

BWF

BWF World Coaching Conference

***BASEL2019
SWITZERLAND***





***BWF World Coaching Conference
BASEL 2019***

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Welcome to the BWF World Coaching Conference 2019

Swiss BA President's Welcome



On behalf of Swiss Badminton, I am delighted to welcome you to this year's para-Ilel World Championships and the BWF World Coaching Conference that are held alongside here in the beautiful Swiss city of Basel.

We are thrilled to be hosting this important event, as coaches play an instrumental part in our sport, not only in top-level badminton, but on all levels of our sport as good coaches are also needed at grassroots level to develop the sport.

A good coach should not only have expertise within badminton but be well rounded in a vast variety of topics and should constantly educate him/herself further. Therefore, we are very happy to

welcome world-class speakers from not only (para)badminton but also other fields of sports here at the World Coaching Conference 2019, who will share their knowledge with those attending the event.

This conference will also offer an excellent opportunity to network with fellow coaches from around the world, and then of course to watch the world's best competing in the TOTAL BWF World Championships 2019 and TOTAL BWF Para-Badminton World Championships 2019.

We hope that you will find the conference interesting and will be able to benefit from it as well as taking inputs with you.

Robbert de Kock
President of Swiss Badminton

BWF President's Welcome

The World Coaching Conference is an invaluable addition to the programme of the TOTAL BWF World Championships. Some of the world's most reputed names will be making their presentations and several key concepts will be presented and discussed.

Over the years, the general standards in coaching have greatly improved, and I daresay one of the reasons has been BWF's emphasis on promoting the exchange of knowledge and expertise.

This year we have well-known badminton personalities such as Lars Uhre, Zhao Yunlei and Kim Myo Jung addressing various aspects of badminton training. Allistair McCaw and Penny Briscoe will deal with broader questions on coaching and preparation at multi-sport games, while Johan Pion and Tengku Fadihal Binti Tengku Kamaden speak about the specific topic of talent identification using bio-banding. Stewart Kerr, Niels Christian Kaldau and Yun-Dih Chia Smith too have interesting insights to share. I'm sure all participants will benefit immensely from their presentations.

This year the World Para-Badminton Championships is being held alongside the World Championships, and in keeping with this spirit of inclusivity, we have scheduled a talk on developing wheelchair singles athletes.

I thank Swiss Badminton for co-organising this event, and all the experts for sharing their knowledge. Many thanks also to Yonex and the Swiss Olympic and Paralympic Committees for their support.

Poul-Erik Høyer
BWF President



BWF Development Chair Welcome

The World Coaching Conference is a much-anticipated event on the sidelines of the TOTAL BWF World Championships.

It gives an opportunity for various stakeholders in the game's development to enhance their knowledge by attending presentations by experts. As in past editions, this year too we have assembled some renowned names to deliver the presentations. A variety of topics has been listed and I'm sure all participants will find these presentations extremely interesting and valuable.

My sincere thanks to all the experts for consenting to share with us their knowledge. I look forward to two days of stimulating discussions.

David Cabello
BWF Chair – Development and Sport for All



Basel

The Cultural Capital of Switzerland

Be captivated by the special charm of our city. The “pocket-sized metropolis” has a great deal to offer, combining a lively city centre with narrow streets in the romantic Old Town, world-class museums with its world renowned special exhibitions, historical buildings and highlights of modern architecture. All of which can be explored on foot and in a single day thanks to the short distances, with a surprise around every corner. Discover Basel's most picturesque streets to stroll along, culinary hot spots and locations with a history spanning over 2000 years.

Visitors to Basel can make the most of the city's diverse cultural offering with the BaselCard. The free personal guest card is handed to visitors when they check in and allows them to discover the best of the city. The attractive features of the BaselCard include free use of public transport, free surfing on the guest WiFi, E-Bike rental for just CHF 20 a day plus a 50 % discount on admission to Basel's museums, Basel Zoo, Theater Basel and much more.

Enjoy your visit!



