

# OFSL invites you to join our Fall Badminton Lessons!

Lessons will be held on **Sunday October 27 & November 3, 2019** from **10:00-11:00 am** at **College Samuel Genest** located at 704 Carsons Rd in Ottawa. Sessions will be given by a NCCP Regional Certified Coach.

Fees for **both Lessons** are: **20\$ + HST** for registered OFSL member and **30\$ + HST** for non-members.

If you are interested, please reply to this email. Due to limited space this will be on a first come, first serve basis. Players must register and pay in order to secure a spot.

Please see below for more details:

**Badminton lessons** - Be at your Best in Double Games

## **Lesson 1: October 27, 2019**

- Review of basic techniques:
- Universal Grip, Footwork, Net shots, Drives, Clears (underhand, overhead), Drops
- Ready position (general - including when you expect a smash)
- Ready Position when your partner is serving or receiving a serve
- Serving (mainly short serves), Receiving/Returning Serves

## **Lesson 2: November 3, 2019**

- General Court Movement
- Defense positions
- Attack positions
- Warm ups just before the Games
- Playing Low shots (tactics and strategy)
- Communication on the court
- Things to do at home before the Games
- Mental preparation

Ottawa Fun Sports League - OFSL

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