



Sunlight Smashers Badminton Academy (SSBA)

Together, we'll light up the game and soar to new heights

Welcome to Junior Badminton Coaching Program

At **Sunlight Smashers**, we believe in **shining brightly through dedication, passion, and every powerful smash**. Together, we'll light up the court, have fun, and reach new heights as players and teammates.

To support the individual growth of every young player, we've created **Badminton Coaching Programs especially for school students under 18**. Whether you're a beginner picking up a racket for the first time or a confident player looking to sharpen your skills, we have a program for you.

Our Promise to You

Each coaching program is carefully designed to help you:

- **Improve** physical fitness, coordination and agility
- **Learn the fundamentals** of badminton
- **Build skills progressively** through fun drills and match play
- **Grow in confidence** both on and off the court
- Develop **team spirit, focus, and fair play**
- Build **confidence** and **resilience** through sports participation
- **Pathways** for talented students to advance into regional and club-level programs.

Programs for Every Skill Level

We know every player is unique, which is why our coaching program cater to:

- **Beginners:** Learn the basics and enjoy the game
- **Intermediate Players:** Improve techniques and movement
- **Advanced Juniors:** Develop competitive strategies and match readiness

Your Badminton Journey

If you're ready to give your best, show up with consistency, and follow our program's structure, you'll see steady progress in:

- Technical skills like serving, smashing, and net play
- Tactical thinking and game awareness
- Fitness, agility and teamwork.

At Sunlight Smashers, we're not just about winning points — we're about building confidence, friendships, and a love for the game that lasts a lifetime.

Please reach us out at sunlightsmashers@gmail.com if you have any questions or need further information.