Here is where the magic happens!
Hands on:
What does development mean?
General advise for positive development:

Create partnerships

Never be "too" good for anything.
1. You only get good in what you do.

2. What you know today will not be enough tomorrow.

3. The secret behind success in life is hard work. That is the reason why the secret behind the success for most people stay as a secret. (JO Kos)
"Our comforting conviction that the world make sense rests on a secure foundation: our almost unlimited ability to ignore our ignorance"

Daniel Kahnemann
Changes in 21 century

1. 38-40 mm ball- September 2000
2. 21-11 points game- September 2001
3. The service rule- September 2002
4. Glueing/not glueing VOS- January 2006
5. Racket control- May 2007
6. Celluoid- Non celluoid ball- during 2014
7. Coaching during games- October 2016
What do we know? What do we think?

38-40 mm

ball
21-11 points game

What do we know? What do we think?
Service rule

What do we know? What do we think?
Glueing/not glueing

What do we know? What do we think?
RACKET CONTROL

WHAT DO WE KNOW? WHAT DO WE THINK?
Celluoid/no celluoid

What do we know? What do we think?
Coaching during the games

What do we know? What do we think?
My facts.....today
Be yourself - be real
Learn to say:

- Yes
- No
Dont take anything for granted
If something goes wrong, go to yourself first
Go forward!
Respect your colleague - don’t judge
Respect results
Do you expect 100% of your players? How much do you need to give to get that?
At the table:
Explain what you want/expect to have something to refer to
Use the time - first 15 minutes at the table?
Remind YOURSELF about purpose of the exercise:

”You only get good in what you do”
The better prepared-the more you can improvise
All successful coaches knows biomecanics....in the hall.

1. Distance
2. Hight
3. Hittingpoint
4. Balancepoint
Groups of 4!
30 min+presentation

We practice a group, national level, 16-18 years old. How does your ”dream week” look like? Is there any differences between girls and boys? Motivate! Maybe you want to make girl/boys weeks?
How does your week look right now?
How do we create your dream week?
ASIA!

How do we pass them?

20 min.
True intuitive expertise is learned from prolonged experience with good feedback on mistakes.

– Daniel Kahneman