

## Foundation Award in Coaching Badminton

Our new Foundation Coach course is the starting point for people who would like to get into coaching badminton and become a coaching assistant. This course will teach you to:

- Lead fun games, activities, and tournaments
- Understand the badminton landscape and structure in England
- Support a 'coach' in the delivery of a session through:
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  - Delivering appropriate warm ups/ cool downs
  - Appropriately feeding
  - Having a basic knowledge of hitting actions, tactics and the rules of the game
- Deliver Badminton England programmes such as:
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  - No Strings Sessions
  - SmashUp!
  - Racket Pack Lite
- Understand the badminton landscape
- Effectively support the development of clubs/ sessions
- Maximise the participant experience

### Why do this course?

Interested in joining the fulfilling world of helping people to develop new skills in their sport? Coaching can be a hugely satisfying experience, where you can decide how much time you commit. Whether it is helping at your local son or daughter's club for an hour a week or setting up your own badminton club, coaching can work for you. Watching players develop their skills under your guidance is incredibly rewarding, but don't overlook the benefits you'll see personally. You'll develop your personal and professional skills, get a chance to exercise, meet new people, encourage respectful behaviour and improve your confidence.

### What is the course structure?

Before you attend your first day you will be sent through a link to two pre-course e-learning modules, these being:

- Coaching skills for foundation coaches
- Business skills for foundation coaches

These module takes roughly 1 hour to complete and will give you confidence, up to date terminology and knowledge to support you during the course. We recommend you complete these prior to day 1 of the course.

The course itself will follow the structure below:  
Day one:

- Arrival and setting the scene
- My coaching philosophy
- My coaching kit bag
- Leading warm-ups and cool downs
- Experiencing Badminton England programmes
- Feeding & Differentiation
- Movement and the stroke cycle

Day two:

- Grips
- Serving
- Underarm hitting
- Forehand overhead hitting
- Backhand overhead hitting
- The badminton landscape
- Fun games

### **What is the assessment process?**

The assessment process for the course is an e-assessment module, required to be completed after the course. This is formed of 30 multiple choice questions, with a pass mark of 75%. You will get three attempts to achieve this mark.

### **What have coaches thought of the course?**

*“I really enjoyed myself – I am not a badminton player, so found some parts more difficult, but the tutors really helped my understanding throughout the duration of the course” – Helena*

*“I have gone back to my club and recommended the course to so many other potential coaches” – Derek*

*“The two days were full on, but also full of interesting information and knowledge, that I’m already using back in my junior sessions” – Tanya*

### **Additional Information**

#### **Course Dates & Times:**

Day 1 – 25/11/23 9:00am - 5:00pm

Day 2 – 26/11/23 9:00am - 5:00pm

#### **Venue Information:**

David Lloyd Cheshire Oaks, Stanney Lane Ellesmere Port, CH65 9JN

#### **What to bring with you?**

Please come prepared to be active on court for the duration of the course. Therefore, suitable sports attire (including a clean non-marking pair of badminton shoes to change into when you arrive at the venue) and a badminton racket is required. Please also bring a note pad and pen or

tablets/ smart phones if you wish to take notes/ capture the course to take away with you. A packed lunch and drinks will also be required.

**Who is delivering this course to you?**

Gavin Simpson and Richard Morrissey will be delivering this course

**Booking Information**

**Costs:**

£220 for Non Members

£195 for Badminton England Members\*

£150 for Cheshire County Members

To book on please use this link and then email Gavin below for payment details.

<https://badmintonengland.justgo.com/workbench/public/events?ref=191BDB538A6688C687B6E831841B1B726A6F068E>

**Payment Methods:**

Please Email [gavinlogan123@sky.com](mailto:gavinlogan123@sky.com) for payment details **£50 non refundable** deposit on booking and remainder 1 week prior to the course start date 17/11/23

Please be aware that your place is only confirmed once we have received your deposit

**Booking Deadline:**

Please ensure that you book onto this course before 17/11/23.

**Booking Criteria:**

All learners must be 16 or over on the first day of the course.

If you have any questions or problems regarding the above information or when trying to book onto a course, you can get in touch by either emailing [gavinlogan123@sky.com](mailto:gavinlogan123@sky.com)