

DGI Miniton

www.dgi.dk/badminton

Welcome to ***DGI Miniton*** course

Brno & Prague, the 27th and 28th of January 2018

Presentation of the teacher, *Jakob Toft*



DGI badminton
Danmarks Badminton Forbund

DGI MiNiton

www.dgi.dk/badminton

- *44 years old*
- *Married for 15 years with a Chinese girl, who is a former professional badminton player.*
- *Elite coach educated in Badminton Denmark.*
- *BWF certificated level 2 expert.*
- *Professional badminton coach since 1996.*
- *Former Danish national coach for U15 and U17.*
- *Currently working part time with talent development as the head coach in 2 Danish badminton clubs and part time teaching math in a Danish boarding school.*

My coaching philosophy



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- *“Cut the crap and keep it simple”*
- *“Practice as functional as possible and as formally as needed”*
- *“Keep on trying and keep on learning”*

Minton history in DK



DGI badminton
"sama bejeda ma"

DGI MIniton

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- Parents and kids badminton – “Small feet”.
- Morten Bjerger, Kenneth Larsen, Brazilian football and Chinese Badminton.
- Teknika and Minton.
- DGI Minton



What is DGI Miniton?



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DGI Miniton

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- Badminton practice for U7-U9 players and their parents.
 - Best experience is with children age 5-9 year old.
- Games, badminton adaption exercises, motor learning, technique (hitting skills and footwork)...
 - Badminton technique is in focus.
- Parent are in the practice (“assistant coaches”)
 - Parents are as little as possible practicing with own children.
- Short rackets, lower net, balloons agility, ladders, hula hoop rings, lots of shuttles...

Why DGI Miniton?



DGI badminton
"samba beje meo"
1982

DGI Miniton

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- "Normal" badminton is unfit for small children!
 - net high, racket size, speed of the shuttle, court size...
- It's fun and motivating for both the children and their parents!
 - experiences together, "quality time", attention, good feeding, positive/constructive feed back...
- We can teach the kids and the parents right from the beginning
 - Sport/club values, how to teach, the culture of the sport, voluntary work...
- Think into the future
 - your sport and your club after 10 years with Miniton...
 - more players, more activity, more quality, more talents, high level?

Always keep in mind!



DGI badminton
"sama beja meo"
DGI

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- *The road in the goal and things take time, so you must be patient and keep working.*
- *Making mistakes is part of the learning process.*
- *If you think you are finish with learning, you are not learning, but you are finish.*
- *Badminton is the best sport in the world, (but it is not the same reasons that makes it the best for everybody).*

What type are you?

- **Social** (friends, relations, “belonging”, “good times...)
 - **Competitive** (winning, performing, success, status...)
 - **Developing** (learning, experimenting, process...)
 - **Exercise** (psychical activity, use the body, sweat...)
 - **?????**
-
- *Minton (badminton) has to give good experiences to al types of players*
 - *The success criteria is that the come to practice – every time!*



How do you learn best?

- Seeing – visual

(copy movements, “do what you show them”)

“SHOW THEM”

- Hearing – auditory

(listens, “do what you say”)

“TELL THEM”

- Doing – kinesthetic

(hands on, “do what feels right”)

“DEMONSTRATE WHILE LETTING THEM TRY”

