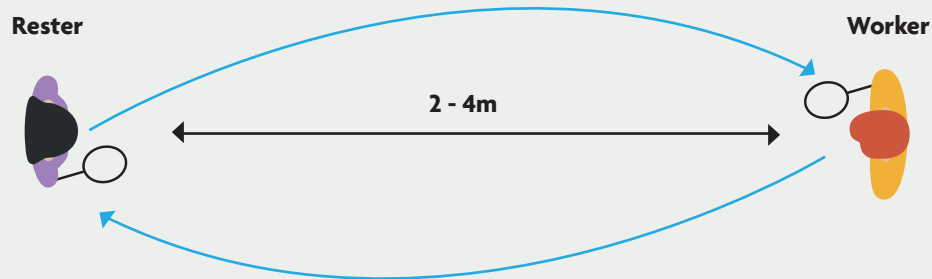


# Mid-Court Hitting Challenge

The mid-court hitting challenge is for players to improve their co-ordination, reaction time and reflexes as well as improving footwork and strengthening the arm and wrist muscles used in badminton. The challenge will help players to react quickly to different shots, change grips quickly and control the shuttle



## Equipment

- 2 rackets
- 2 shuttles
- Not essential – badminton net

## Layout

- Players stand approx. 2-4metres apart

## How it works

1. Players try to hit as many mid-court rebound shots as they can
2. Shots should be played at head/shoulder height
3. Count the number of shots completed as a pair

## Challenge

- This can be made more challenging by speeding up the shots. Players can either stand closer to each other (but still 2m apart) to give themselves less time to react or faster shots can be played

## Simplify

- This can be made simpler by slowing down the speed of the shots. Players can either stand further away to give themselves more time to react or softer shots can be played

**Notice – When playing badminton with anyone from outside your household ensure you are following social distancing. Please check Badminton England website for current badminton specific guidance**