



BWF WORLD COACHING CONFERENCE 2025

Paris, France

29 - 30 August 2025

 bwf.sport

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**Agility, Speed and Change of
Direction**

Practical applications to enhance
on-court movement

Agility in invasion sports

Cognitive

Decision-making speed & accuracy

Visual scanning

Anticipation

Pattern recognition

Knowledge of situations

Physical

Leg muscle qualities

Core strength

Straight speed

Strength

Power

Reactive strength

Technical

Feet placement

Body lean & posture

Adjustment of steps to accelerate