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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.