



NJBC 青少年 羽毛球培训班



● 课程特色 ●

小班定制教学 专业教练团队

● 课程内容 ●

正反手颠球、发高远球，准备与启动动作、后场挥拍动作，前场步伐，中场步法，后场步法，网前挑球，中场接杀球

● 初级班 ●

训练时间	2020.9.6 - 2020.11.28
训练安排	每周2课时，每课时1小时
训练费用	24课时，\$580
小班人数	4~8人

报名咨询

短信: 201-898-0382

网址: www.njbadminton.com/register

邮件: NJBC.INFO@gmail.com

地址: 2 Changebridge Road, Montville, NJ 07045



NJBC

New Jersey Badminton Club



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Junior Professional Badminton Training



• About •

For junior players at different levels, NJBC now offers a series of professional systematic badminton training classes for Beginners, Advanced Beginners, and Intermediate Players.

• Training Content •

Basic forehand/backhand lifting, serve, preparation form, backcourt swing form, frontcourt footwork, mid-court footwork, back-court footwork, front-court lifting, mid-court defense

• Beginner •

Duration	2020.9.6 - 2020.11.28
Schedule	2* 1-hour classes/week
Fee	24 hours for \$580
Class Size	4 ~ 8 Students

Text: 201-898-0383

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Website: <https://www.njbadminton.com/register>

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