



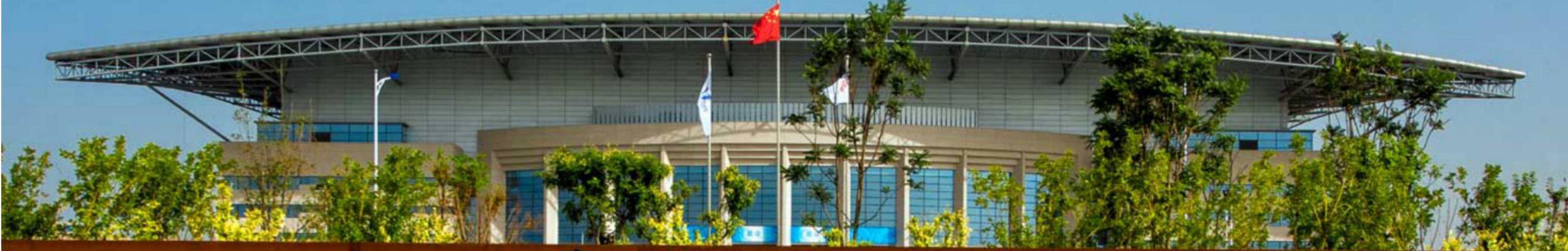
天津体育学院
TIANJIN UNIVERSITY OF SPORT

BADMINTON

THE 14-DAY INTENSIVE TBADMINTON TRAINING CAMP FOR INTERNATIONAL TEENAGERS DURING THE SUMMER VACATION OF 2025

With sports unceasing,
who will shine in badminton?





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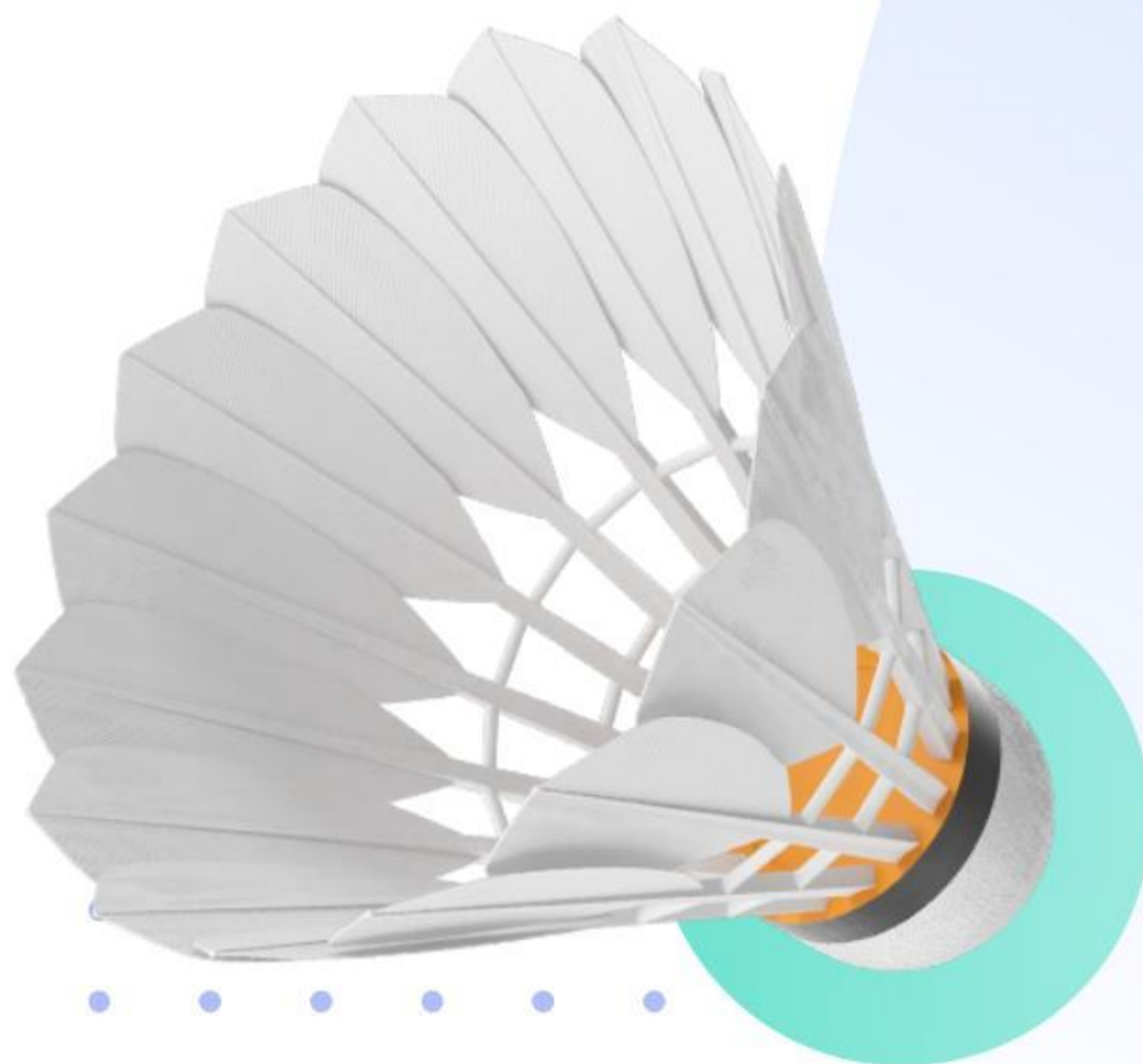
— THE PROFESSIONAL CHOICE FOR YOUTH
BADMINTON TRAINING



