

AliShuttler's Ultimate Badminton Training Program: Skills, Drills & Personalized Workout Plan

AliShuttler.com

Contents

| | | |
|-----------|------------------------------------------------------------|----------|
| 1 | Welcome to AliShuttler's Badminton Training Program | 2 |
| 2 | Why Choose AliShuttler's Program? | 2 |
| 3 | 4-Week Badminton Training Schedule | 2 |
| 3.1 | Week 1: Mastering Footwork & Fundamentals | 2 |
| 3.2 | Week 2: Stroke Perfection & Stamina | 3 |
| 3.3 | Week 3: Speed & Match Play | 3 |
| 3.4 | Week 4: Strategy & Power | 3 |
| 4 | The AliShuttler Challenge | 3 |
| 5 | Weekly Strength Training Routine | 4 |
| 6 | Shuttler's Mindset: Mental Training | 4 |
| 7 | Progress Tracker | 4 |
| 8 | Nutrition Tips for Badminton Players | 4 |
| 9 | Equipment Checklist | 5 |
| 10 | Join the AliShuttler Community | 5 |

1 Welcome to AliShuttler's Badminton Training Program

Welcome to **AliShuttler.com**, your go-to resource for badminton excellence! This badminton training program is crafted for players of all levels—beginners to advanced—looking to master footwork, perfect their shots, and dominate the court. Our unique plan includes editable schedules, mental training tips, and the exclusive *AliShuttler Challenge* to elevate your game. Visit alishuttler.com for more resources and join our community of shuttlers!

2 Why Choose AliShuttler's Program?

This badminton training program is designed to enhance your skills, stamina, and strategy. Whether you're playing for fitness, fun, or competition, our guide offers:

- Customizable drills for beginners and advanced players
- Exclusive mental training with the “Shuttler's Mindset” approach
- The *AliShuttler Challenge* to test your skills
- Editable plans to track your progress

Personalize your journey by filling out the fields below:

Your Name: Your Name

Training Goal: e.g., Improve smash power, Win local tournament

3 4-Week Badminton Training Schedule

Our 4-week plan builds your skills progressively. Customize your weekly focus by editing the fields provided.

3.1 Week 1: Mastering Footwork & Fundamentals

Focus: Badminton footwork drills, basic techniques, court agility

Drills:

- Shadow footwork (3 sets × 1 min)
- Dynamic lunges for court coverage
- Serve precision practice (forehand/backhand)
- Wall rally for consistency

Your Week 1 Goal: e.g., Perfect split-step timing

3.2 Week 2: Stroke Perfection & Stamina

Focus: Badminton shot techniques (clear, drop, smash), endurance

Drills:

- Overhead clear accuracy drill
- Net shot finesse practice
- Smash power & recovery
- 20-min cardio (jogging + shuttle sprints)

Your Week 2 Goal: e.g., Increase smash speed

3.3 Week 3: Speed & Match Play

Focus: Reaction time, badminton match simulation

Drills:

- Multi-shuttle feeding drill
- Net kill precision
- 20–30 min match simulation
- Speed ladder agility drills

Your Week 3 Goal: e.g., Win 2 practice matches

3.4 Week 4: Strategy & Power

Focus: Badminton game tactics, shot combinations, strength

Drills:

- Singles/doubles tactical gameplay
- Shot variation practice
- Resistance band smashes
- Core strength (planks, Russian twists)

Your Week 4 Goal: e.g., Master deceptive drops

4 The AliShuttler Challenge

Test your skills with our signature challenge! Complete the following in one session:

- 50 smashes with proper form
- 30 net shots with spin
- 5 min continuous shadow footwork

Share your results on alishuttler.com/community for a chance to be featured!

5 Weekly Strength Training Routine

Boost your badminton workout plan with this strength routine:

| Day | Exercise |
|-----|----------------------------|
| Mon | Squats, Push-ups |
| Wed | Jump lunges, Dumbbell rows |
| Fri | Burpees, Wall-sit |

Custom Exercise: Add your own, e.g., Box jumps

6 Shuttler's Mindset: Mental Training

Stay sharp with these mental strategies:

- Visualize your shots before matches
- Practice deep breathing to stay calm
- Set small, achievable goals weekly

Your Mindset Goal: e.g., Stay focused during rallies

7 Progress Tracker

Track your improvement over 4 weeks:

| Week | Notes/Progress |
|--------|----------------|
| Week 1 | |
| Week 2 | |
| Week 3 | |
| Week 4 | |

8 Nutrition Tips for Badminton Players

Fuel your performance:

- **Pre-game:** Banana + peanut butter toast
- **Post-game:** Protein shake or grilled chicken
- **Hydration:** Drink water every 15 min during training

Your Nutrition Plan: e.g., Add carbs like oats

9 Equipment Checklist

Be court-ready with:

- Lightweight badminton racket
- Non-marking court shoes
- Grip tape for better control
- Resistance bands for strength
- Shuttlecocks (feathered or plastic)

10 Join the AliShuttler Community

Download this PDF and customize it to your needs! For more badminton drills, tips, and premium coaching, visit alishuttler.com. Follow us on social media and share your progress with #AliShuttler!