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**STAGES OF SPORTS TRAINING IN BADMINTON AND ITS CONTENT**

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**ABSTRACT**

*This article discusses the stages of preparation for badminton and their specific features. The content of the preparatory stages and the requirements for them have been studied and interpreted from the author's point of view. Age-specific features of the preparatory stages and ideas for their organization are summarized. Sports activities usually include a number of periods in the age development of an athlete [1]. In particular, badminton is no exception. At the same time, the content and structure of the exercise change significantly in accordance with the age characteristics of the athlete and the logic of sports maturation. The stage of initial sports training usually begins at early school age (in some cases even earlier) and proceeds to the next stage along with the choice of the subject of sports specialization. About sports exercise in its meaning can be spoken here exclusively conditionally, since its characteristic features are still almost not expressed.*

**KEYWORDS:** *Badminton, Preparation Stages, Age Characteristics, Planning.*

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