

# Analysis and training on the characteristics of beginner's footwork in badminton.

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**Abstract:** Badminton sport is a highly technical sport, which is popular among college students because of its low requirement on the field, equipment and number of people. This paper analyses the badminton gait characteristics, in order to strengthen the study of gait training of badminton game, strengthening the arrangement of the percentage of badminton footwork exercises, emphasize its training methods, means, prominent characteristics, follow the badminton gait characteristics, physiological and psychological characteristics of students, grasp the general rule of the badminton technology, scientific training, so that the students footwork training scientific and standardized, to help students grasp quickly and improve the badminton game technology. **Keyword:** Badminton sport ; Footwork ; Training measures

## 1. INTRODUCTION

Badminton sport is very popular among students in colleges and universities. Badminton sport needs to master certain skills and tactics to improve the performance of badminton quickly. Badminton is now moving in the direction of rapid, comprehensive offensive, distinctive feature and no obvious vulnerability, which requires that the badminton player must have a fast and flexible footwork. Badminton footwork is the basis of the badminton technology, especially helping beginners lay the foundation for badminton, which is good or bad or not directly affect the development of badminton other technologies and the development of high level movement direction. Many students badminton beginners, only pay attention to technique of kung fu, and ignore the footwork kung fu, this is a one-sided understanding, so the current situation of the student badminton beginner footwork exercises is not scientific. For a badminton player, it is necessary to have good footwork and technique at the same time.

## 2. THE ROLE OF FOOTWORK IN BADMINTON PLAY.

### (1). Energy Saving.

Student badminton athlete in his field area of 34.706

m<sup>2</sup> needs to consume large amounts of energy in uninterrupted operation, high levels of student badminton players because of its fair technical levels, the physical strength will influence the results, there are two ways to save energy in the game: (1) the rational use of techniques and tactics. (2) make reasonable footwork adjustment. In order to change the center of gravity of human body with the change of technology and tactics, it is an effective method to adjust the footwork.

### (2). Effectively Enable Offensive Defense.

Transformation in the high level athlete on the pitch will let back to play badminton in the badminton venue, making badminton mutual changes continually in basis points, offensive and defensive tactics for rapid conversion is play badminton. It is necessary to constantly adjust the footwork to realize these process transitions and to complete the tactical intention of the whole badminton. In the badminton game, the first stroke and the back stroke of the footwork adjust the action of each stroke, which plays the role of controlling the rhythm of the whole badminton game. When hitting the ball to the front or the back, need to make reasonable adjustment strategy, likewise, converting speed is offensive and defensive tactical adjustment, to ensure their every continuous using a combination of offensive tactics, continuous attack form, until the opponents can't return. All of these require a reasonable adjustment of the footwork, connecting each action, consciously making a complete set of actions, and completing the task better.

### (3). Can Reduce Injuries.

Sports injuries are one of the most persistent problems in sports. The main factors that cause sports injuries are the unreasonable application of technology and the decline of physical fitness. The badminton sport is more able to reflect this point. The reasonable adjustment of footwork in badminton can reduce the damage of sports. The whole badminton match, complete each movement is in the high speed stop, the urgent situation to carry on. Often cause unnecessary movement injury, is due to unreasonable footwork.

## 3. PROBLEMS EXISTING IN THE TRAINING OF BEGINNERS' FOOTWORK.

Some coaches badminton footwork training for students is not scientific and not standard, which can lead to students without good badminton badminton beginners technology base, mainly displays in some coach did not according to the characteristics of badminton, gait characteristics, physiological and psychological characteristics of students badminton beginner footwork training for students, such as coach badminton beginner footwork training for students without considering the students of the brain, heart and respiratory system, bone and muscle characteristics, one-sided gait training. It is not the combination of students' psychological characteristics to blindly pursue the number of steps, but it is counterproductive.

#### (1). Characteristics of Badminton Beginners.

The physiological characteristics of badminton beginners include: brain, heart, respiratory system, bone and muscle characteristics. Higher vocational college students' brains are well developed, they are close to the adult brain, they can think independently, they can also analyze things well, and the way of thinking has been transformed. But the students at this stage are easily distracted by the outside world and can't focus their attention well. But they are recovering more quickly than the average person because of their fast metabolism. The students' heart development is still not perfect, although the weight of the heart is greatly increased, the cardiac output is increased, but there is still a gap between the level of professional athletes.

