

ADVANCE project task: WORKSHOP

ADVANCE Badminton Coaching Education through the development of an European Badminton Coaching Framework (ADVANCE) addresses the topic of the promotion of education in and through sport with a special focus on skills development, as well as support the implementation of the EU guidelines on Dual Careers of Athletes. The project addresses this topic as it seeks to develop and improve badminton coaching education at European level.

As part of the ADVANCE education, coaches have to prepare certain tasks in between the face-to-face gatherings.

Jose Antonio Crespo, Sports Director and Head Coach of Madrid Association, and one of the participants of this project, delivered a 2-day workshop, of 3 hours each day, where 26 players U11-U13-U15 and 11 coaches could work on the topic “Defence in singles”. The goal was to bring basic tactical aspects of this phase of the game, so both players and coaches could experienced with theoretical and practical exercises where to place the defence shots and why.

The workshop was split in two days on the 3rd and 16th March. Hence, in between the days, coaches had to prepare a task, a video analysis of a singles top level match, and results were discussed in the second date.

I believe that the best way to learn is by doing, so I took advantage of the time between sessions for the coaches to carry out a task where they had to analyze the shots proposed in the workshop in top-level matches. I designed a template and we discussed the results on the second date.

It was so productive to exchange opinions and experienced how much they improved in just two weeks just by understanding concepts and analyzing videos – Jose Antonio Crespo shared.

As Jose Antonio Crespo states - “ *I decided to frame the workshop into a regional program called “Se busca campeón” (“Searching for a champion”), which is part of the national program as well. The goal of this program is to coach coaches, so they can learn tools, progressions, technical, tactical and many other aspects of the game in order to help their players to improve.*

In the end, coaches were asked to fill an online form so they could give some feedback about their experience, which at the same time, could help the main organiser to reflect on different approaches and improve these kind of events in the future.

I really would like to thank Badminton Europe for choosing me to be part of the ADVANCE project, because amongst all the contents we are learning in the courses, I found it very interesting to practice some of those aspects during the workshop and it’s a great feeling to help out other coaches and players to improve – Jose Antonio Crespo said.