

John Fikenscher, July 2017
3^e version
NL Laag Zuthem

Longterm Athlete Development Program IBBEXS



John
Fikenscher



IBBEXS International Badminton Boarding Experience Salland

The Badminton boarding Academy & School in The Netherlands

Long Term Athlete Development Concept



Author: John Fikenscher, June 2017

In addition to the development of junior badminton athletes in the Badminton Academy- & BadmintonSchool Oost Nederland the following concept is been used as a direction guidance document. This concept should connect and adjust to those competences and skills which are needed for every age group. The **IBBEXS**, the International Badminton Boarding Experience Salland, uses the same criteria as the BSON(Badminton Academy & School Oost Nederland) for the development directions, however based on a daily and more intensive way and even more specified, considering the individual needs. Central point of view is the international(European)desired level which is changing rapidly under the influence of a more scientific approach. Because international developments are continuously happening and going faster and faster, the whole **IBBEXS** development program will be reviewed on annual basis. It's obviously that all minor ages groups and beyond are taken into consideration due to meet the learning process. Individual on motor and cognitive level are having their influences in the ages related fases. The interpretation and the actual carrying out of this concept is in the first place a coach responsibility. Only highly motivated and state of the art educated coaches with enough shown learning abilities, competences and expressed knowhow will be taken into consideration to work at the **IBBEXS**. The international made assessments have shown that we in The Netherlands, in comparison with leading European nations, in the age groups U-9 up to U-17 deliver too less hours and we are lacking to have a coherent program. From the volume or duration perspective, on average it's 4 up to 4,5 hrs less than the surrounding countries which are developing themselves very rapidly. From the perspective of initial needed badminton skills, it's short too, all is being done from a very traditional point of view, regarding the use of methods. In other words i find our younger athletes insufficient skilful in stroke performances and inadequate footwork. In general also in all physical areas a kind of poverty is sadly shown predominantly. In the older age groups it's in fact nearly impossible to overcome these difficits, no matter how much effort you put into it. It's therefore my opinion to teach, train and develop age group related skills and competences in a perfect way with sufficient hours and to be integrated these matters in all training, rather than doing the 100.000 other aspects, and please do this as early as possible. A very good moment would be when children move from basic school level to the next stage of secondary school education, from the ages 10 to 12. Those other personally desired skills could be done that is, if needed later on in the development process.

The adagium should be: *"Simplicity makes it all effective and efficient"*

But above all 'one plan and one central steered athlete guidance' and working closely together with all involved stakeholders.

The badminton specific contents and approach are partly deducted, adjusted and based on the use of the following documents.

LongTerm Athlete Development Concept Australia

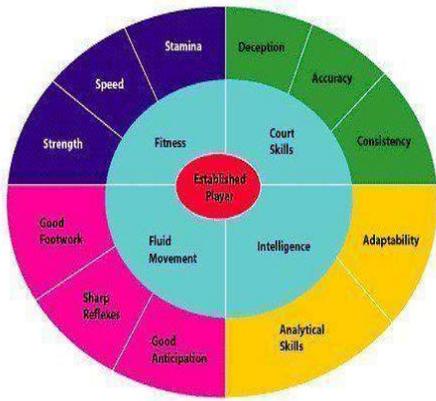
- Nationaal ontwikkelings Plan Tafeltennis
- BSON Ontwikkelings concept 2016(John Fikenscher)
- ITISS evaluatie model 2013(John Fikenscher)



U-9(6 tot 8 jaar)

| Area of development | Local level | Regional level | National level |
|---------------------|-------------|----------------|----------------|
| club | X | | |
| Regional training | X | | |
| BSON | X | | |
| National | | | |

