circle: Each player has a Speeder, and they all hit them straight up on command. All players then move one position to the right and try to play the Speeder again. The goal is for the entire group to achieve a full rotation without any of the Speeders touching the ground.

Objective: concentration, reaction time

### Exercise 14 (10 min.)

The players stand in a circle. In the center stands another player, who tosses the Speeder at the people standing in the circle, who have to return it. Alternatives:

- The entire group runs in a circle
- The player in the middle plays the Speeder with his racquet

Objective: coordination, concentration, learn to move in rhythm

### Exercise 15 (5 Minuten)

The lead always plays to the first player in a line. After that player returns the shot, he lines up at the back of the opposite line.

Objective: exercise in a group, safety



School classes, in particular, like to play games, because they help create a relaxed atmosphere and provide a high point for the lesson.

During a speed badminton unit, we recommend setting up Easy Courts or marking the goals with Gecko goal markers

### Exercise 1: Rotation (10 min.)

Set up Easy Courts and divide the students up equally among them. The students change fields after every hit – run to the opposite site and wait for their next turn there. If a player hits the Speeder out, he is disqualified. Last 2 players play for the win.

### Exercise 2: Circle game (10 min.)

6-8 students form a circle. They play with one Speeder, and the objective is to keep it in play as long as possible.

Alternatives:

- Several Speeders
- Different Speeders

## 7.5 Dexterity

### Exercise 3: Relay (10 min.)

Form 4 teams. Set up pairs of teams around 20 m apart (mark with one Gecko marker each). Each team gets one racquet and one Speeder; the first person from each team has to walk quickly over to the other side, balancing the Speeder on the racquet, then give it to the next person in line. If the Speeder falls, pick it up and put it back on the racquet. The race ends when all players are back in their original positions (that is, each player runs twice). Alternative: Players have to bounce the Speeder on the racquet at least 10 times while they walk.

### Exercise 4: Marathon (10 min.)

Pairs of players hit the Speeder back and forth as many times as possible and count the number of hits. The pair with the highest number of consecutive hits wins. You can hold this exercise without Easy Courts; you just have to make sure the distance between each pair of players is equal.

### Exercise 1

Two players sit/kneel opposite one another and try to play the Speeder back and forth.

Objective: range of movement

### Exercise 2

Two players hit short shots at each other. Change hands after each shot. Who makes fewer mistakes?

Objective: feeling for the Speeder, dexterity

### Exercise 3

2 players play for points. The Easy Court is used. After every stroke, touch the heel of your foot.

Objective: range of movement, safety

### Exercise 4

Two players stand opposite one another. Each one bounces a Speeder on their racquet. After every third bounce, play the Speeder to the partner; this can be repeated until one of the Speeders hits the ground.

Alternative: Switch on command, to improve reaction speed.

Objective: feeling for the Speeder, coordination, safety

## 7.6 Exercises Against a Wall

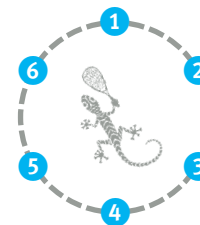


### Exercise (5-10 min.)

Play underhand strokes (hip height) against the wall. You can mark a target on the wall with masking tape.

Objective: safety, accuracy

## 7.7 Exercises in Circles

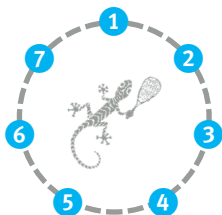


6 stations

### Exercise 1 (20-30 min.)

- 1 In pairs, distance 4-6 meters, play the Speeder with controlled shots; alternate 2 forehands, 2 backhands
- 2 In pairs, lying on back, head to head, pass a tennis ball back and forth with feet (if a lawn or meadow is available)
- 3 Play in pairs, alternate 3 forehands and 3 backhands, distance by ability (can be combined with other exercises)
- 4 In groups of 4, play leapfrog around the square, 2 rounds
- 5 In pairs, distance 3 meters, return a Speeder tossed by the partner (volley; toss: high, low, left, right, short, long)
- 6 In groups of 4, slalom: The first runner runs backwards around flags, run forwards to return; only one player runs at one time, switch after every run.

Objective: train speed badminton techniques and dexterity with the Speeder and train racquet use; exercise in groups



7 stations

### Exercise 2 (20-30 min.)

- 1 In pairs, play the Speeder back and forth at a distance of 4-6 meters; spin around once after each shot.
- 2 In pairs, bounce the Speeder on the racket: one player sets the pace, the other tries to bounce in the same rhythm.
- 3 In pairs, play the Speeder back and forth, increasing and decreasing the distance as desired.
- 4 In pairs, free volley with the Speeder, bounce it twice on the racquet before each shot.
- 5 Individually, bounce 2 Speeders on the racquet at the same time, so one is always in the air.
- 6 Like 4, but move around the space, like in a circle.
- 7 Who can serve the farthest? Each person gets to serve one Speeder. After the second player's serve, run to where the Speeders landed and serve them in the other direction.

Objective: improve speed badminton technique, understanding of how the Speeder bounces in difficult conditions.



7 stations

### Exercise 3 (20-30 min.)

- 1 In pairs, play back and forth, increase and decrease the distance if desired.
- 2 Individually, dexterity exercise: bounce the Speeder on the racquet wherever it works: on the edge, on the grip, ...
- 3 In pairs, try to return a hit Speeder into a bucket; any distance.
- 4 In pairs, slalom run between the trees. One player leads, the other follows the exact same path, switch roles. Always keep the Speeders in the air.
- 5 In pairs, distance 4 meters, keep the Speeder in the air, do a forwards somersault and, if possible, hit the falling Speeder to the partner; change roles. Even better: both players do the exercise at the same time.
- 6 Individually, dexterity exercises: roll the Speeder around the racquet wherever possible; do not drop it.  
Toss the racquet in the air so that it rotates on its own axis at least once, and then catch it by the grip.  
Toss 1, 2, 3 Speeders into the air and catch them (juggling).
- 7 In pairs, distance 4-6 meters; hit 2 Speeders back and forth at the same time.

Objective: train dexterity with racquets and speeders.



"Up to 300 km/h make this mixture of badminton, squash and tennis the fastest racket sport in the world."  
Sächsische Zeitung

"Speedminton is really intense. You're constantly energized, constantly on the move."  
Tennismagazin



"The in-sport Speedminton... is the great new sport that is winning more and more fans."  
Bunte



"The bee's knees in Berlin's nightlife."  
Telepolis, Magazin für Netzkultur



"Speedminton is hardcore badminton with tennis techniques."  
Westdeutsche Allgemeine Zeitung

"A real innovation."  
Der Tagesspiegel



# Closing Words

You hold the Speedminton® Guide in your hands, reading the closing words. We hope you've read the other pages, too. If you have, you've received tips on how to improve your technique and training, and learned about different ways of playing a sport that is spreading around world: to the U.S., Canada, Japan, Korea... More and more people are discovering the joys of this fresh, innovative racquet sport.

Tennis star Maria Sharapova raves: "I love it! It's so much fun and keeps me in shape. People who have never played racquet sports before will find it ideal for training hand-eye coordination. Speedminton® really has something for everyone."

We're happy that you've finally discovered speed badminton for yourself. Students at schools and universities already play speed badminton – in parks, on the street, at the beach, and on tennis courts – during the day, under electric lights, and even in the dark – great!

Play ANYWHERE, ANYTIME!

Your Speedminton® Team



protective charge 9,- EUR