Participating Countries

Algeria	England	Italy	Nigeria	Slovenia
Austria	Finland	Kenya	Norway	South Africa
Bahrain	Germany	Korea	Pakistan	Spain
Bangladesh	Greece	Lebanon	Peru	Sweden
Belgium	Hong Kong	Lithuania	Poland	Switzerland
China	Hungary	Malaysia	Saudi Arabia	Trinidad and Tobago
Costa Rica	India	Morocco	Scotland	UAE
Denmark	Iran	Nepal	Singapore	USA
Egypt	Ireland	New Zealand	Slovakia	Wales

Conference Schedule

Thursday 22 August 2019

1545-1615	Registration and Refreshments
1615-1630	Official Welcome and Opening of Conference
1630-1730	Allistair McCaw – 7 Keys to being a Great Coach
1730-1815	Johan Pion & Tengku Fadihal Binti Tengku Kamalden – Talent Identification of Badminton Players using Bio-Banding
1815-1845	Break and Networking
1845-1945	Lars Uhre – On-Court – Simplifying Complex Tactical Training for Singles
1945-2030	Kim Myo Jung – On-Court – Developing Wheelchair Singles Athletes
2030-2100	Live Q&A Allistair McCaw

Friday 23 August 2019

0845-0900	Registration and Refreshments
0900-1000	Speed Station Presentations
1000-1045	Penny Briscoe – Planning and Preparation for Multi-Sport Games
1045-1115	Panel Q&A – Evolution of the Game
1115-1130	Break and Networking
1130-1230	Zhao Yunlei – On-Court – Female Role in Mixed Doubles
1230-1330	Lunch
1330-1430	Lars Uhre – On-Court – Considerations of Coaching Men’s and Women’s Singles Players
1430-1515	Breakout Session 1: Dr. Yun-Dih (Wendy) Chia-Smith – Impact of Psychobiosocial States in Badminton Breakout Session 2: Dr. Niels Christian Kaldau & Stewart Kerr – BWF Global Health Badminton Study
1515-1545	Break and Networking
1545-1645	Allistair McCaw – Champion Minded
1645-1700	Conference Round Up and Closing Remarks



Missed something?



We are recording each session at this year’s World Coaching Conference. To watch again, visit the World Coaching Conference Playlist on our YouTube channel, **BADMINTONWORLD.TV**

AirBadminton

The New Outdoor Game



Global Development Partner



HSBC

<https://development.bwfbadminton.com/airbadminton>

airbadminton@bwfbadminton.org

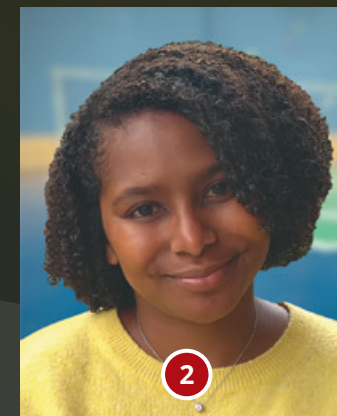
WORLD COACHING CONFERENCE 2019

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SPEED STATION PRESENTATIONS



Anil Ramachandran
Kannur University
Metabolic responses,
fluid-electrolyte
imbalances post-match



Kamasha Robertson
Ghent University
Differences in reaction
time and anticipation
between elite and sub elite
badminton players



Steve Hughes
RMA Sport
Contour Body Mapping
System - Para-Badminton

STAGE

1

2

3

ROOM LAYOUT

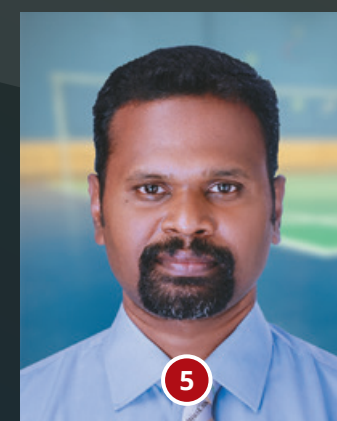
4

5

6



Qichang Mei
Ningbo University
Revealing the knee joint
loading during sub- and
maximal- badminton
lunges via subject-specific
modelling



Fiddy Davis
Manipal Academy of
Higher Education
Badminton Specific Injury
Prevention Program:
Development and
Effectiveness



Rodrigo Pacheco
Badminton World
Federation
AirBadminton -
The New Outdoor Game

Meet the speakers

The BWF is pleased to welcome ten world-class speakers to present at this year's World Coaching Conference in Basel. Speakers will share their expert knowledge and personal experiences from the world of badminton, sport science and global sport.



