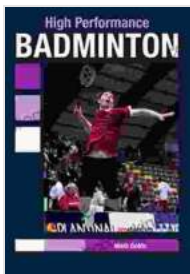


Unlock Your Badminton Potential: High Performance Badminton by Mark Golds

Are you ready to take your badminton game to the next level? Look no further than "High Performance Badminton" by renowned coach Mark Golds.



High Performance Badminton by Mark Golds

★★★★☆ 4.1 out of 5

Language : English
File size : 14406 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 218 pages



Mastering the Fundamentals

Golds delves into the foundational elements of badminton, providing a solid understanding of:

- Grip and stance
- Footwork and movement
- Basic strokes (forehand, backhand, serve, smash)
- Reading the opponent and anticipating shots



Advanced Techniques and Strategies

Once you have the basics mastered, Golds introduces more advanced concepts:

- Attacking and defending techniques
- Match strategy and tactics
- Mental preparation and game management
- Injury prevention and recovery



Comprehensive Drills and Exercises

"High Performance Badminton" is not just a theoretical guide. It features a wealth of practical drills and exercises to reinforce your learnings:

- Step-by-step instructions with clear illustrations
- Variations and progressions to cater to different levels

- Solo and partner drills to improve all aspects of your game



Endorsed by Experts

Golds' expertise is widely recognized within the badminton community:

- Former National Coach of England
- Former President of the Badminton World Federation (BWF)
- Author of numerous best-selling badminton books



Essential for Badminton Enthusiasts

Whether you're a seasoned player or just starting out, "High Performance Badminton" is an invaluable resource for:

- Improving your technique and strategies
- Reaching your full badminton potential

- Gaining a competitive edge
- Enjoying the sport to the fullest

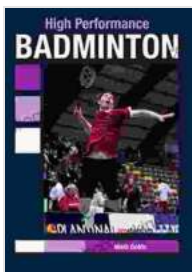


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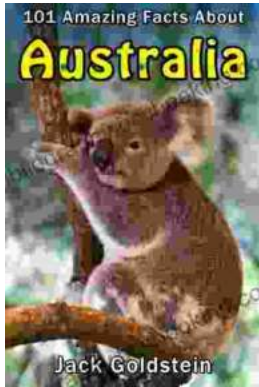
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