

## REGISTRATION FORM

Name: ..... Class/Sec: ..... DOB: .....  
Blood Group: ..... Gender: M/F Cheque No: ..... No. of days: .....  
Session: Morning/Evening/Both ..... Parent Name .....  
Contact No: ..... Address .....  
Sign.....  
Date of registration: ..... Coach Sign ..... Principal Sign .....

**Note:-** Demand Draft may please be favoured on the name "Kensri Trust Sports"

### COACHING STAFF

#### **Badminton Coach:**

Rajashekar R

#### **BEST PLAYERS**

#### Rules

- Student should be in sports attire for their respective sports.
- Student should be 5 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewelleryes etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Keep the facility clean.



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# KENSRI BADMINTON



**KENSRI SCHOOL & COLLEGE**  
KENSRI Excellence Development System



## **KENBADMINTON**

**Mission:** This is the place where you learn to bring your game to the next level!

Badminton is a VERY FLEXIBLE game. You do not have to follow every technique by the book, or copy other players' technique. Some players have their own styles. You can modify certain techniques if you are familiar enough with it and execute them perfectly.

However, it's important to know and practice some advanced techniques that top players use during badminton games today. We have a fantastic work place, where commitment & innovation drive us to EXCELLENCE. In addition to coaching in Badminton, we are training children to improve quality in fitness constantly. Wonders never cease at KENSRI School and the fun never stops here.

This is the place where you learn to bring your game to the next level.

Badminton for everyone

- Net open to public
- Lesson and equipment
- Personal games evolutions
- Better play guaranteed.

Beginners - Start with basic warmup

- Badminton rules.
- Basic gripping technique
- Basic footwork
- Basic badminton strokes.
- Badminton serve
- Basic stance.

**Intermediate - Starts with basic warmup**

BADMINTON SHOTS (FOREHAND)

- Badminton clear/lob and underarm forehand

clear

- Badminton drop
- Badminton smash and jump smash

BADMINTON (backhand variations)

- Badminton backhand clear/lob and underarm backhand clear.
- Backhand drop shot.
- Badminton backhand smash.

DEFENDING

- Defending a Badminton smash
- Defending smashes and powerful shots.

ADVANCE SKILLS - Starts with basic warmup

- Badminton attacking clear
- Advance Badminton net shot
- Advanced Badminton drop shot
- Badminton drive or push

Badminton	KENSRI student	Out siders	Children program						Adult program			Batch	Week end	8.00 a.m to 9.30 a.m	9.30 a.m to 11.00 a.m												
			Morning		Evening		Weekend		Week days		Weekend																
			3 Days	5 Days	3 Days	5 Days	Saturday & Sunday			Saturday & Sunday	2 Days	3 Days	5 Days	2000/-	1500/-	2000/-	2500/-	3000/-	2500/-	2000/-	1500/-	2000/-	1500/-	per team			
			2000/-	2500/-	2000/-	2500/-	1500/-																				
			2500/-	3000/-	2500/-	3000/-	2000/-																				

Batch

Morning - 7.00 a.m to 8.00 a.m

Evening - 3.00 pm to 4.30 pm

4.30 pm to 5.30 pm

Batch

Week end

8.00 a.m to 9.30 a.m

9.30 a.m to 11.00 a.m