



WELCOME

The 2019-20 season is now well under way. We have seen some great competition at all levels.

Our Festival of Tournaments kicked off in October. And our Intercounty competition began with the U17s in November.



Highlights

- Multiple Triples!
- Medals Galore
- Success Abroad
- InterCounty Champs
- Leinster Trip to AIG FZ Forza Irish Open Finals
- Coach's Corner





ACHIEVEMENTS

2019/20 Autumn Highlights

Open Tournament Results

Our players are having outstanding results so far this season. The Gold & Silver medals have been flying back to Leinster thanks to the following players:

Dylan, Eoghan, Fionn, Senan, Siofra, Andrew, Zarah, Robert, Adi, Sean Patrick, Vincent, Scott, Ben, Amira, Hannah, Ananya, Carol, Lochlann, Eoin, Michelle, Chloe, Cillian, Lorcan, Julia, Kerry, Megan, Peter, Kim, Orla, David, Leonie, Kevin, Nicole, Neasa, Saumya, Nessa, Levina, Aishlinn, Sabrina. Well Done All!

Results Abroad

Every season, some of our players play in the Gold & Gold Star Events in England. Congratulations!

Siofra Flynn – U15 GD Bronze, Nottingham; U15 XD Bronze, Milton Keynes

Sophia Noble – U17 GS Gold Star Gold & XD Bronze, Leigh; U17 GS Gold Star Silver & GD Silver, Milton Keynes

Vincent Pontanosa – U17 BD Silver, Leigh

Nicole Joy – U13 GS Gold & GD Silver, Cheltenham; U13 GS Gold Star Bronze & GD Bronze, Hertfordshire

Dylan Noble – U15 BS Silver & XD Bronze, Milton Keynes

Andrew Hassett – U13 BS Gold Bronze, Hertfordshire

Provincial Opens - TRIPLE GOLDS



Dylan Noble - U15 Irish Open & U15 Ulster Open

Sophia Noble - U17 Ulster Open & U17 Leinster Open

Nicole Joy - U13 Ulster Open , U13 Leinster Open, U13 Munster Open

Amira Pender - U11 Munster Open & U11 Ulster Open

Scott Guilda - U17 Munster Open

Andrew Hassett - U13 Munster Open

Orla Flynn – U19 Connacht Open



Festival of Tournaments

Tournament Dates

The Festival of Tournaments kicked off with the [Yonex Juvenile OctoberFest](#). We had a huge entry to the tournament with 105 players, from 19 different clubs. The [Yonex Juvenile NovemberFest](#) was up next and it was very impressive to see how much our players have improved since October. We had players from 20 different clubs, with a number of kids playing their 1st tournament.

We are running two league tables for the Festival of Tournaments. The first is counting the number of entries from each club. Currently, Naas Junior & Terenure College are in Joint 3rd place. Dunboyne is in 2nd place. And WHRJBC is in 1st place with a massive 42 entries into the Festival to date.

The second league table is counting the number of Gold medals that have been won by each club. Currently, Mullinavat is in 3rd place. Terenure College is in 2nd place. And WHRJBC is in 1st place. Let's see how the tables change after the WestsideFEST & the FebruaryFEST!

2020 Tournament Dates for your Diary:

4 – 5 th Jan	Connacht U13/U17 Open
18 – 19 th Jan	Leinster: Yonex U15 & U19 Open
25 – 26 th Jan	Leinster: Westside Juvenile Fest
1 – 2 nd Feb	BI – Irish U15 National Champs
15 – 16 th Feb	BI – Irish U13 & U17 National Champs
22 – 23 rd Feb	Leinster: Yonex Juvenile February Fest
7 – 8 th Mar	BI – Irish U19 National Champs
4 th Apr	BI – All-Ireland Inter-Provincials
17 – 18 th Apr	Leinster: Yonex Easter Juvenile Open
25 th Apr	Bi – Juvenile Inter County Finals



U17 INTERCOUNTY LEINSTER CHAMPS



KILDARE

The U17 Leinster Intercounty competition took place in Baldoyle Badminton Centre on the 10th November, with a record entry of 10 County Teams.

The morning sessions saw the teams play in 3 groups with each match consisting of Boy's Singles, Girl's Singles, 2 Boys Doubles, 2 Girls Doubles and 1 Mixed Doubles. The results of these groupings then decided the 3 Divisions for the afternoon's play.

Results were as follows:

Division One:

1st – *Kildare 1*; 2nd – *Dublin 1*; 3rd – *Kilkenny*

Division Two:

1st – *Kildare 2*; 2nd – *Carlow*; 3rd – *Offaly*

Division Three:

1st – *Meath 1*; 2nd – *Dublin 2*; 3rd – *Dublin 3*; 4th – *Meath 2*

Kildare will now represent Leinster at the All-Ireland Finals which will be held in the Sports Arena in the University of Limerick in April 2020.

