

FACTORS IMPACTING ON PERFORMANCE

OUTCOME TWO

Planning a programme of work

- What do you need to consider when planning a programme of work?
- What are you trying to improve?

Physical - Skill - OHC - Action phase - transfer of weight/contact with straight arm.

I am working to improve my OHC in the physical factor which falls under skill. I am working to improve my contact with the shuttle with a straight arm in the action phase of my OHC.

- How will this impact/improve your overall performance?

What will change with your OHC - how will this trouble your opponent in a game - what opportunities would you now have?

Contacting the shuttle with a straight arm means that it will stay in the air for longer, will be higher and go further to the back of the court. My opponent will be pushed back resulting in space at the front of the court where I can play the shuttle to win a point. I can also move them around the court more causing them to tire and make mistakes.

- How often do you plan to train a week?

I will train twice a week

- How long will your sessions last?

Each session will last for approximately 50 mins.

Planning a programme of work

- Will the work be the same throughout the programme?

Will it change - how will it change - why will it change - what does change ensure?

- How will you know if improvements are being made?

What evidence of improvements can you use - what may you do throughout your programme - at certain stages of your programme - what will you do with the evidence to prove improvement?

- What training approaches are you planning on using?

What 2 methods of training have you implemented so far in badminton - are there others?

Training Methods

Shadow Practice - Completing the movement of a particular skill without any equipment, allowing the body and muscles to get used to the correct technique. Can focus on specific area of technique (PAR) and ensure it is being performed accurately, as there is no pressure from opponents, time or equipment. E.g. OHC movement with no shuttle or racket allows focus on body and muscle movement.

Repetition Drills - Repeating the same skill continuously with the necessary equipment. Only focussing on one skill and due to no external factors focus can be on perfecting technique. No pressure from an active opponent or time constraints. E.g. 2 sets of 10 OHC - partner feeds to same area of court everytime, OHC performed and time to prepare for next OHC.

Combination Drills - This is a pre determined sequence of shots that you play with a partner which allows you to play your selected development need in a game like situation which is a benefit. Playing it among a range of shots increases pressure due to the movement on court required and the different shots needing played however because the order is already known it doesn't have the same pressures as a game. E.g. High serve - OHC - OHC - drop shot - lift - OHC - OHC - drop shot - lift etc.

Conditioned Games - Where you change the rules or scoring in a game to highlight a specific skill. This encourages you to use this skill more regularly, improving confidence and technique of the skill and all within a game situation. E.g. 2 points if you score using a OHC.