- *Minton (badminton) has to give learning to all types of learners!*

- *The success criteria is that they all learn and develope!*

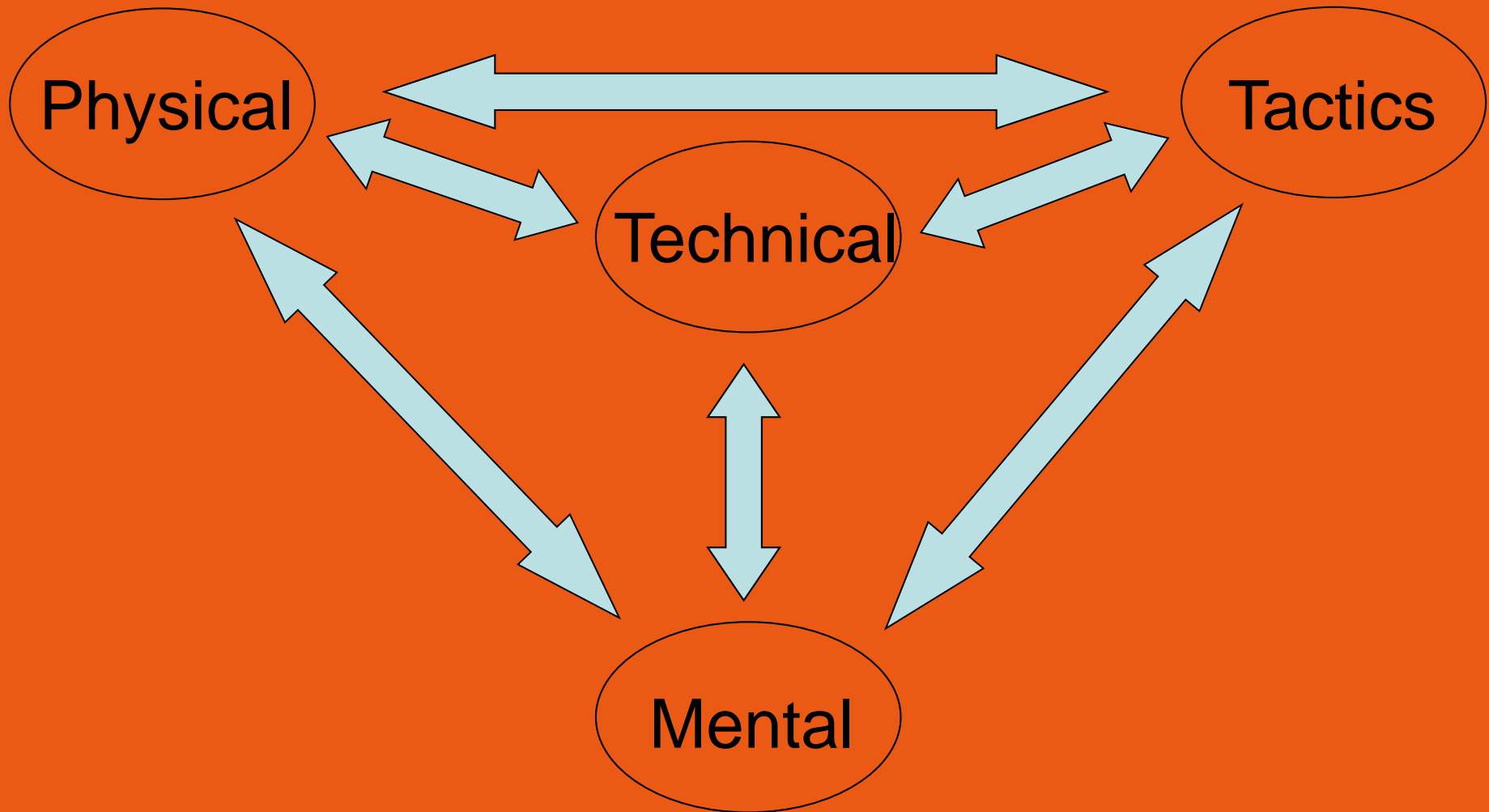


Miniton coach, what now?

- Need analyses – Know the game!
 - elements, rules, facilities, ideal images...
- Capacity analyses – Know your players!
 - child development, knowledge of expected level...
- Training plan – Set the goals and make a plan!
 - calendar, time schedule, practice subject...

“The background knowledge and the basic work for a coach”

The elements of badminton





Practice, games, exercises...

How?