It was great to see so many players wear their County Colours. In the New Year, we hope to see as many County Teams as possible compete at the Leinster U11, U13 & U15 competitions. The Winner of each competition will go on to represent Leinster alongside Kildare U17 at the All-Ireland Finals.

InterCounty Dates for your Diary

2 nd Feb	Leinster U11 InterCounty
1 st Mar	Leinster U13 InterCounty
22 nd Mar	Leinster U15 InterCounty
25 th Apr	All-Ireland InterCounty Finals



CARLOW



DUBLIN



KILDARE



KILKENNY



LAOIS



LONGFORD



LOUTH



MEATH



OFFALY



WESTMEATH



WEXFORD



WICKLOW

Upcoming Leinster Team Competitions

Leinster Teams will be selected after Christmas to participate in the following competitions:

U13 Celtic Challenge: 8 – 9th Feb in Lisburn

U15 Celtic Challenge: 28 – 29th Mar in Lothian

U18 ICT: 16 – 19th Apr in Nottingham

U21 ICT: 18 – 19th Apr in Hatfield

<http://leinsterbadminton.com/selection-criteria-for-leinster-teams/>

Good Luck to all players competing to make teams

All-Ireland InterProvincial Competition will be held in Baldoye 4th April

AIG FZ

FORZA IRISH

OPEN

FINALS

On Saturday 16th Nov, our Leinster Juvenile Squads were brought to the finals of the Irish Open.



Irish National Squads 2019

A huge congratulations to all our Leinster players who have made National squads this season. The first squad kicked off Nov 17th. Further squads will be held Mar 22nd & Apr 19th.

Coach's Corner

Blocked Practice vs Random Practice: A Short Insight

Craig McCourtney, BI Education & Training Officer

Practice makes Perfect and as coaches we need to aim to create the perfect practices, which are player appropriate and allow the player to develop their information and situation processing abilities.

There is a vast amount of work done in the area of blocked vs random practice. Blocked practice is the performance of the same or similar skills in repetition with little or no variation. For example, a multi-shuttle routine would be where the player is hitting one rear court shot followed by one forecourt shot continuously, and in a predictable format. A random practice is where a player practices varied skills, in different situations, needing to adjust and be ready for any possibilities. A good example is on the YouTube video below. Many of the random practices in badminton are based around running shuttle routines. Enabling this decision-making is key to the athlete's development.

A study by Goode & Magill (1986) took 30 players and split them into groups; with one group using blocked practice and another random practice. Everybody learnt the same technical skills. The results showed that the players who learnt using random practice had a better skill retention and were able to progress onto other practices much more easily than those who were taught using blocked practice.

When planning for your session it is important to prepare various possibilities for these practices so that you can adapt your practice as required. Random practices in badminton can go from simple to complex. One example of this is known as a conditional game. For instance, each player is given a limited number of shots they can play in a short match to encourage a certain style of play. This can progress to Play Rally Out (PRO) random practices, where the coach would allow the players to move into a free rally to win the point after a certain shot outcome has been met. The link below demonstrates a nice example of a PRO with emphasis on short controlled rallies by Ex Danish National Coach, Lars Uhre at this year's Badminton World Conference.

Reference

Goode, S., & Magill, R. A. (1986). Contextual interference effects in learning three badminton serves. *Research Quarterly for Exercise and Sport*.

https://www.facebook.com/watch/?v=1453092111495408&external_log_id=5cc0b48994520681bfa2cb878bc0f1b5&q=bwf%20lars

<https://www.youtube.com/watch?v=mPrriXY06yM>

<http://badmintonandy.com/decision-making-in-badminton-practices/>



info: www.smash-cancer.com

WE NEED YOUR SUPPORT!

Will your club host a badminton fundraising event and support Cancer Research?

Badminton Ireland is raising money for cancer research, and have partnered with the Irish Cancer Society and National Breast Cancer Research Institute to create their SMASH cancer campaign. In this season of Goodwill to All, you can buy a raffle ticket to support this excellent cause and learn more at <https://smash-cancer.com/>

LEINSTER
BADMINTON

*LEINSTER YONEX
JUVENILE CHRISTMAS CLOSE*

*TERENURE BADMINTON CENTRE
DECEMBER 27TH – 29TH*

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@LeinsterYouthBadminton

YONEX

Enter: www.badmintonireland.com/tournaments
Closing Date: Friday, 13th December 2019

