

Badminton Kalaallit Nunaat
Rune Svenningsen
North Atlantic Camp
29. aug. 2015

Report from North Atlantic Camp 2015



This years North Atlantic Camp took place in Narsaq, Greenland.
24 players, 8 coaches and 3 parents from 3 different countries spent the week together in the lovely southern Greenland from the 10th to the 16th August 2015.

Participants

From Iceland:	
Players:	Coaches:
Gústav Nilsson	Irena Rut Jónsdóttir
Lív Karlsdóttir	Porkell Ingi Eriksson
Davíð Örn Harðarson	
Una Hrund Örvar	
Einar Sverrisson	
Bjarni Þór Sverrisson	
Daníel Ísak Steinarsson	
Pórunn Eylands	
From Faroe Islands:	
Players:	Coaches:
Miriam Í Grótinum	Marjun Niclasen
Lena Maria Joensen	Andras Davidsen
Sissal Thomsen	Teamleader/coach:
Rúni Øster	Erik Engelbrecht Thomsen
Árant Á Mýrini	Parents:
Jónas Djurhuus	Dorthea Thomsen
Jastrid Foldbo	Sanna Djurhuus
Rógvi Ziskasson	Johnny Í Grótinum
From Greenland:	
Players:	Coaches:
Tina Amassen Rafaelsen	Victoria Rafaelsen
Nikkulaannguaq Berthelsen	Flemming Nielsen
Jørgen Jensen	Søren Brønlund
Nukaaka A Hegelund	
Qulutaq Lundblad	
Margrethe Street	
Ejler Jensen	
Karoline Josefsen	

Concept of the camp

The goal for the week was for the players to be immersed in badminton and to develop technical, tactical and movement skills. The other goal for players was to meet and create friendships with players from other countries.

The goal for coaches was to be challenged and introduced to the technical, tactical and footwork aspects of the game. The coaches received tasks which were solvable in various ways and levels. The coaches were also working with the players both at the training and also coaching them in the camp tournament.

The daily trainings introduced, developed and challenged the players in the technical, tactical and moving parts of the games.

In addition to the trainings, players were put into 4 different teams with 2 players from each country on each team. These teams were competing all through the camp in different social competitions such as football, quizzes, fishing, entertainment, team matches etc.

Plan of the week

	Monday 10th of August	Tuesday 11th of August	Wednesday 12th of August	Thursday 13th of August	Friday 14th of August	Saturday 15th of August	Sunday 16th of August
8.00 - 8.45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00 - 10.15		Training	Training	Trip to Kvanefjeld	Training	Training	Tournament
10.15 - 10.30		Break	Break		Break	Break	
10.30 - 11.45		Training	Training		Training	Training	
12.00 - 13.00		Lunch	Lunch		Lunch	Lunch	
13.00 - 14.00		Meeting with coaches	Meeting with coaches		Meeting with coaches	Meeting with coaches	
14.00 - 15.30		Training / activity	Training / activity		Training / activity	Training / activity	
15.30 - 16.00		Fruit	Fruit		Fruit	Fruit	
16.00 - 17.30		Training / activity	Training / activity		Training / activity	Training / activity	
18.00 - 19.30	Dinner	Dinner	Dinner		Dinner	Dinner	
19.30 - 21.00	Introtraining	Training / activity	Training / activity		Training / activity	Tournament	
21.00 - 22.00	Meeting with coaches	Meeting with coaches	Meeting with coaches		Meeting with coaches	Meeting with coaches	

Training

The two main goals for the trainings was both to address the general aspects of badminton and also to go into depth with particular areas. With a group of players at different levels the training was set up so everyone trained with the same overall subject but with different focuses.

As an example Tuesday afternoon the overall focus was single defense. Some were practicing with the focus of split jumps, some with a technical focus of movement with the arms and some with the focus of movement with the legs etc.

We also put a lot of time into talking about individual training. This meant the importance of players to be responsible for their own trainings and not expecting to be trained, but playing an active part in their own training and development.

The subjects of the training camp were:

- Grip change exercises (flat fast play)
- Single defense
- Shots under pressure from the rear court
- Attacking technique and shots in singles and doubles
- Service situations in doubles
- Individual training



Lots of training and instructions from the head coach Rune Svenningsen



Coach meetings

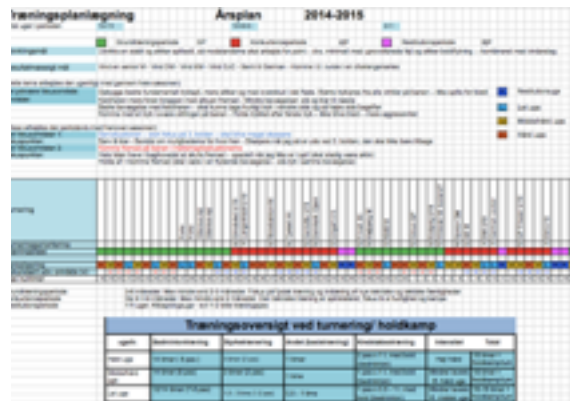
For coaches to meet and share knowledge is great value to everyone. To hear about the different training methods from different countries is a great learning tool and inspiration for all the coaches to take home. The meetings with the coaches was a mix of talking and debating about training methods, techniques and skills.

The subjects we discussed and talked about were:

- What is a good coach - what is good training
- Analyzing the game —> coaching
- What happens in Denmark —> training plans, season plans, what's new etc.
- Technique, tactic and movement

We also had a great discussion after watching, analyzing and editing a match at international top-level. How can different playing styles play against each other and what is a good game plan? What is the role of the coach at tournaments and how do we communicate with the players in stressful situations?

At the camp tournament at the end of the week the coaches coached and helped their players. The knowledge and theory we talked about through the week was now put into practice.



Evaluation

The goal for the players was to develop on the badminton court and to create friendships with others from different countries.

I saw how the players throughout the week improved their badminton skills and how they slowly step by step added layers into their badminton game. We definitely did not create perfect players at the end of the week but there was substantial improvement from all the players. The most crucial improvements happened mentally with the players. Most of the players knew at the end of the week what was important for them individually to keep focusing on. As an example, the grip of one of the players from Faroe Islands was the main focus no matter if the exercise we practiced was attacking shots in singles or defensive movement. The fact that each player has focuses to take home and keep practicing makes the camp not only last for a week, but for a good period of time into the future.

Throughout the week the players opened up more and more to each other. The team competition created a base where the players could meet and compete together as a group. It created a “us and them” between the groups which helped to erase the “us and them” between the countries. At the end of the week everyone was talking with everyone. Friendships were created and Facebook details and letters were shared and written. At the end of the camp, players had established strong friendships with one another and were sad when the camp concluded.

The coaches curiosity and eagerness to learn created a bubble where badminton was discussed from early morning till late into the night. The coaches improved and got new ideas and exercises to bring back home. Uncountable videoclips were recorded with exercises and examples to show, share and use in their daily trainings back home.

Friday, Saturday and Sunday the players woke up early to see the quarters-, semi- and finals of the World Championships in Indonesia. For some of the players from Greenland it was the first time to see the best players in action. For the coaches it was a great opportunity to watch, talk and discuss badminton at the highest level.

A camp like this has huge meaning to the players that participated. It also works as a motivation factor and something to train towards. To get selected from each country is a great prestige for the players. Hopefully this will not be the last North Atlantic Camp and we will all cross our fingers the camp will be held again next summer.

A few pictures can be seen on the next couple of pages

For any further information please don't hesitate in contacting

Rune Svenningsen

+45 23 34 00 93

svenningsen.rune@gmail.com