Allistair McCaw

World-renowned Sports Performance Consultant and Mindset Coach. Over the past 24 years, he has worked with numerous Olympians, Paralympians, World Champion Athletes and no less than 11 Grand Slam Champions.

An author of three books, "7 Keys to Being A Great Coach", "Champion Minded", and "Becoming a Great Team Player", he is also an International keynote speaker and podcast host.



Zhao Yunlei

Zhao Yunlei's exceptional abilities saw her finish her career as one of the most accomplished players ever – two Olympic gold medals and five World Championships wins, among the several titles she picked up in her career.

Zhao's assured presence at the net, with her astute reading of the game, helped her win tournament after tournament with Zhang Nan in mixed doubles and Tian Qing in women's doubles. She became the only player to win two gold medals at the same Olympics; and the only player to achieve a double in two successive World Championships. Zhao is currently coaching the China women's doubles team.



Lars Uhre

Lars is one of the most accomplished badminton coaches worldwide, having worked with the Danish, Finnish, Dutch and New Zealand national teams, as well as being head coach of the International Badminton Academy.

With Denmark, he served as head coach from 2010 to 2016. Notable successes with the Danish team include the Thomas Cup triumph in 2016; Olympic silver and bronze medals in 2012 and 2016; and nine medals at World Championships from 2006 to 2015. On top of this there are numerous International titles that he guided Danish players to. Lars has a Bachelor Degree in Sport and English from Copenhagen University.



Kim Myo Jung

Kim has been involved in development of Para badminton in Korea for over 20 years. Currently the Head coach of Korea's Para-Badminton National Representative Team, Kim has coached Korean athletes to no less than 30 world and International titles, particularly in the Wheelchair Sport Classes.

Kim has a Masters and Ph.D. in Physical Education, is a part time lecturer and is the author of the book "Basic Theory and Practice of Badminton for the Disabled".

World Coaching Conference Speakers *(Continued)*



Penny Briscoe OBE

Penny Briscoe OBE is the Director of Sport at the British Paralympic Association (BPA). Penny was Chef de Mission of the Great Britain Paralympic teams at Sochi 2014, Rio 2016 and PyeongChang 2018 and will again assume that duty at Tokyo 2020. Before joining the BPA she was Senior National Coach at British Canoeing for Atlanta 1996 & Sydney 2000 Olympic Games.

Penny has been instrumental in supporting the achievements of British Para sport athletes to challenge perceptions and break down barriers, and is a leading voice in the development of Para sport and Great Britain's success at the Paralympic Games.



Johan Pion

Johan Pion is professor of Talent Identification and Development in sports at HAN University of Applied Sciences in The Netherlands. He obtained his doctoral degree in Health Sciences in November 2015 at Ghent University in Belgium, with the study entitled 'The Flemish Sports Compass, From sport orientation to elite performance prediction'. For over 25 years he has been making his knowledge available to the Belgian gymnastics community. He leads the research conducted by the expertise team on the early identification and development of talent in sports.



Dr. Yun-Dih (Wendy) Chia Smith

Dr. Yun-Dih (Wendy) Chia-Smith is a clinic lecturer in the Department of Teacher Education, Loyola University Maryland, where she has been teaching since 2012. Dr. Chia-Smith received her B.S. in Psychology from National Chengchi University, Taiwan in 1991, and earned her M.S. and Ph.D. in Educational Psychology from the State University of New York at Albany in 2004.

