



# BADMINTON EUROPE

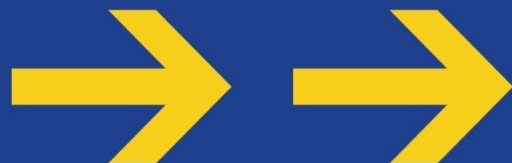
EUROPEAN COACHING CONFERENCE

From fairly good to extremely good  
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# From fairly good to extremely good

## CONTENTS



- Important things to go from fairly to extremely good according to Steen
- How long time does it take?
- THE most important thing, to succeed.
- CASE: The story of Tine Rasmussen
- Things I have forgotten
- Questions

# Who am I ?

- 44 years, married, two kids 14, 10
- Chemical engineer
- Danish Badminton League
- Youth coach Lillerød Badmintonclub 1986 – 1993
- Assistant National Coach 1995 – 2001
- National Coach, all categories 2001 – 2008
- Senior Consultant in **Green & Andersen**, Business Psychologists 2009
- Freelance Coach BadmintonXpert 2009 –
- Strengths: Analysis, professionalism, few persons/small groups, self-aware, dare to go upstream, good learner.
- Development areas: Structure, large groups, avoids conflicts, handling media a.o.....
- MBTI Profile: **ISTP** = The Mechanic

# What does it really take ?

Unbalance – Motivation. What is the driving force?

Faith, Hope and Love.

Environment

The right people around me

Timing ((im)patience)

Personal Development

Self-awareness

Resources

# Motivation

Condition or Prerequisite:

The expectation of a given **effort** (E) leads to a desired **performance** (P)

**E → P**

and

The expectation that a given **performance** (P) leads to a **reward** (R) that is considered **valuable** (V) to the individual.

**(P → R)V**

If both expectations are positive =>  
**Motivation**

If the performance is very simple or very difficult, the reward must be very valuable.

# Faith, Hope and Love

Someone who has **faith in me** – and whom I regard as knowledgeable

Someone who can **show me** the way, or my way, and give me hope.

Someone who **likes me** – even when I lose

# Environment

- In the club
- In the National Team (daily practice)
- In the circle of acquaintances
- At home

# The right people around me

The parents – Educate them!

The coaches – they are competent, but what is their motivation?

The friends – are they 'real' friends?

Agents - Advisors – Mental coach and other coaches and interested parties

# Timing

Garden Metaphor

Michael Jordan

Chinese bamboo – 12 cm 10 then 3,5 m 6

Patience

Impatience

Highest effect first, that way we get new/more motivation

# Personal development

Who am I and why? – Am I OK? – Do you still love me when I lose?

From puberty to adult (from Teenager to Adult)

Motivation

Competitors – coaches - parents

Automatic behaviour

Reflection - Coaching

# Self-insight / Self-awareness

What are my strengths / what am I good at?

What can I improve?

What do I think / how do I feel deep inside?

Context and causes.

How do I react?

# Resources

Money

Time

”Talent”

”Talent is a **congenital capacity / Skill**, which gives an individual the possibility to show an exceptionally high level of performance in an area / domain which requires special skills and training”.

*Simonton (1999) modern definition of talent.*

# How long will it take to get really good ?

## Longer than you feel it should

Differs from sport to sport

Differs from person to person, dependant on ability / capacity and skills

– How long time do you have? 1 match, 2 matches, 1 month, 4 months, years?

Continuous evaluation to assess if you are going in the right direction and if you still have the drive and support needed.

Doubt is your enemy as well as your friend.

# Most Important Prerequisite



The ability to LEARN

# Tine Rasmussen

**1998** Tine starts 1 weekly practise at the National Team

**2000** Tine participates as substitute at Uber Cup where Denmark wins the Silver Medal

**2003** Meeting with SSP re. the future.. Achilles' tendons causing problems. Goal is qualification for the Olympics in 2004.

**2003** Change in playing style works out for the first time.

**2004 Olympic qualification.**

**2004** Tine wins all 2nd women's singles at Uber Cup

**2004 Tine begins to date Martin Baun, Team physiotherapist.**

**2004** Tine loses her 1st match at the Olympics in Athens.

**2004** Reaches the semi final at China Open – her first tournament after Camilla Martin retired.

**2005** Tine ruptures the Achilles' tendon at Sudirman Cup in China.

**2005 Plan for recovery. Elite coaching and education is started.**

# Tine Rasmussen

**2005** Wins her first tournament after her achilles injury.

**2006** ¼ final at the individual European Championships.

**2006** Has bad draws and loses several times to the best Chinese player.

**2006** Suffers several times from tonsillitis and is given medication several times.

**2007** **Creates her own "cheat" - world ranking – leaves KMB**

**2007** No interruption in practise caused by injuries or illness since March.

**2007** Loses in the 1/8 finals at World Championships in Kuala Lumpur

**2007** **Wins Japan Open Super Series – beats 4 Chinese players**

**2008** Wins Malaysia, All England & Singapore Open. Wins Silver medal at the European Championships.

**2008** Loses 2nd round at the Olympics in Beijing

**2008** Loses in the semi finals of French Open and holds 1st place on the World Ranking for the very first time. Real WR replaces "cheat".

**2008** Wins Copenhagen Masters

**2009** Wins Malaysia & Korea Super Series and takes 2nd place in All England.

# Goal-setting for Tine Rasmussen: Spring 2007

	<u>Dream Goal:</u>	<u>Goal:</u>	<u>Success criteria:</u>
<b>OL//WC:</b>	Medal	Quarterfinal	Beaten by top 8
<b>EC:</b>	Gold	Medal	Quarterfinal
<b>WR:</b>	Top 5	Top 10	Top 20

## Level of achievement in tournaments:

Win a Super Series

Reach Semifinal in SS

Always in main draw

## DEVELOPMENT GOALS

### Primary Goal

No injuries or illness

### Development Objective:

# Goal-setting for Tine Rasmussen: Spring 2007

## Development goals: ...continued

By far, the world's best at the net.

By far, the world's most dangerous attack.

26/06 Evaluation: Improved issues so far (SIN, INA and Sud Cup)

# Pitfalls ??

1. Practice does NOT make you perfect!
2. Practice makes you steady!
3. Miserable practice makes you steady miserable!
4. Poor exercises makes you steady poor!
5. Perfect exercises (..perfectly executed) makes you better!
6. Long period of perfect (.. perfectly executed) exercises makes you good!
7. Very long periods of perfect (and perfectly executed) exercises

makes you

# Perfect!

# Pitfalls...continued

## Talent Selection

Selection based on single parameter

Selection based on wrong parameters → Kim

Select too early

Select too late

## Poor Goal-setting

Unrealistic – Unconcrete – Unattractive – Unclear  
intermediate goal

Unmeasurable – Unflexible – Solely focus on results.

# Pitfalls...continued

## Mastery Curve

This is it - I can't achieve more.

Always change of plan, technique, .... - Lack of (im)patience

## Competing for others sake

Unengaged in own situation – rarely the environment that is limiting

Negative Environment - negative coaching – negative expectations

## Personal structures

Low self-esteem, too nice, too perfectionist

Lack of resources

Overlearned scheme's (internal rules)



# Questions....

**Thank you for listening 😊**

