

BEC

Centre Of Excellence

BEC COE Holbæk





Selection Camp

1 – 5 May



Coaching Team



Jeroen van Dijk



Nicola Cerfontyne



Kestutis Navickas



Peter R. Jensen

Coaching team – Office Roles

Structure





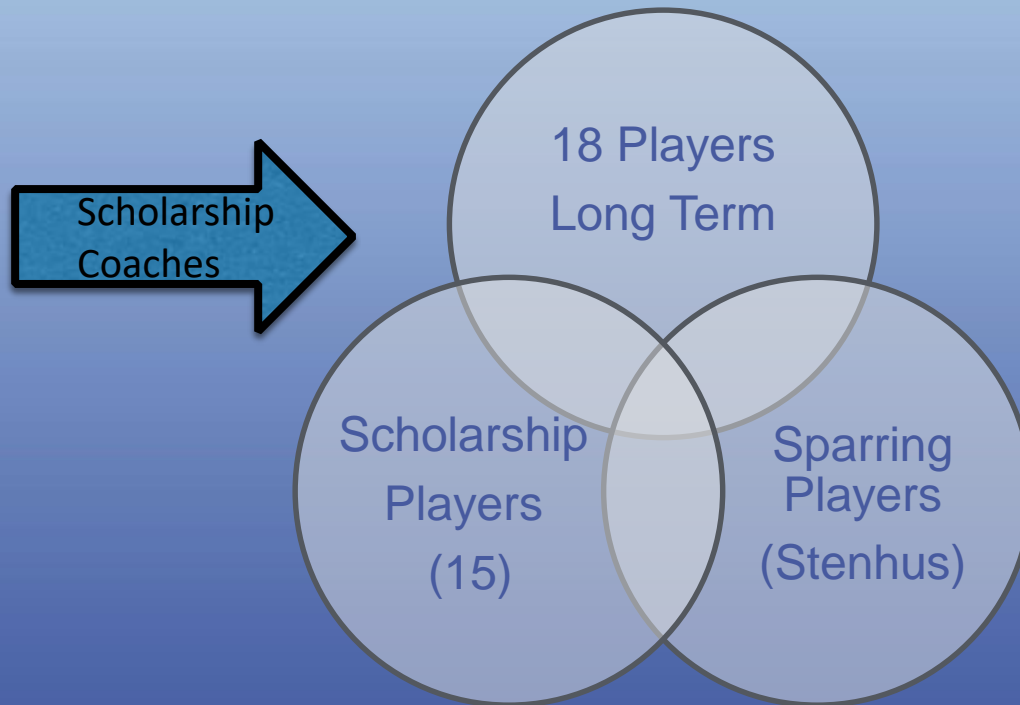
Coach view on COE



Players COE



Players COE



Players COE

Name	Country
Lilit Poghosyan	Armenia
Jessica Jäntti	Finland
Ksenia Polikarpova	Israel
Gerda Voitechovskaja	Lithuania
Kate Foo Kune	Mauritius
Toni Woods	Scotland
Murad Bayramov	Azerbaijan
Sander de Decker	Belgium
Elias Nicolaou	Cyprus
Milan Ludík	Czech REP
likka Heino	Finland
Jonathan Persson	Germany
Ilias Xanthou	Greece
Jonathan Dolan	Ireland
Niks Podosinoviks	Latvia
Matthew Abela	Malta
Matej Hlinican	Slovakia
Felix Burestedt	Sweden

Player Profiles

Profile (Excel)

Name	
short	
Country	
DOB	
WR and date	
Goal Short term	
Goal long term	
CPR number	
Olympic Solidarity	
Olympic Solidarity Scholarship	
Status Olympic Solidarity	
Status stay in BEC COE	
BEC support	