Dr. Chia-Smith's research interests span from educational psychology, child development, science of learning, sport psychology and coach education.



Stewart Kerr

Former Scotland international player Stewart Kerr holds degrees in Sport and Exercise Science and in Rehabilitation Science (Physio). His areas of expertise include spinal manipulation, acupuncture and sports massage. He is passionate about helping players in rehabilitation after injury, as well as in injury prevention.



Tengku Fadilah Tengku Kamalden

Tengku Fadilah Tengku Kamalden is an associate professor in Exercise Physiology and currently the Head Department of Sports Studies at Universiti Putra Malaysia. She is the Chairperson of International Society of Performance Analysis of Sports Asia and committee of Sports and Medical Commission of Badminton World Federation. Her current research interest is on Talent Identification in Badminton and is working closely with HAN University of Applied Science of Netherlands and Ghent University of Belgium.



Niels Christian Kaldau

Former Danish national player Niels Christian is based in the Orthopaedic Research Centre in Copenhagen, Denmark. Niels Christian is a specialist in the field of orthopaedic surgery, particularly in the areas of shoulder, hip and knee surgery.

Competition schedule

World Championships Comp Schedule

DATE	SESSION	TIME OF PLAY	COURTS IN USE
Monday 19 August	Preliminaries	09:00-23:00	4
Tuesday 20 August	Preliminaries	09:00-22:00	4
Wednesday 21 August	Preliminaries	09:00-22:00	4
Thursday 22 August	Round of Last 16	11:00-22:00	4
Friday 23 August	Quarter Finals	11:00-16:00 17:00-22:00	2
Saturday 24 August	Semi Finals	11:00-16:00 17:00-22:00	1
Sunday 25 August	Finals	12:00-17:00	1

Para-Badminton World Championship Comp Schedule

DAY	SESSION	TIME OF PLAY	NUMBER OF COURTS	
			WHEELCHAIR	STANDING
Tuesday 20 August	Preliminaries	09:00 – 22:00	4	4
Wednesday 21 August	Preliminaries	09:00 – 22:00	4	4
Thursday 22 August	Preliminaries & Round of Last 16	09:00 – 22:00	4	4
Friday 23 August	Round of Last 16 & Quarter Finals	09:00 – 22:00	4	4
Saturday 24 August	Quarter Finals & Semi Finals	09:00 – 19:00	4	4
Sunday 25 August	Finals	08:30 – 14:00	2	2



The BWF Coaching Pathway

Supporting coaches in taking players from grassroots to podium

Elements of the pathway

Level 1 Coaching Award

The Level 1 course prepares candidates with basic badminton experience (including Shuttle Time teachers looking to advance their skills) to plan and deliver linked coaching sessions for badminton and / or para-badminton.

Contents cover basic coaching principles, basic coaching methodology, and introductory elements to technical, tactical, physical and psychological work with badminton players.

Level 2 Coaching Award

The focus of the Level 2 course is on planning and delivery of annual training and competition programmes, along with more detail on the underpinning sport science.

Contents include more advanced coaching principles to help coaches work at more professional levels with higher levels of players. The technical, tactical, physical and psychological elements are also addressed in greater depth.

Level 3 Coaching Award

The Level 3 course takes a broader scope, looking at the role of the coach within a player development pathway, while also examining key points within that pathway, such as youth development and working with elite players.

Level 3 is an extremely interactive course, where coaches look at existing models to discuss, debate, reflect, and finally apply their findings to their own contexts in a post-course project.

Level 4 Coaching Award

The Level 4 course will involve university-level study in a specialist area. Coaches will look at how to maximize planning, delivery and management of their chosen areas through application of sport science, research, innovation and best practice.

Level 4 will require a long-term study in conjunction with a recognised university and to be assessed by a panel of experts.

Why a coaching pathway?

Coaches are the key in taking players from grassroots to podium. In order to grow the sport, we need more and better coaches at all levels.

Coaches need different skills and knowledge at different levels of player development. The BWF Coach Education framework aims to address those needs.

