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

- 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?
Why do we have to combine technical and 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?
Conclusion

- 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?