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WHAT ASPECTS SHOULD I TAKE INTO ACCOUNT WHEN PLANNING AND DESIGNING TRAINING SESSIONS?
Sport Characteristics

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The Science of Badminton: Game Characteristics, Anthropometry, Physiology, Visual Fitness and Biomechanics

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THE ANALYSIS OF THE JUMPING SMASH IN THE GAME OF BADMINTON

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Movements with greater trunk accelerations and their properties during badminton games

Yasuharu Nagano, Shogo Sasaki, Ayako Higashihara & Hiroshi Ichikawa

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