



How do we Learn - the art of combining technical and tactical training

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- What is learning for you?
- Learning is about change!
- Two different learning approaches relevant for the topic of this session!
- Behaviourism and constructivism
- What do you associate with the two approaches?

Key words about behaviourism

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- No considerations about reflection!
- Using instruction – do what you are told!
- A lot of repetitions!
- Reward and punishment!
- Coach is in charge!



Key words about constructivism



- Learning is a cognitive process!
- Learning is connected to reflection!
- Learning happens inside your brain
- Learning happens when you are "disturbed" and situations change!
- Two components in the reflection process: Disturbance and experience!
- You reflect and learn when your actions don't have the expected outcome!



- What is technical training?
- It is about the "HOW"!
- In badminton it is about strokes, grip and footwork!
- When do we start technical training?



- What is then tactical training?
- Tactical training is about "what", "when", "who", "where" and "why"!
- When do you start doing tactical training?



- Training backhand spin shots using multifeeding as example!
- Every situation is probably different!
- If we practice the same shot technically, we learn through repetitions a stroke that won't have the same outcome in different situations!
- We have to analyse the situation based on two main questions:
 - Can we still do the stroke?
 - if YES, How should we do it?
 - if NO, What do we do then?

- We have to combine technical and tactical training
- We have to make our players reflect on court!
- Pure repetition is a "no go".
- The players have to be able to make their own choices!
- Based on this approach, it make no sense to always "tell our players how and what to do"!

Thank you

Questions?