FolarraStudio

Badminton Log

smash · drop · win

UNDATED · PRINTABLE · PRACTICE, GAMES & PROGRESS

This Log Belongs To

for players who want to improve

PLAYER _____

TEAM / CLUB _____

POSITION _____

COACH _____

STARTED ON _____

How to use this log

- Print the whole planner once, then print extra copies of the pages you use most, such as the Goals and Practice log pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Log every practice and fill in a page after each game or match.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My goal for this season

Why I love this sport

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Season Goals

what I am working towards

Skills

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]

Results

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]
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- [ ]
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- [ ]

Fitness

- [ ]
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- [ ]

Notes

Practice Log

every session

DATE	MINUTES	FOCUS	EFFORT	NOTES

Match Record

one per page

DATE _____ OPPONENT _____

SCORE _____ EVENT _____

What worked

What did not

Work on next

Season Stats

month by month

SEASON _____ TEAM / CLUB _____

MONTH	MATCHES	WINS	LOSSES	RANKING
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				
Total				

Personal Bests

beat them one by one

EVENT / SKILL	BEST	DATE	WHERE
Ranking			
Longest rally			
Smash speed			

Training Plan

week by week

GOAL _____ START DATE _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Gear Checklist

pack before you go

Bag

- [ ] Racket
- [ ] Spare grip
- [ ] Balls / shuttles
- [ ] Shoes

Wear

- [ ] Shirt
- [ ] Shorts
- [ ] Socks

Extras

- [ ] Water
- [ ] Towel
- [ ] Snack

Coach & Lesson Notes

what to practice

DATE _____ COACH _____

What we worked on

Tips

Homework

- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]

Next time

Skills Tracker

color when mastered

SKILL	LEARNING	GETTING THERE	GOT IT
High serve	☐	☐	☐
Low serve	☐	☐	☐
Clear	☐	☐	☐
Drop shot	☐	☐	☐
Smash	☐	☐	☐
Net play	☐	☐	☐
Footwork	☐	☐	☐
Doubles rotation	☐	☐	☐

Shot Accuracy Drill

hit the target zones

DATE	SHOT	ATTEMPTS	IN ZONE	PERCENT	NOTES

Doubles Rotation Notes

partner and positions

DATE	PARTNER	FRONT / BACK	WHAT WORKED	FIX

Footwork Checklist

six corners

Front

- [ ] Forehand net
- [ ] Backhand net
- [ ]
- [ ]
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Middle

- [ ] Forehand side
- [ ] Backhand side
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- [ ]
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Back

- [ ] Forehand rear
- [ ] Backhand rear
- [ ]
- [ ]
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- [ ]
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Habits

- [ ] Split step
- [ ] Recover to base
- [ ]
- [ ]
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Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this log helps you play your best. If you enjoy it, tell a friend about folarrastudio.com.

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