



BASE hold Doubles Demo Night in Rutherglen

By Lanarkshire Badminton

Badminton Academy Social Enterprise (BASE) is a social enterprise with the clear purpose of bringing people & communities together through a shared interest in badminton. BASE now operate four junior sessions across Lanarkshire including in the Hamilton, Rutherglen, Lanark and East Kilbride areas with an adult social session in Uddingston which is popular. Part of their mission is to provide opportunities for role models in the badminton community to inspire the next generation young players to encourage a lifelong love and passion for badminton that can have positive impact on both physical and mental health and wellbeing.

Director of Coaching, Jill Smith has organised many demonstration evenings during club sessions over the past couple of years and explains the purpose behind them and reflects on the most recent demo session on Wednesday evening in Rutherglen:

"We had a great turn out for our doubles demonstration in Trinity High School, Rutherglen the other night. Danny, Michael, James and Andy displayed some fast play, jump smashing and good doubles tactics. The demo was to show the kids some doubles play in action as we have been working on basic doubles tactics with the older kids."

"We started with demonstrations of overhead hitting including jump smashes, flat drives, serve and receiving and court positioning. The players played a few points, followed by playing doubles with the kids."



One of the grandparents was quite impressed too stating: *“Thanks so much for organising this for the kids. A real inspirational event! And a great night for us spectators”*

Jill added: *“I am looking forward to seeing the kids replicate some of this next week. I would like to take this opportunity to thank Danny Robson, Michael McGuire, James Leggate and Andrew Gallagher for putting on a great display and really showcasing badminton a such a fast-paced, dynamic and exhilarating sport”*

Have you been inspired by this? Check out what BASE have on offer to see how you can get involved in playing badminton [here](#)

Further to this, BASE are always looking for coaches to help grow and further develop badminton in the Lanarkshire area so feel free to get in touch or if you are keen to get participate in badminton

To find out more about BASE, click [here](#)