



Report from the junior players/coaches camp in Reykjavik in autumn 2009

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 has just been held in the Icelandic capital Reykjavik. This was a joint players and coaches camp – with the participation of 8 players and 3-4 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.

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	Ib Hansen	Male	GR
Julie Thomsen	U13	Female	GR	Ubertoq Amassen	Male	GR
Kristina Eriksen	U13	Female	FO	Anga Peter Edvardsen	Male	GR
Davíð Bjarni Björnsson	U13	Male	IS	Þorbjörg Kristinsdóttir	Female	IS
Nuka Mark Nielsen	U13	Male	GR	Vignir Sigurðsson	Male	IS
Sámal Joensen	U13	Male	FO	Írena Jónsdóttir	Female	IS
Helena Lamhauge	U15	Female	FO	Hólmsteinn Valdimarsson	Male	IS
Margrét Jóhannsdóttir	U15	Female	IS	Aritra Nandy	Male	FO
Naja Mattaliit Broberg	U15	Female	GR	Magnus Gaard	Male	FO
Rannvá Djurhuus Carlsson	U15	Female	FO	Jógvan Johannesen	Male	FO
Sara Högnadóttir	U15	Female	IS	Uni Svabo Joensen	Male	FO
Arnold Kristiansen	U15	Male	FO			
Gunnar Bjarki Björnsson	U15	Male	IS			



Heðin Poulsen	U15	Male	FO
Kaali Kleist	U15	Male	GR
Niels Thorleiffsen	U15	Male	GR
Hedvig Broberg	U17	Female	GR
María Árnadóttir	U17	Female	IS
Sara Lindskov Jensen	U17	Female	GR
Ellindur Gaard	U17	Male	FO
Thomas Þór Thomsen	U17	Male	IS
Nikki Nathansen	U17	Male	GR
Ólafur Örn Guðmundsson	U17	Male	IS
Guðrið Poulsen	U17	Female	FO

In total 24 players and 11 coaches under the instruction of head coach Bjarne Nielsen.



Content of the camp

Regarding the players:

One of the main goals of the camp was technical training of talented young players. Coaches and players were taught the movements of basic level badminton strokes. Coaches were trained using ideal pictures, and they got practical training using ideal pictures in concrete situations with the players. During the camp significant improvement of the strokes were observed with several players.

On court more positive attitude, focus and determination in their game and also in practice situations. The tactical practice in doubles gave big improvements to all 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)



Tactic and technique were the subjects with the highest priority. Besides that, we did 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 five 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.

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 – theory – video analyze – practical session with the players
- Mix doubles – theory – video analyze – practical session with the players
- Single – practical session with the players

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



Part of Badminton Europe's regional program

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



Evaluation

This was the first joint badminton event between these three neighbouring countries in the north-west Atlantic for several years. The camp in Reykjavik has 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.



Statements from some of the participants after the camp:

"We had some good days with plenty of badminton. At the same time I got some new friends with same passion for badminton as I and that was great. We learned strokes, how to move on the court, double and mix double movements. Bjarne was good and always ready to help, if there was something, that we did wrong or did not know how to do. During the tournament I got a good result and a lot of matches - so all in all, it was a fantastic week!"



Heðin Poulsen
(U15-player):



Jógvan Johannesen
(coach):

"As a coach, I must say, that it has been a very good and giving week in Reykjavík. We were working with footwork, strokes and double tactics. First we had theory, and then we went in the hall to try the theory in practice. We were always reminded to have an ideal picture for the given exercise. After we got the ideal picture in our mind, we set goals for each training situation. Having ideal pictures and goals in our mind, we were supposed, during training, to make a path for the players to reach the goal. I give my compliments to the headcoach Bjarne, and hope to meet him again when part 2 of this project will be in Faroe Island"



Part of Badminton Europe 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”

“I would be very happy to join next years project in Faroe Island, as 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 in to the daily training”



Bjarne Nielsen
(headcoach):

Next year the plan is to have a similar camp on Faroe Island.

The camp in Reykjavik was part of Badminton Europes regional project.