#### (2). The Characteristics of the Footwork of Beginners in Badminton.

The footwork of badminton includes footstep, cross step, small step, etc. All the badminton footwork forms the combination footwork of different azimuths in the field, such as the online footwork, forward and backward footwork, and left and right moving gait, which mainly includes these contents. The meaning of badminton footwork is the fast and reasonable mobile movement method of badminton and mobilization in order to move to the proper position. Beginners are not very good at coordination, so it is difficult to finish the step in 3 steps. Use a side step and two steps to complete the overhead step. After the forehand, it is obvious that three steps are not enough. Most people use one cross step and one step to complete the action. The passive footstep in the back field requires two intersections or two steps. The athlete performs a massive low-gravity movement, seeks the best balance of the body, and tends to use hand support to maintain the balance of the body. Therefore, in order to complete the moving speed, it is usually done by accelerating the frequency rather than increasing the stride length. In the second semester, students who learn badminton have little muscle strength and immature muscles, which can cause instability in the center of mass

movement.

#### 4. The training measures adopted for the characteristics of beginners in badminton.

Badminton beginners at the beginning the process of practice, mainly focus more on the ball tactics, and not enough awareness of mobile gait, flexible and fast moving part is the key to play badminton, so for starters, must master the basic footwork, lay a foundation for later study.

##### (1). Training measures for the physiological characteristics of badminton beginners.

The physical teacher should tell the students the pace training of the beginners, and be able to control in the effective time to practice. With a large amount of physical activity, the exerciser's metabolism is faster and the fatigue strength is faster than normal. Therefore, teachers can adopt short interval and multi-group training. According to the characteristics of psychological badminton beginners, a teacher can take in the fast pace with least time for training to train student badminton beginners, but teachers need to control the speed and the amount of exercise. For this characteristic of the student's respiratory system, teachers should remind the students of badminton beginners to hold their breath while training their power. At the same time, according to the characteristics of the students' development of the skeletal system, in the pace of training, remembering not to strengthen the leg and blindly give students badminton beginners during this period a large number of the barbell exercises. Aiming at the characteristics of students' muscle development and teaching students to learn movements, they should pay more attention to the way of teaching and form simple to complex teaching methods.

##### (2). Training measures for the psychological characteristics of beginners in badminton.

In the light of the students' attentions, it is necessary to cultivate students' good time habits in normal times, so that children can learn to look at the alarm clock or wristwatch to accomplish one thing, so that they have time concept. At the pace of the training, we can tell the trainer how much time is left in the training session so that they can focus more on the next time. In view of the characteristics of students' dynamic attention, we can train the students' footwork to achieve this goal by using the method of footwork.

##### (3). Training measures for the characteristics of badminton beginner's footwork.

###### (a). Comprehensive footwork.

Practice in series: practice with the forehand back to the right back field, back to back left back field footwork, forehand back left back field, and repeat. Practice on both sides: center - right - center - left - center.

###### (b). Multi-ball Practice

In order to adapt to the complicated situation of the field, the students can improve the strain capacity of the ball and improve the speed of the footwork. The monotonous footwork practice is not conducive to the coordination of the technique and the footwork, and the multi-ball practice is conducive to improving the students' reaction speed and rapid movement.

(c). Game practice

According to psychological characteristics of badminton beginners, because this period ,students cannot pay on their attentions very well, the coach training time should be under regulation rules, giving play to their creativity, initiative and interest, and purposefully arrange students gait training. Using the game practice method to train the students to do the footwork training, can achieve the effect of half the effort, but also can make the training less boring, so that the students do not feel the pressure of training. According to the training requirements, the coach should put the footwork practice into the game effectively, so that the game can serve the footwork training, so that the students have a deeper understanding of the footwork training.

(d). The footwork of the moving route.

The gait exercises of the moving route include the footwork practice of a fixed moving route: familiar with each movement route on a fixed moving route. The footwork practice of an unfixed moving route: a full-court movement that can be moved in a non-fixed direction after the moving route of the footpath that is familiar to each fixed route. The practitioner can make the movement of the route in the teacher's gesture or speech, so as to achieve the effect of the footwork practice.

## 5.CONCLUSION

Through years of teaching practice, the author has

found that there are many factors that make up the footwork, but the main factors are speed, balance, coordination and flexibility. Primary school students are in the stage of organ development, which is the sensitive stage of development of physical quality. This stage can develop students' speed strength sensitivity well. Special attention should be paid to selecting appropriate training methods during the period of development, so as to lay a good foundation for future good grades and improve the economic benefits of sports. In addition, the speed training of students' badminton athletes should pay attention to the reasonable arrangement of intensity, density and number of groups. It is advisable to use moderate intensity and high density, and pay attention to the arrangement of the number of groups during the intensive training. To avoid the student athlete's oxygen utilization, resulting in excessive fatigue. The strength training of footwork should be based on overall development, with light instrument or body weight and means. When carrying out strength training, it is not appropriate to specialize early so that athletes can develop.

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