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Part 01

COLLEGE
INTRODUCTION



THE HISTORY OF PHYSICAL EDUCATION MAJOR

- 01** Physical Education major in Tianjin was established in 1958
- 02** PE major is the first major established by Tianjin University of Sport
- 03** In 2019, it was recognized as a national first-class undergraduate major construction site
- 04** Approved as National New Humanities Research and Reform Practice Project in 2021
- 05** national first-class undergraduate courses
- 06** 7 provincial-level first-class undergraduate courses



FEATURES OF THE PHYSICAL EDUCATION MAJOR

ORIENTATION

CULTIVATE ALL KINDS OF PE TEACHERS AT ALL LEVELS WHO CAN MEET THE NEEDS OF SOCIETY WITH ALL AROUND DEVELOPMENT OF MORAL, INTELLECTUAL, PHYSICAL, AESTHETICS AND LABOUR EDUCATION.

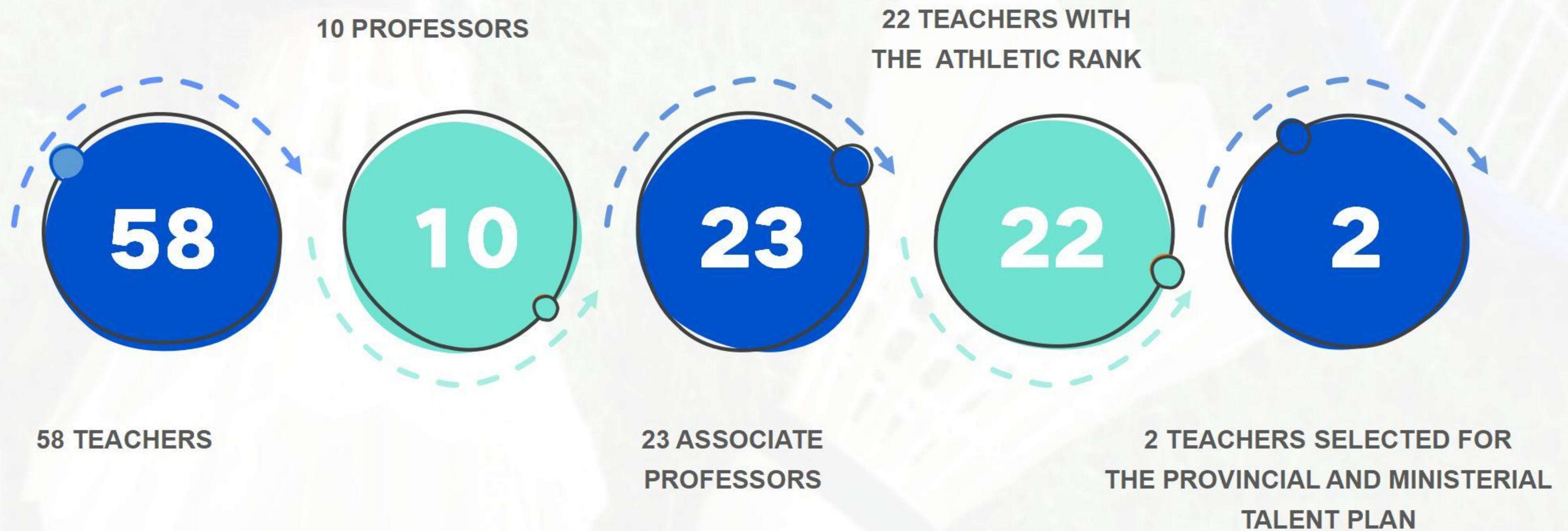
Excellent PE teacher training mode in the new era

