



Report from the junior players/coaches camp in Faroe Island in autumn 2010

Background

Faroe Island, Iceland and Greenland have started a new initiative where the aim is to bring talented players and trainers from these three countries together so they can learn from each other and work together to lift the level of badminton in the region. The initiative has been accepted as part of Badminton Europe regional program with Faroe Island as the organizer.

The first activity in this initiative was held in the Icelandic capital Reykjavik in October 2009. This year the second activity has just been concluded in Faroe Island. This was a joint players and coaches camp – with the participation of players and coaches from each country. The players were in agegroup U13, U15 and U17. At the end of the camp all players participated in an open tournament with other young players from the host country – this was a good way to test the new learned skills and to meet players from other countries in competition.

Again this year Bjarne Nielsen from TopDirect Danish Badminton Academy in Hillerød, Denmark was selected as head coach for the camp.

The participants

Players:				Coaches:		
Name	Agegroup	Gender	Country	Name	Gender	Country
Alda Karen Jónsdóttir	U13	Female	IS	Inunnguaq Enoksen	Male	GR
Steinar Bragi Gunnarsson	U13	Male	IS	Anga Peter Edvardsen	Male	GR
Angela Pedersen	U13	Female	FO	Írena Jónsdóttir	Female	IS
Bartal Poulsen	U13	Male	FO	Sigrún Maria Valsdóttir	Female	IS
Nuka Mark Nielsen	U13	Male	GR	Gunnar Eysturoy	Male	FO
Oline Kristiansen	U13	Female	GR	Bjarni Dal-Christiansen	Male	FO
Jákup Jacobsen	U13	Male	FO	Páll Eysturoy	Male	FO
Arnarrisoq Møller	U15	Female	GR	Jógvan Johannesen	Male	FO
Magnus Dal-Christiansen	U15	Male	FO	Mariann Fuglø	Female	FO
Sólfríð Olsen	U15	Female	FO			
Sasha Niklasen	U15	Female	FO			
Daniel Jóhannesson	U15	Male	IS			



Sigríður Árnadóttir	U15	Female	IS
Stefán Ás Ingvarsson	U15	Male	IS
Jóna Kristín Hjartardóttir	U15	Female	IS
Tina Joensen	U15	Female	FO
Margrét Jóhannsdóttir	U17	Female	IS
Þorkell Ingi Eiríksson	U17	Male	IS
Helena Lamhauge	U17	Female	FO
Nick Ø. Jacobsen	U17	Male	GR
Nikki Løvstrøm Mathiesen	U17	Male	GR
Magni J. Hansen	U17	Male	FO
Rannvá D. Carlsson	U17	Female	FO
Heðin G. Poulsen	U17	Male	FO

In total 24 players and 9 coaches under the instruction of head coach Bjarne Nielsen.



Content of the camp

Regarding the players:

Regarding the players:

On court more positive attitude, focus and determination in their game and also in practice situations. The tactical practice in doubles gave improvements to the players and a better understanding on how to move in the four elements of a doubles game: Service/return situation, offensive situation, defensive situation and “the dogfight” situation (fighting about the initiative). The tactical practice in singles had the main focus on choice of stroke from the backcourt and the footwork away from the backcourt. The players practiced recognizing the different situations in a singles game: Offensive situation, defensive situation, neutral situation (fighting about the initiative).



Tactic and technique were the subjects with the highest priority. Besides that, we did some basic strength training and two tests: Service test and Yoyo- test (interval restitution test). These tests will be used for the following camps to measure the improvement of the players. At the same time the tests are to be used back home for further development and evaluation of training.

Mental: The first day the players were asked to find five strong sides and two weak sides by themselves as badminton players. It could be physical, mental, tactical or technical. Every day all players have to find three good things, they have done during the practice and one thing they would like to improve the following day.

Finally we practiced how to celebrate, when we have done something really good, of course within the rules of proper behavior. The mental part was based on the VIWA concept (VIWA is short for Vinder Indstilling (in Danish)/Winning Attitude).



