

Coaching course

Czech Republic December 2013

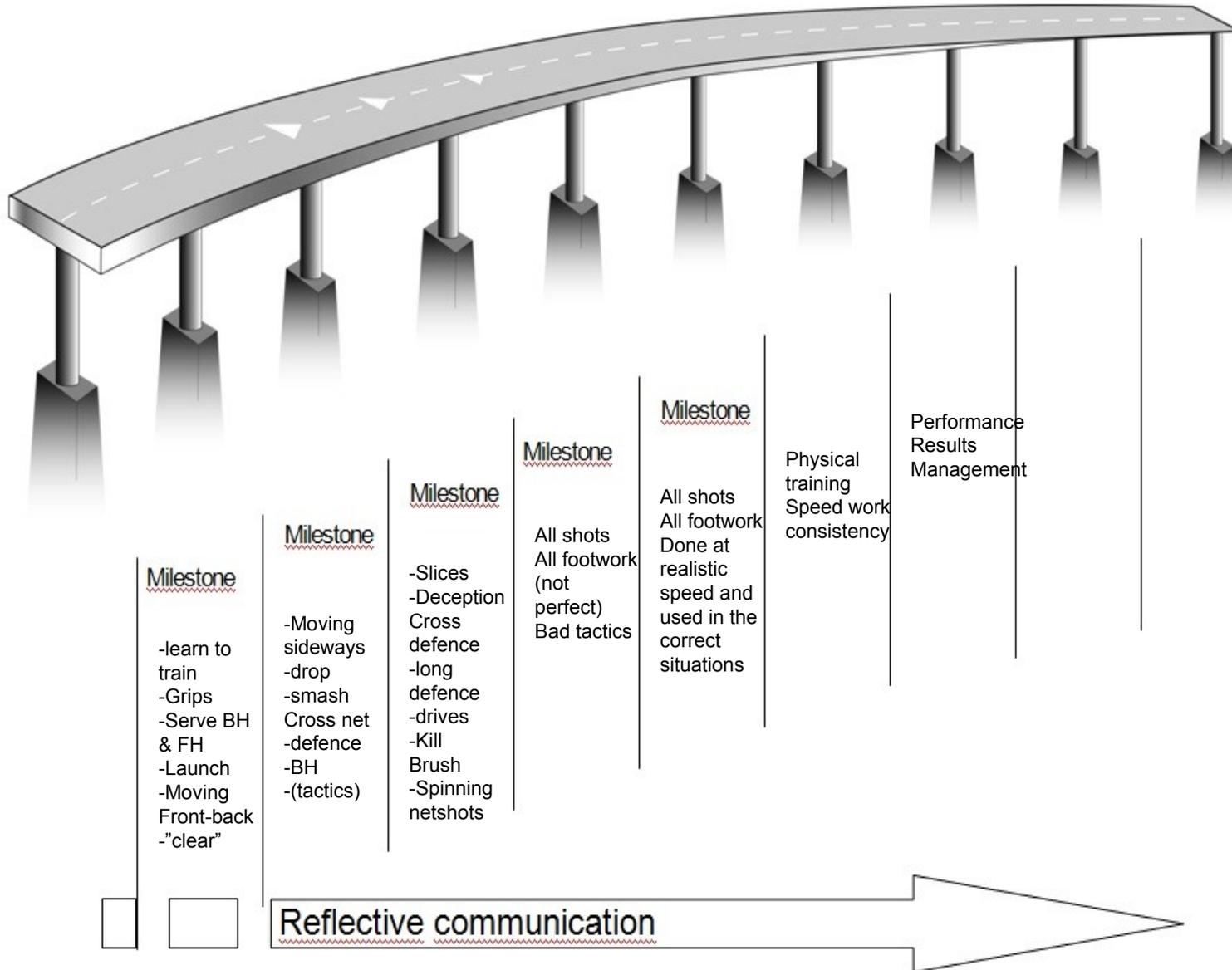
How to coach children

- They need to learn the technique, that is used as senior, when they are young juniors (grips, swings, footwork, tactics, etc.)
- Do not aim for U13 or U15 Czech Championships – aim for senior championships
- Always have a technical focus – even when you work on physics
- Have the same focus over a period of 2-3 months
- Goal for beginners: Grip, Grip, Grip and then footwork (right leg and scissor kick)
- It has to be fun – and fun is to improve the game, learn new shots, feel that there are new things to learn, being in an environment where people smile
- Use most of the practice for technical or tactical exercises
- Standard session plan for young juniors 1,5 hour:
warm up 10 min. including 5 min of badminton specific exercises
grip games 5 min.
Stroke production with 2 different goals 45 min
games with technical and tactical corrections 25 min
physical training 5 min. with badminton focus
- 2-3 times a week training for beginners (best 3)
- Coaches need to be prepared and willing to take in new ideas. The coach also has to communicate with the players about their strengths and weaknesses. This is to start making them intelligent players from a young age.
- Coaching during a tournament: maximum 1 correction in a break. No technical corrections (that has to be solved during training). Make sure that the player can do what you ask them to do. The most important part of the break is to build up the player.