More than 20,000 high-quality applied sports talents trained for the national sports and educational front

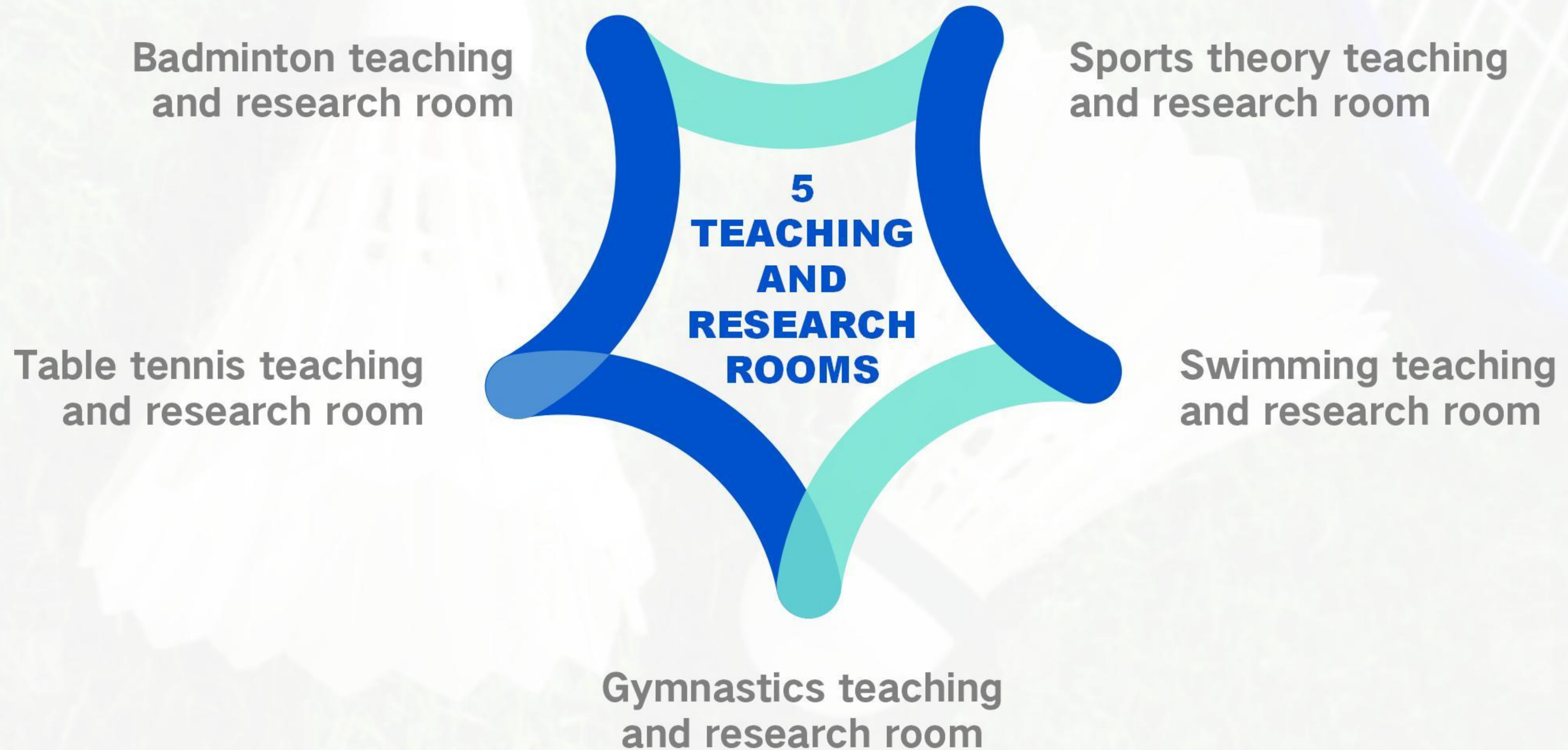
National advanced staff, national excellent PE teachers, provincial and municipal labor models



STRONG TEACHING STAFF



STRONG TEACHING STAFF



STAR COACH



LIU JIE

**Athlete Master,
Intermediate Badminton Coach**

Athletic Career:

- 2000 Selected to join the Shuangxing Badminton Club
- 2005 Joined the Shandong Provincial Team and later the National Team
- 2006 Silver medal in the Mixed Team event at the World Youth Championships;
Fifth place in an individual event at the Asian Youth Championships
- 2007 Silver medal in the Mixed Team event at the Asian Youth Championships
- 2009 Seventh place in the Women's Team event at the 11th National Games
- 2010 Bronze medal in the Women's Singles event at the National Championships;
- 2010 Bronze medal in the Women's Team event at the National Championships
- 2011 Bronze medal in the Women's Team event at the National Championships
- 2012 Fifth place in the Women's Singles event at the National Championships
- 2013 Fourth place in the Women's Team event at the 12th National Games