| | |
|---|--|
| Training volume | <p>6 - 8 hrs weekly in several sports. Of which 3 hrs weekly basic badminton skills offered in various forms, with throwing, hitting all kinds of materials.</p> <p>100% badminton coaching is required!!!</p> |
| Recovery, rest & recreation(R&R) | <p>Regular daily sleep 8 to 10 hrs at least, training sessions at the latest in the afternoon. In which the end of these sessions always have to be scaled down towards a lower intensity.</p> |
| Nutrition | <p>Balanced nutrition, regular meals(3-4) during the day, sufficient fluid uptake(drinking)</p> |
| Environmental factors | <p>A safe social climate, will help children in moving versatile and in a regular way. The aim is that children experience by moving many positive influences, without pressure and without pressuring towards results.</p> |
| Medical support | <p>Child- or sport physician support every 2nd year in the BSON, in the ibiZ each year.</p> |
| Psychological support | <p>In the first place through regular school(school social work) and if parents have worries about their child. Additionally profiling by a psychologist</p> |
| Paramedical support | <p>Physical therapist support through BSON physical therapist</p> |



| | |
|--|---|
| <p>Co-ordination</p> | <p><u>Reaction:</u> reacting on movements of persons, signals(acoustic, visual) and objects</p> <p><u>Differentiation:</u> ability to define the properties of several objects</p> <p><u>Rhythm development:</u> singing, clapping, running, skipping;</p> <p><u>Orientation:</u> awareness ability and recognise place of other persons and objects;</p> <p><u>Balance development:</u> ability to stand, run, balance on different surfaces.</p> <p>Skills to combine the above</p> |
| <p>Movements aspects</p> | <p>Walking, jumping, skipping, turning, catching, throwing etc. From these basic forms develop a transition towards specific movements.</p> |
| <p>Strength development</p> | <p>Several climbing and support forms. The implementation of core exercises by using own bodyweight, running, climbing, jumping, holding positions</p> |
| <p>Speed development</p> | <p>Exercises emphasizing co-ordination and agility for arms and legs.</p> |
| <p>Endurance development</p> | <p>Exercises with different stimulation lengths, relay-race, catch- and throw games</p> |
| <p>Agility development</p> | <p>The implementation of a stretching programme prior- & afterwards training.</p> |
| <p>Hitting skills development</p> | <p><u>Front court, 1/2 court, rear court;</u> development "shuttle" feeling, learning strokes, extension, rotation, the use of several grips, eye/hand co-ordination</p> |



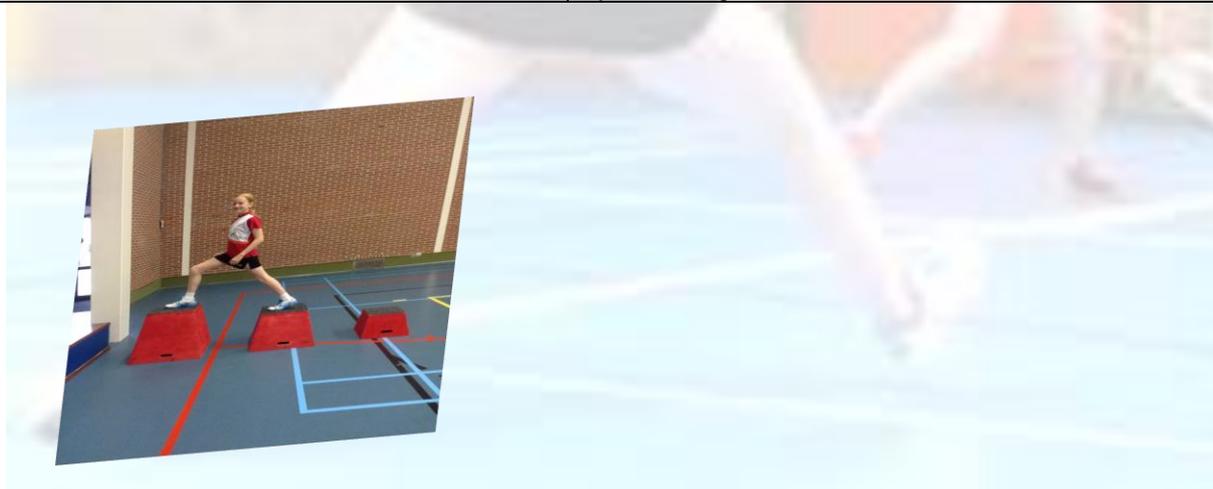
| | |
|----------------------------------|--|
| Footwork development | Front court, ½ court, rear court; Starting, walking, cross steps, braking, moving backwards, lunges, basic step, overhead strokes |
| Singles tactics | Game joy, placing(targeting) of the shuttle |
| doubles tactics | - |
| Mixed doubles tactics | - |
| Psychological development | Central issue in the build up is to develop an emotional balanced individual. Motivation, self confidence and joy have to develop very carefully. Concentration(focus) and relaxation must be developed by using child friendly exercises. Key role in this is the coach's attitude. |