At the same time, in order for coaches to be effective, they must also be able to work within national or regional structures. The coaching pathway looks beyond coaches' on-court work to examine how this fits into the larger perspective of player development within a national system, thereby helping coaches and players achieve the best possible results.

Equivalency

BWF has developed a competency matrix detailing the expected outcomes and skills for each level of BWF Coach Education.

The first equivalency test cases are in process, paving the way for national federations to apply for recognition of their national coaching awards. This equivalent BWF status for national awards will allow experienced coaches progress more easily through the BWF pathway.

For more information, please contact Sharon Springer at s.springer@bwfbadminton.org.

BWF Coach Education

RESOURCES

MANUALS

Our coaching manuals can be downloaded at no cost in a variety of languages at: development.bwfbadminton.com

VIDEOS

Supporting videos can be accessed on our YouTube channel, BWFTV: badmintonworld.tv



COURSES

BWF-certified Coach Education courses are delivered by qualified BWF Tutors. Depending on the level, these are run by Member Associations or Continental Confederations. Contact your local body for information.

FLEXIBLE DELIVERY OPTIONS

Online education: An online component is currently being developed to make Coach Education more accessible. This will allow for shorter, more focused face-to-face courses and greater flexibility for coaches to attend.

FastTrack course: This intensive format is aimed to help former elite players successfully transition into coaching. The course covers content from Levels 1 & 2.



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WORLD COACHING CONFERENCE 2019



POSTER PRESENTATIONS

- 01** **Researcher:** Robertson K, Vertriest D, De Waelle S, Deconinck F, Lenoir M
Institute: Ghent University
Title: Differences in reaction time and anticipation between elite and sub elite badminton players
- 02** **Researcher:** Anil Ramachandran
Institute: Kannur University
Title: Metabolic responses, fluid- electrolyte imbalances post-match
- 03** **Researcher:** Qichang Mei, Yaodong Gu, Justin Fernandez
Institute: Ningbo University
Title: Revealing the knee joint loading during sub- and maximal- badminton lunges via subject-specific modelling
- 04** **Researcher:** Tengku Kamalden F, Ramli A S S, Samsudin S, Joseph J, Wazir M R W N, Pion J
Institute: Universiti Putra Malaysia and HAN University of Applied Sciences, Nijmegen
Title: Is Motor Coordination an Important Factor in Talent Identification among 12 year old Badminton Players?
- 05** **Researcher:** Nabeela Naaz & Fiddy Davis
Institute: Manipal Academy of Higher Education
Title: Leg stiffness asymmetry in badminton athletes: Is it related to injury risk?
- 06** **Researcher:** Mehdi Anvari
Institute: Iran National Olympic Committee
Title: Badminton Health Effects
- 07** **Researcher:** Phillips S, Davis F, Gandhi P, Shenoy S, Fernandes S
Institute: Manipal Academy of Higher Education
Title: Functional screening for injury risk profiling in elite badminton players
- 08** **Researcher:** Michael Duncan
Institute: Coventry University
Title: The impact of the BWF *Shuttle Time* intervention on body mass index and motor competence in British children
- 09** **Researcher:** Niels Christian Kaldau & Stewart Kerr
Institute: Badminton World Federation
Title: BWF Global Health Badminton Study
- 10** **Researcher:** Yun-Dih Chia-Smith
Institute: Loyola University Maryland
Title: Impact of Psychobiosocial States in Badminton
- 11** **Researcher:** Tengku Fadihal Binti Tengku Kamalden & Johan Pion
Institute: University Putra Malaysia, Ghent University and Badminton Association of Malaysia
Title: Talent Identification of Badminton Players using Bio-Banding
- 12** **Researcher:** Aprianto T, Winata B, Herman I, Adiprawita W, Hasan MF, Juniarsyah AD, Hidayat II, Ihsani SI
Institute: Bandung Institute of Technology
Title: Physiological characteristics of men's doubles badminton players

SHUTTLE TIME

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SCHOOLS BADMINTON PROGRAMME

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- 20+ languages available
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