Regarding the coaches:

Four important elements were a part of all sessions:

- ✓ Goal/success criteria – when you have your goal in mind – you know which way to choose
- ✓ Focus – what to focus on – with the right focus, you are on the right way to your goal
- ✓ Information – to persons involved – create the fundament for success
- ✓ Evaluation – how did we do? What was good and what to do better next time.



Technical:

- Footwork
- Strokes
- Work methods
- Optimizing
- Create ideal pictures

Tactical:

- Doubles – practical session with the players
- Single – theory and practical sessions with the players – coaching during a game and two sessions regarding choice of footwork after stroke from the baseline

Mental:

- Communication
- Working with goals, focus
- Create a fundament
- Create Vinder Indstilling/Winning Attitude VIWA

Organization:

- Planning of training
- Feedback
- Create a fundament
- Personal development as a coach
- Evaluations

After the camp each coach received a certificate documenting their participation in the coaching part of the camp.



Part of Badminton Europe's regional program

Evaluation

This was the second joint badminton event between these three neighbouring countries in the north-west Atlantic under Badminton Europe's regional program. The plan was to have 4 coaches and 8 players from each country as we did last year. However, this year Iceland and Greenland had to lower their number of participants – Iceland had 8 players and 2 coaches and Greenland 5 players and 2 coaches. The reasons for the reduction were:

- a) The camp was held in mid October – a time where it is difficult to find coaches that can participate for a whole week
- b) Financial problems (it is quite expensive to travel between these countries, especially to and from Greenland)

In order to cope with these challenges we have decided to move future camps so they will be held during summer holidays. Also we will work towards finding other funding partners.

Next year the plan is to hold the third camp in Greenland in the beginning of August. These two camps have proved that it is possible to arrange common camps to the benefits of all three countries – where players and coaches can work together with the common goal to improve badminton skills in the region and create ties of friendships between badminton players and coaches in each country. Hopefully this work can continue in the years to come.



Statements from some of the participants after the camp:

"It was good and what I learned most was to use deceptive shots when I play matches. We had a great week, with good training in the hall - and a lot of fun when we had breaks. On Thursday we were bowling and it was great. The tournament at the end was also good!"

Bartal from Faroe Island



Part of Badminton Europe's regional program



"Very educational and a lot of fun. Challenging practices. The trainers helped me a lot when I was doing something wrong – they corrected my mistakes and helped making me a better player."

Stefán from Iceland

"This has been a very exciting and educational trip with lots of good experiences – in badminton as well as socially in getting to know all the Faroese and Icelandic players. We have gained a lot of knowledge which we want to pass on to other players from our clubs in Greenland. We would like to have more trainers like Bjarne and this camp can be a step towards that goal..."

Nick and Nikki from Greenland



"I learned a lot, specially when we trained net roll, it was good. The double training was good and new to me. I got many new friends and learned many new icelandic and greenlandic phrases. The training in the hall was fine - and in between funny"

Tina from Faroe Island

"Very good seminar, the trainers are great and the practices were challenging. I learned a lot this week!"

Margrét from Iceland



"I have enjoyed this trip and I feel I have become a much better coach – for children as well as adults. I look forward to come home to Greenland and use my new training skills. My goal is to develop badminton in Greenland – I want to share what I have learned and be able to work as a trainer. In the future Greenland badminton will stand stronger than ever!"

Inunnguaq from Greenland



Part of Badminton Europe's regional program

“ Generally I want to give my compliments to all participating coaches. They did a good job and developed through the week. At the end of the week – we were sharing a mutual badminton language even though we have different native languages. The coaches are now more precise, concrete and specific in their analyze and correction in a certain situation. This ability to be concrete and specific is important to develop badminton in the three countries participating in this project. This is however a topic, they still have to develop when they go back home to their countries.



I am very pleased to hear, that the three countries are planning the third camp to be held at Greenland next year. We have started something we have to develop further and the coaches involved are motivated and looking forward to going back home and implement their new skills into the daily training. Three of the participating coaches were also a part of the camp being held in Reykjavik in 2009. The mix of experienced and less experienced coaches are good and this is something to have in mind for the next camp.”

Bjarne Nielsen, head coach

Next year the plan is to have a similar camp in Greenland.

The camp in Faroe Island was part of Badminton Europs regional program.