Project: A skillful intelligent player

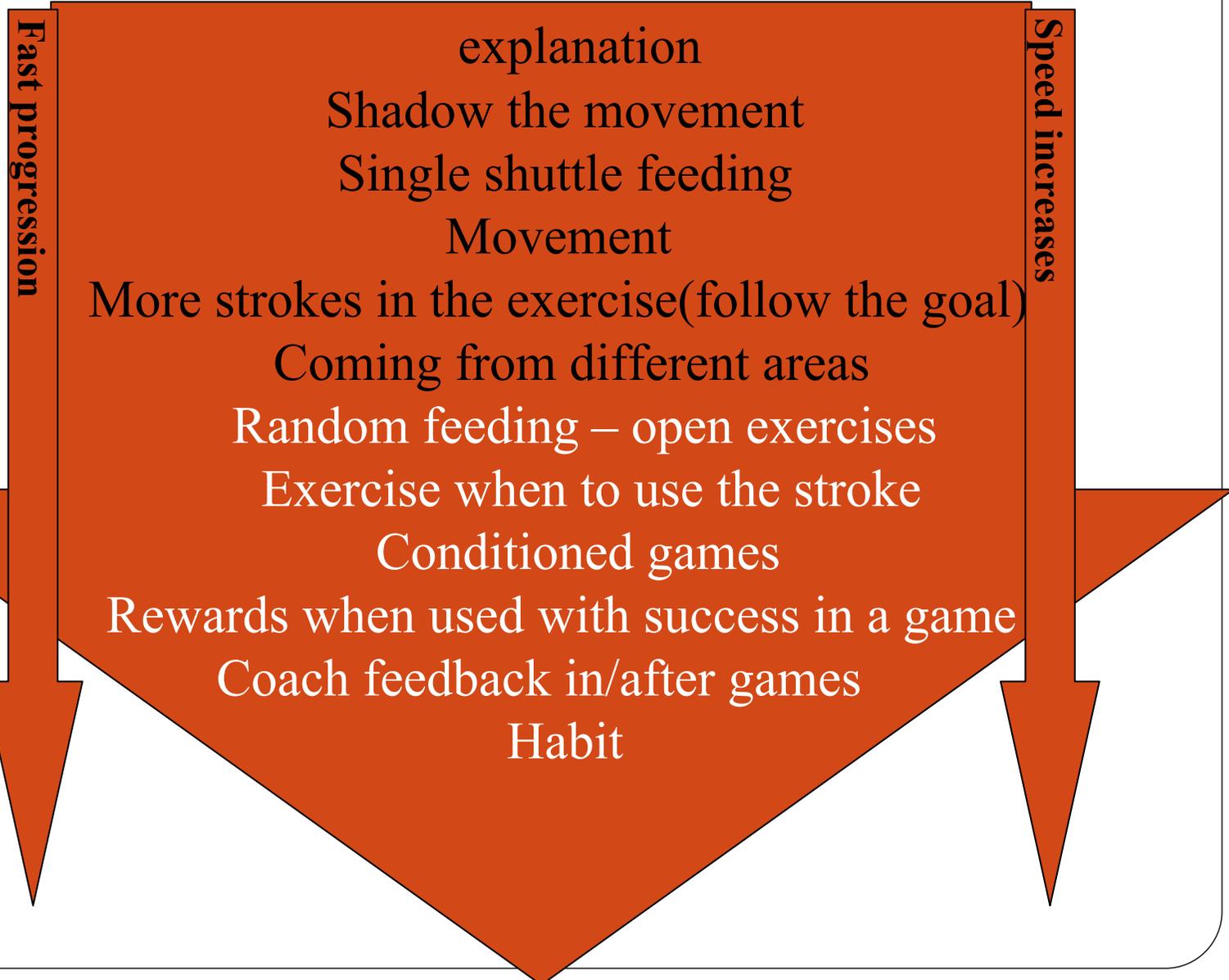
VISION

today



How to progress a topic from basics and into the game

- Prepare extra exercises to be able to progress/step back
- Use short and accurate corrections
- Always follow the goal
- Less talk more practice
- Practice the stroke from realistic positions



What is tactics for U11 to U15 in singles and doubles:

- Learning to plan and follow strategies
- Reading/solving (Play to own strengths/Play to opponents weaknesses)
- When to play what stroke (shot selection/building up rallies)
- Anticipation
- Concentration
- Mobile base/bases
- Deception (when)
- Split vision

Classic types of tactical exercises

- Use open exercises as fast as possible, and allow them to break closed exercises when it is natural to do
- Conditioned games: The situation we want the player to be more competent in happens more often and with an advantage for the player practicing it.
- Looking for opponents position
- Reading → solving
- Reward games
- Feedback games

Subjects that the groups can use

- Mobile Base
- Choice of footwork for rear court offence and defence
- Choice of footwork for front court offence and defence
- Rear court round the head offensive choices
- Rear court forehand offensive shots
- Rear court defence behind the body (both sides)
- When to play offence from rear court (both sides)
- Defence
- Netplayer in doubles
- Rear court in doubles
- Anticipation in doubles

Round the head rear court offence, when to play what stroke in singles

Multifeeding

1. Multifeeding (same side): 1 long feed – when a lot of time straight smash, when under pressure straight clear – feeder feeds the next short according to the players shot