U-11(tot 10 jaar)

| Area of development | Local level | Regional level | National level |
|---------------------|-------------|----------------|----------------|
| club | X | | |
| Regional training | X | x | |
| BSON | X | x | |
| National | | | x |

| | |
|---|--|
| Training volume | <p>10 - 12 hrs weekly in several sports. Of which 10 hrs weekly, basic badminton skills and 2 hrs weekly possible on a scaled down court and lowered net</p> <p>To this always 100% badminton support/coaching!!</p> |
| Recovery, rest & recreation(R&R) | <p>Regular daily sleep 8 -10 hrs at least, training sessions in the early morning, afternoon or late afternoon. In which training finalising always must go to a lower intensity. Jogging, stretching afterwards every training session.</p> |
| Nutrition | <p>Balanced nutrition, regular meals(3-4) during the day, sufficient fluid uptake(drinking)</p> |
| Environmental factors | <p>A social safe climate, will help children to move versatile and regularly. The aim should be that children experience by moving many positive influences without pressure or experience pressure by achieving results</p> |



| | |
|---|--|
| Medical support | Child- or sport physician support, every 2 nd year in the BSON, each year in the ibiZ |
| Psychological support | In the first place through regular school(school social work) and if parents have worries about their child. Additionally profiling by a psychologist |
| Paramedical support | Physical therapist support through BSON physical therapist  |
| Co-ordination <i>The further optimizing of the separate parts are mainly towards balance, reaction speed, rhythm development and connecting/combining these elements with each other.</i> | <u>Reaction:</u> reacting on movements of persons, signals(acoustic, visual) and objects <u>Differentiation:</u> ability to define the properties of several objects <u>Rhythm development:</u> singing, clapping, running, skipping; <u>Balance development:</u> ability to stand, run, balancing on different surfaces. Skills to combine the above Skills to combine the above aspects |
| Movements aspects | Walking, jumping, skipping, turning, catching, throwing etc. From these basic forms develop a transition towards specific movements. |
| Strength development | Several climbing and support forms. The implementation of core exercises by using own bodyweight, running, climbing, jumping, holding positions |
| Speed development | Exercises emphasizing co-ordination and agility for arms and legs. |
| Endurance development | Exercises with different stimulation lengths, relay-race, catch- and throw games |
| Agility development | The implementation and extending of a stretching programme prior- & afterwards training. |
| Hitting skills development | <u>Front court</u> fh grip (universal grip), bh grip, fh & bh netdrop, bh en fh lobs(tightening and loosening) the grip handling <u>½ court</u> |

| | |
|--|--|
| | <p>short fh- & bh service</p> <p><u>rear court</u></p> <p>fh clear, with emphasize on stroke preparation, shortest way lifting the arm upwards, stable "roof" position, perfect stroke movement with underarm rotation(pronation), emphasizing towards fast racket arm f.u. towards "0" position</p> |
| Footwork development | <p><u>Front and 1/2 court;</u></p> <p>Perfectly performed lunges with the required moving rhythm (split steps)</p> <p><u>Rear court</u></p> <p><u>Rotation jump(fh en bh zijde), China jump</u></p> |
| Singles tactics | <p>Having an idea when to play longline/high or short, also cross. Adapting the central position</p> |
| Doubles tactics | <p>Introduction when, with which strokes attack straight(attacking positions), defending positions. Basic rules when to defend cross.</p> |
| XD tactics | <p>Introduction when and why attacking towards boy or girl</p> <p>Defending position girl and boy</p> |
| Psychological development | <p>Central issue in the build up is to develop an emotional balanced individual. Motivation, self confidence and joy have to develop very carefully. Concentration(focus) and relaxation must be developed by using child friendly exercises. Key role in this is the coach's attitude.</p> |
| Carreer- & basic educational planning | <p>In accordance to logistical impossibilities assessing if boarding school options are an option.</p> |

