



Coaching women in badminton





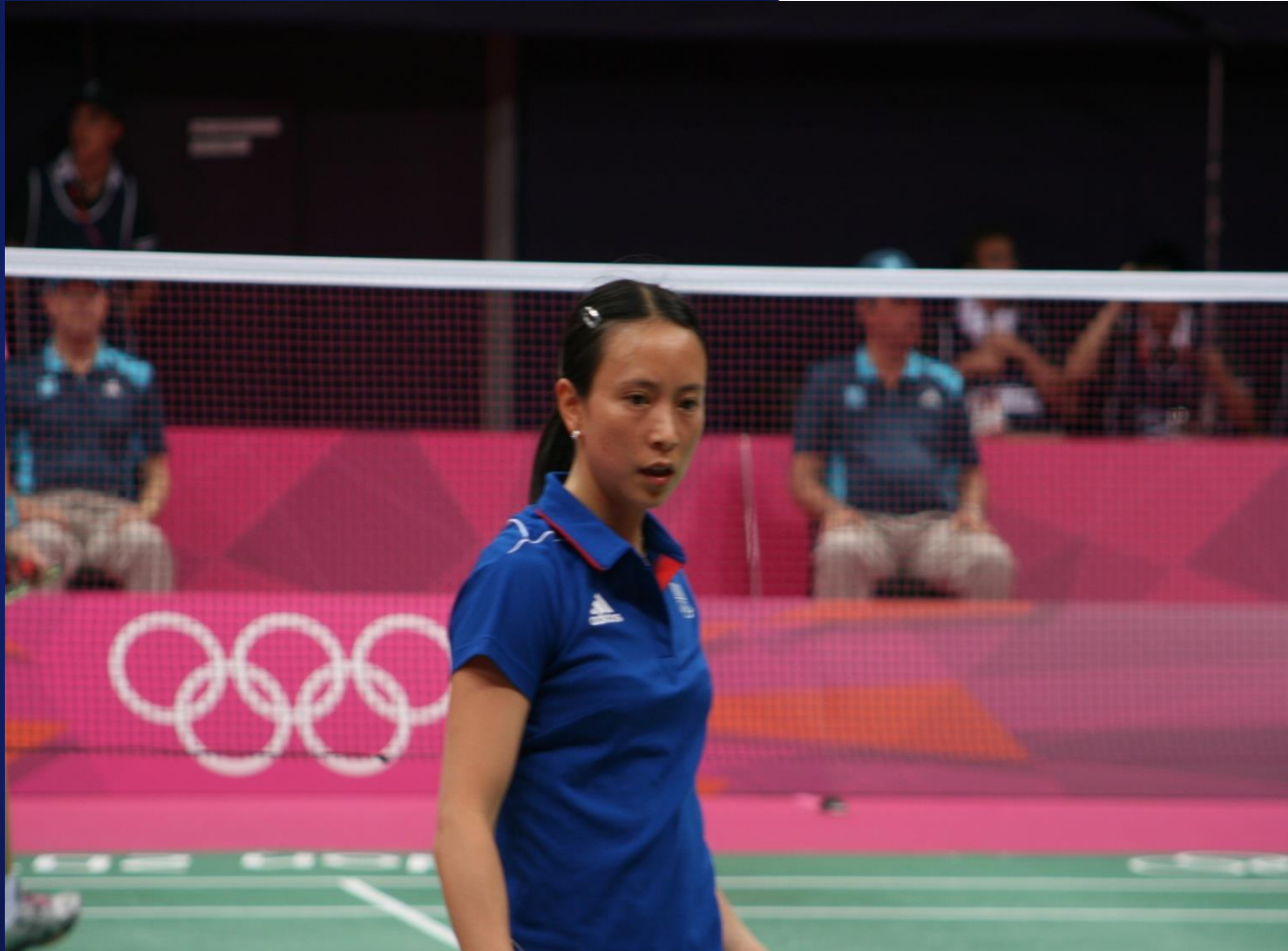
- 10 years working with Hongyan
- How she came to France
- 2002-2004: learning a new culture
- 2004-2006: changing organisation, changing management
- 2006-2009: the golden period
- 2010-2012: the heritage

PI HONGYAN



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- Pi Hongyan, born in january 1979

Like Huaiwen, sent out of the chinese national center in 2000 after winning US Open because was not physically in the criteria chosen by the head coach. Being tall and able to put pressure with winning shots

- Think about quitting badminton because no way of improving and had an offer from Danish badminton club to play their League
- 2001, she won the German Open, the Swiss Open reached finals of Danish Open





FFBAD is working with foreign sparring players to help improving its level (K Morgan, T Hallam, J. Larsen, Stoyanov/Popov....)

- End of career for Sandra Dimbour our top player and looking for daily opposition for our best WS
- Facing difficulties against top level players in the rythm of play so looking for asian sparring



Mixing two different cultures

Early departure from family home

- Two daily training from 8 in the school then moved to the regional center in Chengdu around 10 → working technic with quantity training based on repetition
- Very specific physical abilities
- Educated amongst a group a girls



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- Following chinese method: increasing session length, sharing ideas with Hongyan, using her background
- Training a world top female player is something very differently especially coming from an asian culture
- Nothing really new in the training session, just a high level of commitment in the daily practice: shadow, 2 vs 1 (routines, matches)



- Hongyan feels that we are paying attention to her which gives her confidence: results are coming quick
- She is full of motivation, every single match, every single trip is a new thing for her
- She trusts in me and gives me a huge message of confidence, thinking we are making her stronger

- A position among the other girls is a bit sensible as she is at the beginning not speaking french and considered as someone who is stealing the chances of shining in french badminton.

On top of this, she requires a lot of attention, different treatment than the other girls and it gives a tough time for the women badminton. She is used to leave in a girl environment with lot of solidarity and feels alone , leaving in INSEP. She is missing friends.

- Difficulty for Hongyan to be part of the group
- Difficulty for the staff to make the group accepting Hongyan
 - Group training but too much individual attention
 - Failure in Athens 2004
 - Qualification problem
 - Injury during competition

A new organisation



- Women need to have a good atmosphere to create results
- Hongyan practised mostly with men
- Liked to be the only women in the group
- I had 100% in training for Hongyan
- Hongyan had a big say in how the practice should be.
- Hongyan had a big say which tournaments she would like to play.
- Discussions how the practice should be

- New organisation makes the management easier
 - But was still unfair
 - Isolated, training with boys
 - Missing relationships with others
 - Hopefully Zhou
 - Dedicated sparring players
 - Sometimes tough to be only with boys



- Success or failure
 - Killed competition in our Women single group. Lot of young girls focused on doubles.
 - Gave France a huge exposure on worldwide badminton
 - Part of the financial support of french badminton is coming from government → position improved more results
 - Image for other players

- **J'ai mis la France sur la carte du monde**



- **But I would do it different and easier for Hongyan**



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- Difference in coaching women compare to men
- How to create interest in badminton for young girls
- Would I do it the same way?
 - Dispositif jeune : adapted to girls