2. Same exercise, just with a feeder on the other side too. This feeder now blocks straight after smash if played at the right time and the smasher has to play the next shot with the racket up. If clear the next will be a straight or cross smash
3. Same exercise as number 1, now with random short and long feeding
4. Same exercise as number 2, now with 1 or 2 extra short feeds
5. Same as 1 and 2 now with the option of the forehand corner too.
6. Same as 1 and 2 but now with straight slice and stick smash as well
7. Multifeeding from opposite side: 20 shuttles: smash or fast slice when a lot of time. Clear or soft down when under pressure.
8. Same as exercise 7, but now cross attacks are allowed.

Round the head rear court offence, when to play what stroke in singles

Conditioned games (here is minimum 60 exercises for this goal ...)

- I. Single with the very simple condition, that the “feeder “ has to lift to the round the head corner every time.
- II. As I, but now only from the short forehand corner (for right handed players)
- III. As I, but now from rear forehand corner (for right handed players) straight clear
- IV. As II, but now the rule is for both players
- V. As III, but now the rule is for both players
- VI. As IV and V, but now with points
- VII. As VI, but now the rule only counts 1 time in a row.
- VIII. As I to VII, but now with the option of playing to both long corners
- IX. As I to VII, but now with the option of playing diagonal from the round the head corner
- X. As I to VII, but now with 3 corner (I would take the 2 short and the round the head corner)
- XI. As I to X, but now the feeder also takes positions with body or racket.
- XII. As VII to XI, but now with rewards

