



# Badminton Society

## Badminton Society AGM

24 November 2011

the U16s, who raced into an early lead through Roshan Daswani, but were then pegged back by a strong Sha Tin outfit, which piled on the pressure until we succumbed to a deserved equalizer. The U15s then came on and ripped into the boys from the NT, and once the smoke had cleared, KCC had come away with a very creditable 3-0 win with goals coming from Karan Daswani, Neal Sajjani and Nikhil Marwani. Two weeks later, the U16s were up against a strong Sha Tin College side – which included no fewer than six past and present KCC U16 players – but despite being severely depleted by the defections to the schoolboys, we held on for a 0-0 draw, even missing a penalty into the bargain.

Our top junior teams are now playing with far greater fluency and flair than at the beginning of the season, and this new-found confidence is exemplified by this excellent set of results. Provided that our boys go easy on the festive goodies, we can look forward to an even brighter second half of the season.

**Jonny Mac**

The finals saw victory in the Bowl for Paul McGunnigle's team (which amazingly included Marcel), followed by Plate glory for Mike Trayford's "Tetrarchy". The Cup final was a thriller, with "Growler's Grinders" skipped by the head of football at HKFC – a former Whitley Bay under 13 lawn bowls champion – narrowly pipped by Ravi Sujjanani's "Rascals". A fitting finale to a fine evening of beer, good cheer and wobbly woods.



### COACH'S COLUMN

#### Nurture Kids Into World's Fastest Game

Basic foundation is the building block for badminton. Badminton involves common movements such as running, jumping, throwing, starting, reaching and stopping. To improve basic foundation, racquet is not necessary during training.



As we know, most kids' concentration would not last long. Kids lose interest easily if they find the training session boring. Therefore, we can implement some alternative programmes such as telly-match or fun games. Allowing them to have fun while building up solid foundations will help sport-specific skill transition in the later stage.

"Eagle catches the chicken" game is one such example. There are no rules, team, or implement required in this game. One of the kids will act like the hunter "eagle", another as protecting "hen" and the remaining are the "chicken" under her guard.

In this game, the "eagle" can train for reaction time, coordination and agility where it need to make some feint to catch the "chicken". While the "hen" and "chicken" can train for teamwork and quick reaction to avoid being caught.

One of the major misconceptions in racket training is the need to train as specific to the sport as possible. Numerous studies show that most of the injuries caused by overstraining of the same muscle groups that are required especially for a sport. Thus, a strong foundation of overall athleticism is the solution for not only performance enhancement, but injury prevention.