

Mental Skill Development In Training

Case Study – Indonesia Badminton

Indonesia is a leading country as an Olympic nation in badminton. I was intrigued watching them train years back as to how they induct new talent into the national psyche of success.

Indonesian superstars work with the most promising u.25s so these national players spend days per week / month with the developing squad as mentors / coaches so that the under 25 group can play, train, watch, observe, learn, umpire, be inspired and be part of a succession plan.

The coach used training camps for development of tactics and strategy. Players can get to know their opponents, do a SWOT analysis, study film and others experiences, pre plan with game plans, mentally plan for a reaction to anticipated play from actions 1.2.3 etc. have team mates role play.

I tried to borrow that in my bowls coaching with international squads.

Part of the simulation I introduced was preparing the player to learn about coming from behind in an event example simulate by one player having 2 bowls against 4 bowls; or 3 bowls against 4 bowls; or a singles match (example of this simulation was seen in reality at Yallourn Classic singles where one player I coached was losing 9-21 and ended up winning 25-24)

The simulations are meant to develop confidence in fighting the ‘uphill’ battle so as to become accustomed to battle to the bell; e.g. two players compete against one another where 4 ends to play and score 8-11.

Another part of the simulations at training is to replay previous situations. Introduce deliberate bad calls so as to avoid a Glasson disqualification of years back, a HK foot fault, an unofficial minimum length simulated in practice.

Another aspect of the simulation was climactic: practice in same time zone, temperature, rest well for tournament as to expect in an overseas event.

Badminton experience
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The Badminton observation had one other lesson for me, which is:
Never stop the flow of a game when winning.
Never change winning condition, length or hand in bowls.
Never change a shot that wins.

Lachlan Tighe, 2018