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Level steps

← V A R I A T I O N →

Motivation

“The exercise making wheel”

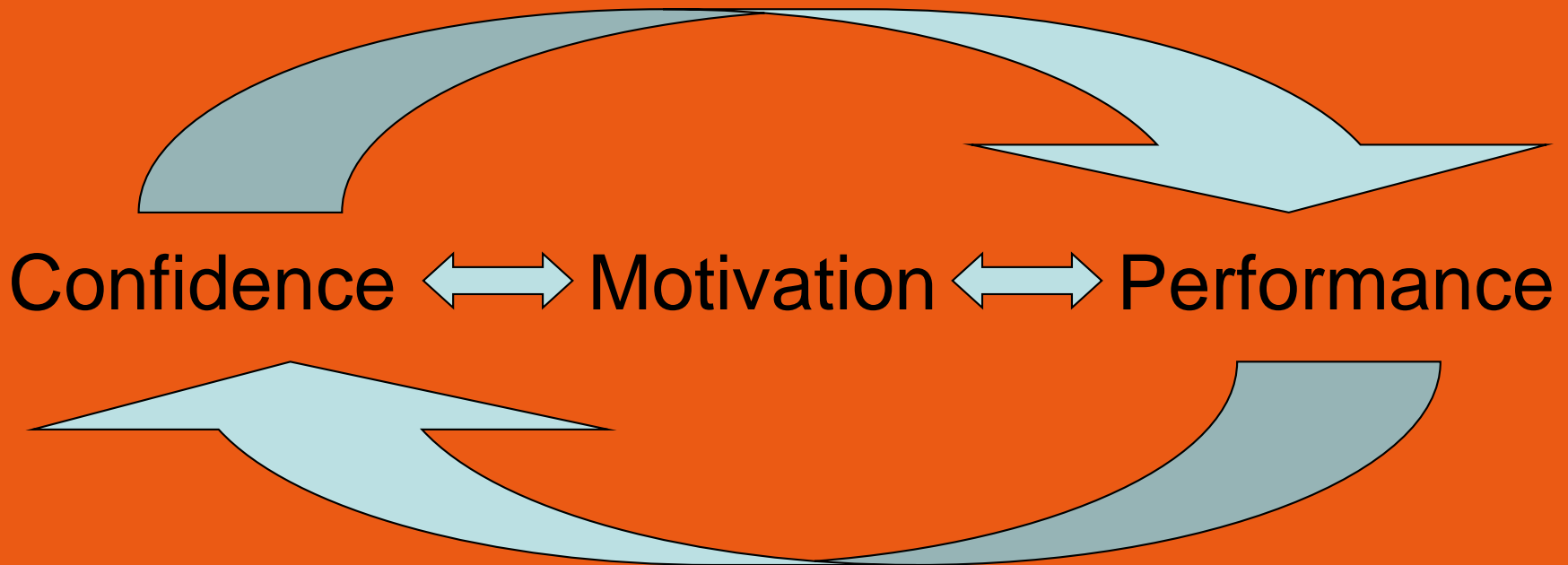
A tool for creating games and exercises



Why so serious? Well...



- The better you get, the more fun it will be
- More fun leads to more motivation



- More motivation lead to more (and better practice)
- More (and better) practice makes you better



Practice subject

- Rotations in upper arm and especially forearm.
- Use of wrist, hand and fingers.
- Backhand grip (thump grip)
- Forehand grip (basic grip).
- Lose grip/relaxed grip and grip change.
- Backhand underhand movements.
- Forehand overhand movements.
- Forehand underhand movements.
- Backhand overhand movements.
- Motor skills and coordination (basic training).
- Basic footwork (split step, running steps, chassé, cross behind, hop/pivot, jump, landing, lunge, scissors jump).



Inspirational links!

Mostly in Danish, sorry :-/

- “Trænerguiden”

(a database with badminton exercises and more)

<https://www.dgi.dk/badminton/oevelser>

- ”Fysisk-motorisk basistræning i badminton”

(Basic motor learning and general psysical exercises)

<http://badminton.dk/cms/?cmsid=132&pageid=20073>

- YouTube videos from DGI Badminton:

(most of them is also in “Trænerguiden”)

<https://www.youtube.com/playlist?list=PLqV63jY8NnI0KXSVMWBqopBDwjCisSyqX>

Making a YouTube search for “DGI Badminton” also gives many inspirational videos 😊