



REGIONAL PERFORMANCE SQUAD POLICIES & PROCEDURES

BASE PROGRAMME

OCT 2023

Aim and Key Focus



Aim

'To introduce athletes into a performance environment with a particular focus on younger athletes'

Mission

To develop the **technical skillset** of our athletes

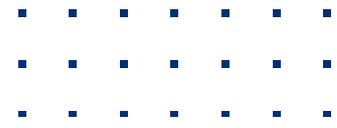
Technical skillset can be seen as the foundation that they will build their game on in their later years. As such, it is important that we focus a significant amount of training hours at this stage of development, learning how to move to the shuttle appropriately and strike the shuttle effectively.

Athletes can develop their **tactical awareness** within their technical development practices, as it has been evidenced that these two components are intertwined. Developing an athlete's awareness (personal, spatial and opponent) at a young age when developing their skills, will allow them to improve not only technically but holistically as they will have a better understanding of when to utilise these within different situations.

The **physical goals** at this stage should be focused highly on the coordinative skills of athletes but also include some initial athletic elements. These can be acquired in specialised sessions and through incorporating different sports for the general athletic abilities of players.

The **mental aspect** of the game is a lower priority at this stage of development; however, it is important that athletes learn basic competencies such as learning to learn, through the coaches challenging athletes to reflect on various practices and games.

Trials



1 WHO

- Athletes aged approximately 8-14.
- Athletes participating in badminton sessions a minimum of two times per week prior to the initial trial will be invited.

2 WHAT

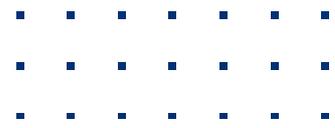
Trials will include two parts:

- An initial open trial of one session to ensure athletes are of an appropriate standard and understand the commitment required.
- A second trial will consist of 8 RPS sessions throughout a period of 4-8 weeks.

3 WHEN

- Trials will take place in March and September each year within each region.
- In some cases, athletes may be invited for an individual trial if deemed appropriate by both the RPS lead coach and NJPNM.

Trials



4 HOW

Taking part:

- Clubs will be emailed with the online form, as well as this being posted on social media channels.
- An online form should be completed nearer the time of the trial if an athlete wishes to take part.
- A formal email from rps@badmintonscotland.org.uk will be sent to the parent/guardian of the athlete identified for a trial.
- In some circumstances players may be invited out with the parameters stated above based on coach recommendation, the lead Base RPS coach will take the recommendation into consideration and proceed appropriately.

Post Trial



Initial Trial:

Successful Athletes

- Badminton Scotland will email parents offering the athlete a further trial within the programme (see above).
- This will be sent out within one week of the initial trial.

Unsuccessful Athletes

- Session coaches will provide Badminton Scotland with a small, standardised report outlining the reasons why an athlete would not be invited for a further trial
- Badminton Scotland will then email this report to parents providing them with some feedback points to work on to develop their game further
- May look to be invited to take part in the next trial period

Second Trial:

- At the end of the trial period (4-8 weeks), coaches will provide Badminton Scotland with an athlete Review document detailing their reasons for selection/non-selection into the programme.
- Emails will then be sent out to athletes' parents with the appropriate outcome and reasoning explained.

Selection



Following second trial, successful athletes will be invited to their Regional squad. This will be based on which Badminton Scotland RPS group area they live within. On some occasions discretion may be applied by coaches/NJPNM, if:

- 1** Geographically another region's squad is easier and more feasible to attend.
- 2** An athlete may attend school within another area; therefore the school area may be considered more appropriate.
- 3** An athlete is significantly above the standard of the programme within the area therefore additional opportunities should be considered.

Athletes should be attending a Pathway Club a minimum of once per week (where pathway clubs exist).

Four factors will be considered when selecting players:

- 1** Athlete Abilities (See Athlete Abilities Criteria on page 7)
- 2** Performance Culture & Behaviour (See Performance Culture & Behaviour Expectations on page 8)
- 3** Training and Tournament Commitment (See Training & Tournament Commitment Expectations on page 8)
- 4** Training Performance

Factors 1, 2 and 4 will form the basis of coach's rationale to support selection or non-selection during their second trial. Factor 3 will also be monitored as it is an expectation that athletes will undertake 6 hours of on-court training and 1 hour off-court training per week; as well as compete in 6 Competitions A or B grade (minimum of 2 A grade + National championships) each year.

Reviews



Athletes should expect to receive a basic Athlete review document every 6 months. This will be based on consideration of the four factors above, providing a brief overview of progress. These will be provided in February and August each year.

Athletes can be members of this programme until the age of 14 however, there is a maximum of 16 spaces in most cases within each Base regional squad, therefore, athletes will be prioritised based on perceived potential if there is competition for spaces.

Naturally deselections from squads may occur. Deselections may occur due to progress, commitment or performance behaviours highlighted within the appendix section. Athletes should be provided with initial written feedback from Badminton Scotland detailing areas for further development. Badminton Scotland will offer a minimum of 6 weeks' notice to athletes being deselected (this does not apply to behavioural issues which may lead to a shorter notice period).

If an athlete is deselected from the squad, Badminton Scotland will aim to support the athlete through providing them with other training opportunities in an appropriate environment to allow the athlete to continue to develop with the view to possible re-entry onto the programme within future trial periods.

Base Athletes Abilities



| | Technical | Tactical | Physical | Mental |
|---|---|---|--|---|
| Core Skills/ Abilities | <ul style="list-style-type: none"> -Technical proficiency in core strokes and movement skills - Stroke quality - Movement speed and efficiency - Movement Rhythm etc. | <ul style="list-style-type: none"> -Increased perception of opponent, personal and spatial awareness - Ability to identify and implement tactical plans. - Ability to identify and implement tactical solutions. | <ul style="list-style-type: none"> -Functional movement e.g.running, jumping, hopping, skipping, etc. - Mobility - Stability - Flexibility - Fast feet - Racket head speed - On-court speed endurance | <ul style="list-style-type: none"> -Body Language - Self talk - Emotional regulation - Dealing with adversity - Thinking clearly under pressure (T.C.U.P.) |
| Potential to Champion Skills/ Abilities | <p>Ability to repeat all technical skills to a world class level under pressure, e.g. fatigue, opponent pressure, different training/competition environments.</p> | <ul style="list-style-type: none"> -Develop own game plan based on personal strengths. - Ability to repeatedly identify and tactical plans and solutions under pressure. - Ability to adapt style to compete against different opponents, different training/competition environments etc. | <ul style="list-style-type: none"> -Ability to use physical skills efficiently and effectively in a training/match situation. - Ability to repeatedly execute all physical movements to a world class level under pressure e.g. fatigue, opponent pressure, different training/competition environments etc. | <ul style="list-style-type: none"> - Ability to use skills under pressure e.g. uncomfortable and unforeseeable situations etc. |

Base Performance Culture and Behaviours



| Athlete Category | Preparation | Work Ethic | Engagement | Leadership/ Team Culture |
|------------------|---|---|---|--|
| Base | - Athlete arrives prior to session start and is prepared to maximise any given session. | - Athlete applies 100% effort during session. | - Athlete embraces coach feedback during the session. | - Athlete sets good examples and high standards by upholding the values of the squad during the session. |

Base Training and Tournament Commitment

| | On Court Training Commitment (per week) | Off Court Training Commitment (per week) | Competition Commitment (Per Season) |
|------|---|--|---|
| Base | 6 hours of group sessions minimum | 1 hour, physical development minimum | Minimum of 6 competitions, A or B Grade. Athletes must compete in at least 2 Scottish A grade events and Junior National Championships |