



BWF WORLD COACHING CONFERENCE 2025

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Mastering Men's Singles
High Performance Trends

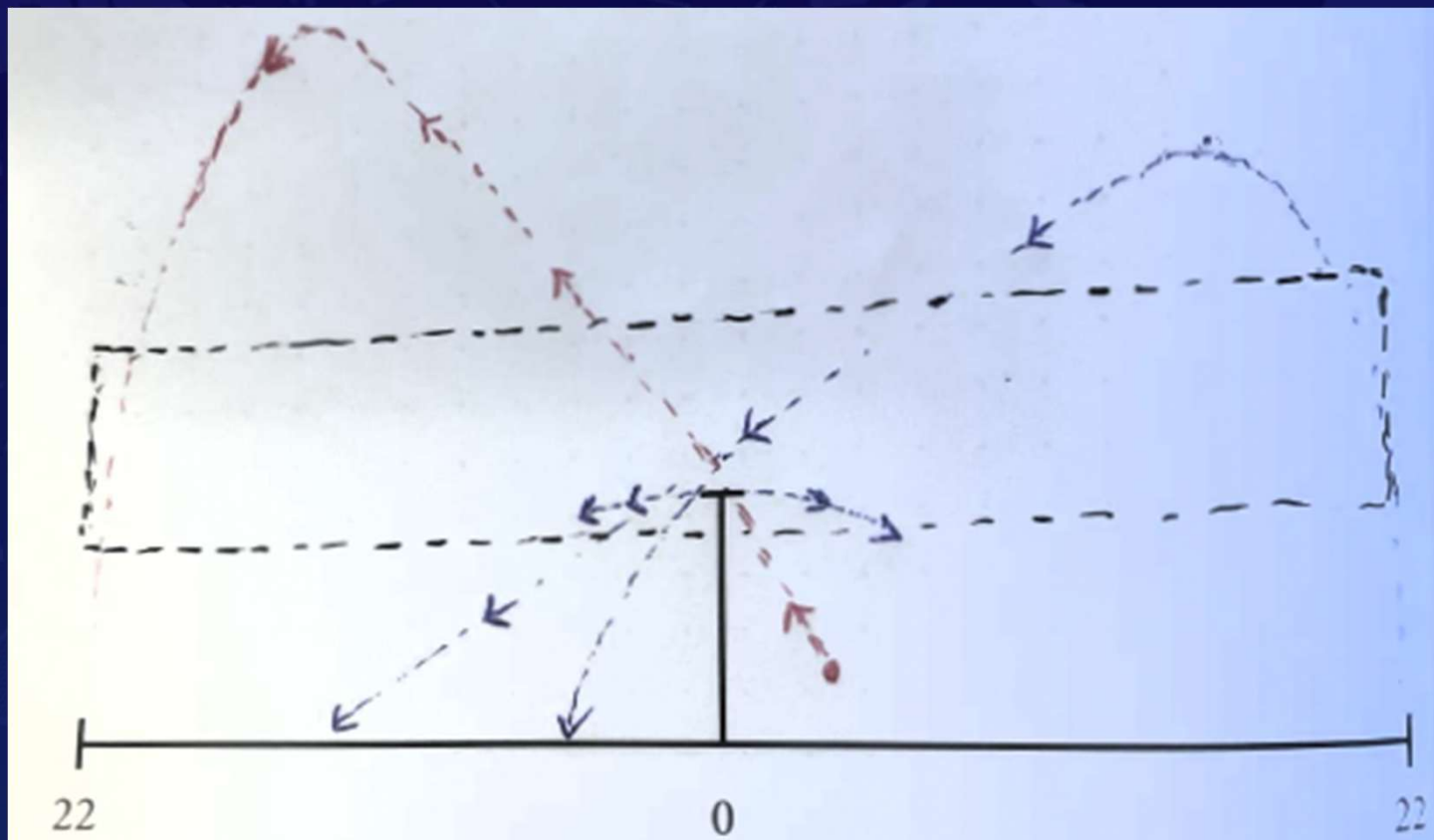
Sample Training Module

◀ 1 (attack) vs 2

- Baseline transition recovery shots (in attacking mode) + front net control, followed by instant switch to defense (baseline clear) during the moment of losing grip of the rally.

◀ Objectives:

- By constantly creating moments of tactical switch between attack and defense + long net play with lower shuttles flight zone, allows the body to respond and adapt quickly.
- Mentally become sensitive to the tactical switch - helps in making quick tactical decisions with high quality returns and consistency.



Black : Transition drop shot + long net play (aggressive mode)

Blue : In attacking mode + front court control

Red : Attack turn defense moment by clearing high lift, then turn defense