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A New Approach to Coaching
Badminton

A NEW APPROACH TO COACHING BADMINTON

- Traditionally coaching in sports is based on behaviorism. (Jones, 2006; Ottesen & Jensen 2008)
- This means that the coach is the expert, using instructions
- Mistakes have to be avoided
- Learning is transfer of knowledge
- Punishment using physical exercises are often used
- The athletes are passive receivers
- This approach is not especially effective

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- So why is it like this?
- Systems reproduce themselves
- Lack of knowledge about how people learn
- No formal demands for being a coach

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- Reflective skills are the ultimate demand in elite badminton
- Nobody can help you in the rallies
- The players have to be able to react when their actions don't have the expected outcome
- They have to analyze what went wrong, and what to do in a similar situation in the future
- The coach can facilitate this competence in training
- Using exercises that provokes mistakes
- Using questions as a communication tool
- Mistakes are the fuel for learning
- This is constructivism – developing reflective skills

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- The reflection process has 2 components – disturbance and experience
- We can develop our reflective skills (Dewey, 1933)
- Elite players have great possibilities to develop reflective skills, as they have a lot of experience
- The coach in this approach is a "co-worker"
- The expert is the player