



# REGIONAL PERFORMANCE SQUAD POLICIES & PROCEDURES

**ADVANCE PROGRAMME**

OCT 2023

# Aim and Key Focus



This programme is appropriate for athletes aged 13- 22

## Aim

The aim of 'Advance' is to build on the laid foundation of 'Base' and 'Develop' by providing disturbances that enable athletes to reflect and develop in more challenging circumstances. As well as developing both the physical and mental aspects with increased importance.

## Mission

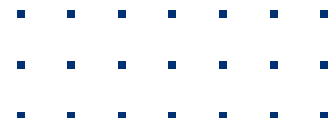
Within this part of the programme, both **technical and tactical growth** will be prioritised through the coach placing constraints within practices which will force a reflection process upon the athlete, developing their technical and tactical perspectives. This will help athletes recognise common patterns of play which they can draw upon to make informed decisions within rallies. Consistency at this stage also becomes increasingly important in the application of skills as the athletes look to refine their shot quality and accuracy.

The speed of play in these later Junior years increases significantly, becoming more important for athletes to improve the **physical aspect** of their game. This would include speed of movement, agility and flexibility, as well as their strength and power.

The **mental demands** will add more stress on the athletes. This will lead to some intentionally stressful situations in training, providing opportunities to deal with frustration, negative thoughts and adversity. This will increase the demand on them to be able to cope with situations like this and they will have to learn to regulate both emotions and thoughts in this development step.

Lastly, the **performance focus** should increase in "advance" with athletes now being expected to focus on tournament results criteria, as well as continuing to develop their game, as ultimately athletes must aspire to reach the overall programme aims and have a performance expectation within themselves.

# Trials



## 1 WHO

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- Athletes aged approximately 13-22
- Athletes participating in badminton sessions a minimum of four times per week prior to the initial trial may be invited

## 2 WHAT

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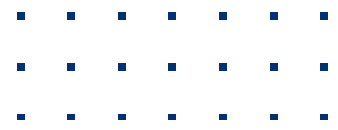
- Trials will consist of 8 RPS sessions throughout a period of 4 weeks unless alternative arrangements have been approved by the lead RPS coach and NJPNM.

## 3 WHEN

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- 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



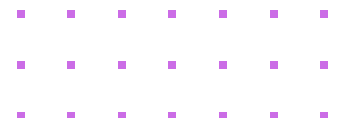
## 4 HOW

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### Taking part:

- An athlete reaches appropriate performance outcome results (Detailed towards the end of the document), automatically resulting in a trial.
- The Lead RPS coach or a Pathway Club coach may recommend athletes for a trial and will advise Badminton Scotland through completing an athlete nomination form prior to any trial periods (nominations should be submitted in February and August each year).
- A formal email from [rps@badmintonscotland.org.uk](mailto:rps@badmintonscotland.org.uk) will be sent to the parent/guardian of the athlete identified for a trial.
- In some circumstances athletes may be invited out with the parameters stated above based on coach recommendation, the lead RPS coach will take the recommendation into consideration and proceed appropriately.

# Post Trial



- At the end of the trial period (4 weeks/8 sessions), 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.
- Note that there may be occasions around individual athletes where coaches feel it is more appropriate to offer them one session per week in Develop and the other session in Advance.

# Selection



An athlete's regional squad 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 group'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).

## **Five factors will be considered when selecting athletes:**

- 1** Tournament Results (See Tournament Results Criteria on page 7)
- 2** Athlete's Abilities (See Athlete Abilities Criteria on page 8)
- 3** Performance Culture and Behaviour (See Performance Culture & Behaviour Expectations on page 9)
- 4** Training and Tournament Commitment (See Training & Tournament Commitment Expectations on page 10)
- 5** Training Performance

Factors 2, 3 and 5 will form the basis of coach's rationale to support selection or non-selection during their trial. Factor 4 will also be monitored as it is an expectation that athletes will undertake 10 hours of on-court training and 3 hours off-court training per week; as well as compete in 6 A grade competitions/Junior 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 five factors above, providing a brief overview of progress. These will be provided in February and August each year.

Players can be members of this programme until the age of 22 however, there is a maximum of 12 spaces in most cases within each Advance regional squad, therefore, athletes will be prioritised based on perceived potential to progress through the Badminton Scotland pathway 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 Base, Develop and Advance Performance Culture and Behaviours section below. Players 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 them to continue to develop with the view to possible re-entry onto the programme within future trial periods.



# Tournament Results



<b>Event</b>	<b>Base</b>	<b>Develop</b>		<b>Advance</b>	
		<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>
2X U13 A Grade Singles	N/A	SF	F		
U13 Nationals	N/A	SF	F		
2x U15 A Grade		(S) QF (D) SF	(S) SF (D) SF	F	F
U15 Nationals		(S) QF (D) SF	(S) SF (D) SF	SF	(S) SF (D) F
2x U17 A Grade		(S) L16 (D) QF	(S) QF (D) SF	(S) QF (D) SF	(S) SF (D) F
U17 Nationals		(S) L16 (D) QF	(S) QF (D) SF	(S) QF (D) SF	(S) SF (D) F
2x U19 A Grade				(S) L16 (D) QF	(S) QF (D) SF
U19 Nationals				(S) L16 (D) QF	(S) QF (D) SF

Key-

(S)	Singles
(D)	Doubles
L16	Last 16
QF	Quarter-Final
SF	Semi-Final
F	Final



# Advance Athletes Abilities



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

# Advance Performance Culture and Behaviours



Athlete Category	Preparation	Work Ethic	Engagement	Leadership/Team Culture
Advance	Athlete arrives prior to session start and is prepared to maximise any given session.	Athlete applies 100% effort during session and undertakes extra work during or pre/post session.	Athlete embraces coach feedback during the session and actively initiates and engages in critical thinking and self-analysis of performance with coach during the session.	Athlete sets good example and high standards during the session and provides positive or constructive feedback to other team-mates, upholding the values of the squad.

# Advance Training and Tournament Commitment



Athlete Category	On Court Training Commitment (per week)	Off Court Training Commitment (per week)	Competition Commitment (Per Season)
Advance	10 hours minimum.	3 hours, physical development	<p>Minimum of 6 competitions.</p> <p>Athletes must compete in at least 4 Scottish A grade events and Junior National Championships.</p>