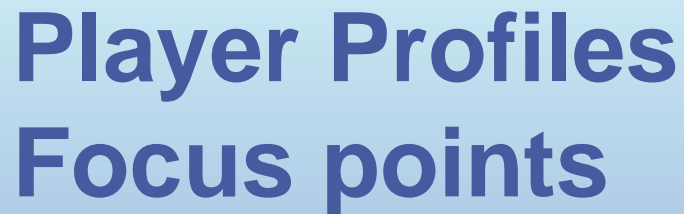
Player Profiles Analysis

		sep-17	mar-18		sep-17	mar-18		sep-17	mar-18
General	Good racket carriage			Soft fingers			Finger squeeze skill		
	Ability to turn shuttle			Can execute short actions			Taking it early (arm extended)		
Grips	Basic/thumb grips, relaxed			Grip changing			Appropriate grip length		
Serve	Low			High			Flick/drive		
FH net shots	Basic net, soft grip			From below w hole net			Tumble		
BH net shots	Basic net, soft grip			From below w hole net			Tumble		
FH Push Shots	Basic below tape			Basic Flat			Basic down wards		
BH Push shots	Basic below tape			Basic Flat			Basic down wards		
Lifts	Forehand Lift			Backhand Lift			Height variation		
FH Drop shots	Basic drop			Slice			Stop or clip		
BH Drop shots	Basic drop			Slice			Clip drop		
FH Clears	Basic clear			Punch/Flat			Full length		
BH Clears	Basic clear			Punch/Flat	N/A		Full length		
FH Smashes	Basic smash			Height variation			Hard		
BH Smashes	Basic smash			Height variation	N/A		Hard	N/A	
Defensive	Block			Lift			Drive		
Drives	Forehand Basic			Backhand Basic			Power FH & BH		
Kills	Forehand kill			Backhand Kill			FH & BH Brush		
Full Jump shots	Drop without rotation			Clear without rotation			Smash without rotation		
Full Jump shots	Drop with rotation			Clear with rotation			Smash with rotation		
Identical Preparation	FH Drop, Smash, Clear			FH Net, Cross Net, lifts			Attacking FH drives, pushes		
	BH Drop, Smash, Clear	N/A		BH Net, X Net, lifts			Attacking BH drvs, pushes		
	Serving Low, flick, drive			Defensive lift, drive, block			Kill, push		
Return of serve	Stance/position			Movement forward			Movement backward		
Basic Movement	Jump out right			Jump out left			Land balanced		
	Base split			Lunge correctly			Adjustment steps		
Moving to..	Front BH/FH			Side BH/FH					
Recovery from..	Front BH/FH			Side BH/FH					
General movement	Efficient movement			Good Timing of movement			Pace variation		
Moving to..	Round the head			Rear Backhand					
Recovery from..	Round the head			Rear Backhand					
Moving to..	FH rear			FH deep corner					
Recovery from..	FH rear			FH deep corner					

Player Profiles Analysis

			sep-17	mar-18
FH net shots	net, soft grip			
BH net shots	net, soft grip			

Tumble		
Tumble		

[illegible]

Player Profiles

Focus points

Apr-Aug18	
	Achieved
Rear court weapons- smash/stick forhand, punch clear forhand	
Body awareness and footwork in terms of rotation to RC	
Serve variation	

	Both player & coach happy to move forward
	Half way between orange and green
	Must continue on focus
	Half way between orange and red
	No improvement



Date of discussion	Tournament	Good (players opinion)	Improvements (players opinion)	Coaches (view)



Player Profiles

Tournament Feedback

- Date of discussion
- Tournament
- Good (players opinion)
- Improvements (players opinion)
- Coaches view

Player Profiles

Tournament Calendar

Week	Month	Day	Date	Tournament / teammatch/info	
1	Jan	Mo	1		
1	Jan	Tu	2	Arrival BEC COE	
1	Jan	We	3		
1	Jan	Th	4		
1	Jan	Fr	5		
1	Jan	Sa	6		
1	Jan	Su	7		
2	Jan	Mo	8		
2	Jan	Tu	9		
2	Jan	We	10		
2	Jan	Th	11	Estonia	x
2	Jan	Fr	12	Estonia	x
2	Jan	Sa	13	Estonia	x
2	Jan	Su	14	Estonia	x
3	Jan	Mo	15		
3	Jan	Tu	16		
3	Jan	We	17		
3	Jan	Th	18	Swedish	x
3	Jan	Fr	19	Swedish	x
3	Jan	Sa	20	Swedish	x
3	Jan	Su	21	Swedish	x

Player Profiles Log book

Week	Date	Item	Note
		<i>Player meeting(Examples)</i>	
		<i>Injury</i>	
		<i>Physio report</i>	
		<i>Sickness</i>	
		<i>Coaches review</i>	
		<i>Additional information</i>	

Player Profiles Test



Players view on COE



Training Phases

	2018			
Week	Tournament	Category	Phase	Focus
jan-01			1	Attack
2	Estonian International (3)	IS	1	Rear court
3	Swedish Masters (6)	IS	2	Rear court
4			2	Rear court
5	Nationals (5)		2	Rear court
feb-06			2	Rear court
7	2018 Eur. M & W team Champ. (3)		2	Rear court
8	Austrian /Swiss	IC/T300	3	Defence
9	Slovak / Spain?	FS	3	Defence
mar-10	Portugal International (3)	IS	3	Defence
11	Czech International (3)	IS	3	Defence
12	Polish Open	IC	3	Defence
13	Croatia /Orleans	FS/T100	4	Defence
apr-14	Finnish Open (5)	IC	4	Midcourt
15	Dutch International (1)	IS	4	Midcourt
16	Hellas (4)	FS	4	Midcourt
17	2016 European Championships (3)		4	Midcourt