Work Experience

- 2014 Joined the badminton team of Tianjin University of Sport
- 2015 Served as the coach of the singles group of Tianjin Badminton Team
- 2015 Gold medal in the Mixed Team of the National First Division League
- 2016 Gold medal in the Men's Singles of the National Youth Sub-station Competition
Silver medal in the Women's Singles of the National Youth Sub-station Competition
- 2017 Silver medal in the Men's Singles of the National Youth Championships
Mixed Team championship in the World Youth Championships
- 2018 Fifth place in the Women's Singles of the National Championships
- 2019 Silver medal in the Men's Singles of the National Championships
Bronze medal in the Women's Singles of the National Championship Tournament
- 2020 Bronze medal in the Men's Singles of the National Championships
- 2017-2022 Continuously served as a coach for the National Junior Team
- 2022-2023 Served as a Level C instructor for the general public at the China Badminton Association

**MYSTERIOUS GUESTS
WILL COME TO OFFER
ON-SITE GUIDANCE**

ENCOUNTER WITH THE BIG SHOT

Legend of badminton, mysterious superstars, are about to make a stunning arrival!

Once upon the time, he was so agile like a bird, mastering the entire playing field with his superb skills and extraordinary tactics.

Now, he is here to share his expertise.

The key to playing badminton well lies in having agile steps and precise swings, which will bring you glory.

Seize the opportunity and come to join the superstar on badminton training which will improve your skills and let you shine brightly on the playing field!





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Part 02

TRAINING PROGRAM

A two-week badminton training program for American youth
aged 13-22 with a certain level of badminton skills

TRAINING OBJECTIVES

Through the two-week intensive training, the players' badminton skills, tactical awareness, and physical fitness will be comprehensively improved, enhancing their actual combat ability in competitions.



TRAINING SCHEDULE: WEEK 1

Morning training : 150 minutes

Footwork Training (45 minutes)

Comprehensive footwork drills across the entire court, including the coherent application of steps such as moving forward, backing up, and sidestepping. Training in footwork speed and rhythm, such as quick starts, sudden stops, and direction changes.

Technical Training (1.5 hours)

Intensive practice of basic skills such as lob shots, drop shots, and smash shots, with emphasis on correct movement patterns and power generation techniques. Detailed training of net shot techniques, such as lift shots, hook shots, and net shots.

Physical Conditioning (30 minutes)

Simple aerobic exercises such as jumping rope and jumping jacks to enhance cardiovascular function. Strength training for the upper and lower limbs, including push-ups and squats.

Afternoon training : 150 minutes

Technical Training (1.5 hours)

Combination drills, focusing on the seamless application of techniques such as the smash-and-net-rush and the lob-and-drop combination. Specialized training and corrections targeting technical weaknesses.

Tactical Training (1 hour)

Explanation of common tactics in singles and doubles, such as spreading out, pressing down, and defensive counterattacks. Tactical drills through simulated scenarios.

Physical Conditioning (1 hour)

Endurance running to enhance physical stamina. Core strength training, including sit-ups and plank exercises.

TRAINING SCHEDULE: WEEK 2

Morning training : 150 minutes

Footwork and Technique Integration Training (1 hour)

Incorporate footwork into technical drills to improve the coordination of technique application. Training in footwork and technique responses under complex scenarios.

Tactical Analysis and Practice (1.5 hours)

In-depth analysis of tactical cases to summarize experiences and lessons learned. Increased practical simulations of matches to strengthen tactical application abilities.

Physical Conditioning (30 minutes)

Specialized physical training, such as quick reaction and explosive power exercises.

Afternoon training : 150 minutes

Actual Competition and Summary (2 hours)

Arrange friendly matches with other clubs or internal scrimmages. Conduct a comprehensive summary and analysis after the matches, covering technical, tactical, and physical aspects.

Technique and Tactics Adjustment (1 hour)

Make targeted adjustments and training to techniques and tactics based on the competition results.

Relaxation and Recovery (30 minutes)

Engage in stretching, massage, and other relaxation activities to facilitate recovery.

SAFETY GUARANTEE

01

MEAL AND ACCOMMODATION

In the dormitory and
canteen of the university or
nearby hotel

02

MEDICAL TREATMENT

University clinic

03

TEACHER- STUDENT RATIO

1:6

04

HONOR

Giving the participant
certificate



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THANKS

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