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Innovative Training Programs for Tertiary-Level Badminton: Enhancing Performance through Modern Techniques

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This report presents an innovative, strategic framework for a collegiate badminton training program developed by synthesizing the coaching philosophies of elite coaches. The program's design is guided by the Input-Process-Output (IPO) and Successive Approximation Model (SAM) frameworks, ensuring a dynamic and adaptable system for continuous improvement. The framework includes a tiered curriculum focusing on progressive skill development, from foundational drills like hitting accuracy and footwork to advanced tactical drills such as "netshot recover kill" and counter-tactics. It outlines a phased approach to physical conditioning, integrating general fitness with sport-specific endurance through high-intensity multi-feeding drills and plyometrics. The program emphasizes a continuous evaluation cycle, utilizing tools like timed drills, quarterly assessments, and performance in tournaments to monitor athlete progress and refine the training regimen. This model moves beyond a static list of drills to provide a living system that can be meticulously tailored to the diverse needs of collegiate student-athletes, enhancing their performance, fitness, and strategic thinking for competitive play.

Keywords: Badminton, Training, Collegiate Athletics, Coaching, Performance Enhancement

Author: Mr LUZANO, kevin dave (Mindanao State University-Iligan Institute of Technology)

Co-authors: Dr SAN DIEGO, CHIEDEL JOAN (Mindanao State University-Iligan Institute of Technology); Prof. SUMANDO, Griffter (Mindanao State University-Iligan Institute of Technology)

Presenter: Mr LUZANO, kevin dave (Mindanao State University-Iligan Institute of Technology)

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