Weekly Schedule

Week 5, Rear court (4)			Iceland	Nationals	Nationals	Nationals
Monday 29th	Tuesday 30th	Wednesday 31th	Thursday 1st	Friday 2nd	Saturday 3rd	Sunday 4th
BM 07:30 - 10:00 NCE/KNAv/JVD New hall Group warm up Stability & mobility circuit 2v1 basics	BM 07:30 - 10:00 NCE/KNAv/PRJ/JVD Old hall Matches	BM 07:30 - 10:00 NCE/KNAv/JVD Old hall Multifeed	BM 07:30 - 10:00 NCE/KNAv/JVD Old hall Individual warm up Footwork Tactics & full court combinations	BM 07:30 - 10:00 NCE/KNAv/PRJ/JVD New hall Group warm up Stability & mobility Racket skills		
10:30 - 11:00 Player meetings	10:00 - 11:00 Coaches meeting	10:30 - 11:00 Player meetings	10:30 - 11:00 Player meetings	10:30 - 11:00 Player meetings		
L 11:00 - 11:30	L 11:00 - 11:30	L 11:00 - 11:30	L 11:00 - 11:30	L 11:00 - 11:30	L 11:30 - 12:00	L 11:30 - 12:00
11:30 - 13:00 Player meetings	11:30 - 13:00 Player meetings	11:30 - 13:00 Player meetings	11:30 - 13:00 Video	11:30 - 13:00 Player meetings		
WT 16.15-18.00 Small hall & gym Weights	F 16:00 - 18:00 Bente 4 x 30 min Jann 4 x 30 min	R 14:30 - 15:30 Recovery	WT 16.00-17.00 Weights	WT 15:00 - 17:00 Optional		
BM 18:00 - 19:00 NCE/KNAv New	BM 18:00 - 20:00 NCE/KNAv Old Rubber bands	M 16:00 - 18:00 Jann 4 x 30 min	BM 17.00-18.00, new hall Technical	BM 17:00 - 19:00 Optional New		
Heavy rackets. Technical, shot	Sprints					
	Set plays					

Facilities Accommodation



COE facilities - accommodation



Promotion COE players

COE player: It is nice to be back in top 100


badminton-europe.com/cms/default.aspx?clubid=4685&m=5842724&cmsid=239&pageid=5381&

BADMINTON EUROPE

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ATHLETES' CIRCUITS COMMERCIAL COMMUNICATION & MEDIA HIGH PERFORMANCE MAJOR EVENTS MEMBER STRUCTURES PARA-BADMINTON SPORT FOR ALL WOMEN IN BADMINTON

General



Milan Ludik is back to top 100 (Photo: Mark Phelan, Badminton Europe)

COE player: It is nice to be back in top 100

Date: 3/29/2018 7:24 PM

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Ten days from today, Badminton...
- 01/04/2018 Lamsfuss & Seidel find form ahead of Euros
It had been a pretty poor 2018...
- 01/04/2018 Caljouw goes back to back in Orleans
After winning last year in Orl...

More news

Tweets by @EuropeBEC

Windows taskbar: 12:28 10-04-2018

Promotion COE players

Three new men's singles: x


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BADMINTON EUROPE The official website for European badminton

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Development



Welcome to Jonathan Dolan, Jonathan Persson and Ilias Xanthou.
(Photo: Badminton Europe/Mark Phelan)

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Three new men's singles join the Centre of Excellence

RELATED NEWS

- 28/03/2018 Jonathan Persson's progress and ambitions for the year
Persson's progress since jo...
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Ksenia Polikarpova and Kate Fo...
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More news

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Promotion COE players

BEC - Development - Pla x


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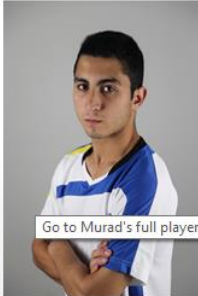
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BEC Centre of Excellence

- Player profiles
- Coaching staff
- COE News
- Future Stars 2013-2016




MATTHEW ABELA 🇲🇹





Go to Murad's full player profile


MURAD BAYRAMOV 🇦🇷



FELIX BURESTEDT 🇸🇪







development.badmintoneurope.com/cms/?&pageid=25252

12:34 10-04-2018



What we need to Improve

- Physio service
- Physical training (weight training)
- Testing





Sportsby Badminton hall





Sportsby