Round the head rear court offence, when to play what stroke in singles

Playing according to opponents position

- A.** Feeding from opposite side: 1 feed – having to think about own position and observe the feeders position (taking a step or having the weight to one side). Play according to that (opposite). Still think about when to play what...
- B.** Like A, but now starting with a push in the middle
- C.** Like B, but now with the option of lifting to the back forehand corner too
- D.** Like A but with random feeding, The player has to play opposite the feeders racket position

Round the head rear court offence, when to play what stroke in singles

Reward/punishment games

(difficult if the players do not cooperate a little, even when there is points involved) - (Choose a reward/punishment that follows your goal)

1. Normal game only 3 corner (round the head and 2 short), after attack from round the head, you must hit the next shot with the racket pointing upwards. Lifts has to be with different heights. 3 points for winning on the attack or the follow up
2. Same as 1, but now in 4 corners, but most lifts goes to round the head.
3. Normal match:
If the attack is followed by a lost rally within the next 2 strokes – 5 push ups (for players who attack too much)
4. As 3, but with a reward for winning Within the next 2 strokes after the smash from the round the head corner (defensive players)

Round the head rear court offence, when to play what stroke in singles

Feedback in matches – remember the goal

- Accept that the results might drop a bit, while the player is getting more competent. It takes a lot of mental effort
- Ask open questions in the breaks, to guide the player to find individual strategies
- Analyze the games by video after the match, remember the goal.
- Involve the player in the tactical discussions

Double for U9-U13

- Rotation
- Anticipation – looking for the next shot before it is hit
- Split – jump
- **How to be a net player**

Short grip

Short swings

Grip changes

- On the body defense – with angles (also relevant for singles)
- Follow defense forward
- Feedback during rallies
- Communication on court
- Show them – not too much talk

Remember to adapt tactical exercises to the technical level of the players

Remember...

- Have the perfect picture – you will never get there....
- Players do things different
- Do not make players champions in exercises. Playing the game matters
- Jump up and down the pyramid (page 7), to make the trainings interesting and challenging
- Make game like exercises
- Technique is the base for tactics

Exercises Rotation U9-U13

1: serve – drop – net drop – net drop – lift to one side
(move defense and offense)

2: Same as 1 but with only 1 net drop

3: Same as 1 or 2, but with the choice of smash or drop
(after smash – straight block)

4: Same as 1 but now with the option of drive defense.
When drive defense finish the rally free play

5: Combination of 2 and 4 (speed will increase)

- Just create your own progressions depending on the level of your players

Exercises anticipation U9-U13

- 1: Box game: Catch the shuttle with playing hand with 1 leg at the front serve line
- 2: Doubles: Take it “left handed” at the net and win the rally
- 3: Normal doubles: If standing in the front part of the court and catch the shuttles with the “playing hand”, and both legs in the ground you get 3 points/5 push ups for opponents
- 4: Normal doubles: kill at the net and you get 3 points

Exercises split – jump U9-U13

- Multifeeding to the net
- Combination of run and split – jump
- Sideways stick smash
- Multifeeding 1 step jumps from the base
- Struggling speed (taking new positions at the base, changing positions)

Exercises for grips U9-U13

- 1: Playing up in the air (100 different ways)
- 2: Multifeeding fast in the middle of the court (different grips)
- 3: Multifeeding individual shots with many repetitions (strokes that require grip changes (kills, etc) and these strokes in combination)
- 4: Speed feeding for defence
- 5: Against the wall

Remember that your exercises have to be created, so that the players only succeed if they do it correct

Exercises for “on the body defence”

- 1: Half court: 1 at the net pushing different places on the body
- 2: as nr. 1 but with the option of lifting
- 3: Could be done as nr. 2 with 2 feeders, but no success for the worker
- 4: 2v1: Push to the body: Put angles on. Feeders side by side
- 5: 2v1: like nr. 4 but with feeders front and back