



# 2016 BEC COACH SEMINAR

## Huaiwen Xu

### **Athletic Career**

- 2 x Bronze Medallist; World Championships (2005 & 2006)
- 2 x European Champion (2006 & 2008)
- 5 x German National Champion
- Silbernes Lorerrblatt Winner (Highest Sports Award of Germany)
- Dual Olympian (Athens 2004 & Beijing 2008)
- No. 1 World Ranking (June 2006)

### **Coaching Career**

- Coach at Bellevue Badminton Club, USA (2009 – 2011)
- National Coach of Netherlands (2011 – 2012)
- Scottish National Junior Team (2013 – 2014)

# Huaiwen Xu



# Badminton Career in China

---

- Started playing Badminton at 10
- Became a Professional Player at 13
- Joined National team at 20
- Left China to Germany in 2000 (at 25)

# Training in China (1)

---

## Provincial team

### Between 10 – 13 years of age

- 2 hours x 7 days a week
- 1-2 tournaments a year
- Stayed home with parents

### From age 13 years of age

- 6-7 hours training a day x 6.5 days
- 4-5 tournaments a year
- Moved into boarding school
- Only 7 days holiday is allowed in a year
- Coaches developed programme and tournaments plans

# Training in China (2)

---

## National team

- Similar training hours but much higher intensity
- More tournaments
- Coaches decide the training programme and tournaments



# Training in Germany

---

- 4 hours x 4.5 days
- More tournaments
- More involvement in tournament planning & daily training programme
- Given more freedom and feel more relaxed
- Working more closely with coaches
- The only woman in the men's national squad

# Difference between China and Germany (1)

---

China	Germany
<p data-bbox="156 464 372 511"><b>Authority</b></p> <ul data-bbox="156 578 908 853" style="list-style-type: none"><li data-bbox="156 578 465 621">• More hours</li><li data-bbox="156 635 908 735">• Men and woman are treated the same</li><li data-bbox="156 749 817 792">• Coaches made the decision</li><li data-bbox="156 806 875 853">• Playing badminton was my job</li></ul>	<p data-bbox="954 464 1195 511"><b>Autonomy</b></p> <ul data-bbox="954 578 1702 853" style="list-style-type: none"><li data-bbox="954 578 1257 621">• Less hours</li><li data-bbox="954 635 1624 735">• Men and woman are treated differently</li><li data-bbox="954 749 1702 792">• Joint Endeavour (athlete/coach)</li><li data-bbox="954 806 1599 853">• Enjoyed playing badminton</li></ul>



- Sensitive to the comments and take coach's criticism personally
- Team chemistry is important for female athletes
- Focus more on body composition
- Difficult to maintaining consistent confidence



# How I want to work with a coach as a female player?

---

- Know me as an individual in order to develop the coaching style which suits me
- As a mentor who I can talk my problem with and gives advice
- Believe in me and support me at good and bad times
- Be a leader in the training, but respect and listen to me.
- Give me certain flexibility and include me in decision making
- Adapt the training to make my needs

# Questions?

---



**Thank you for listening!**