

Herts Badminton Association

Coaching Co-ordinator's Report July 2010 – June 2011

This year has seen a number of developments in sports coaching in general and badminton in particular within the County.

Herts Sports Partnership is establishing a register of coaches and their qualifications so that those going into the County's schools have CRB checks, insurance and have completed a number of workshops including those relating to child protection. This is designed to ensure the best coaching standards are delivered and maintained.

About a dozen coaches went to Milton Keynes in November and saw the top four ladies doubles players being coached. We were most impressed by the skill of the coach who was feeding rapidly and accurately for the players to return the shuttles under pressure. It was an intense workout for all concerned. Between these drills, the players practised low back-hand serves! We had a tour of the Centre and were able to discuss coaching techniques and issues with some of the National coaches before a lunch in the restaurant. We then watched these same players enjoying some agility training. This was a very worthwhile trip and one that will be repeated.

BADMINTON England organised a speed and agility workshop at Herts Sports Village, Hatfield. Andy Alford delivered the workshop, ably assisted by Donna Kellogg. They demonstrated a wide range of drills that help to increase a player's agility and train them to react quickly, appropriately and fluently to the movements of partners and opponents and to the shots being played. We had seen some of these drills being used at the National Badminton Centre on our visit last November. It was an excellent session, very instructive and enjoyable.

There have been fewer requests for coaches than last year. Most of these have been from private individuals and very few from the County's schools. I have managed to fill most of these requests from those coaches on the coaching register.