



# **REGIONAL PERFORMANCE SQUAD POLICIES & PROCEDURES**

**DEVELOP PROGRAMME**

OCT 2023

# Aim and Key Focus



This programme is appropriate for athletes aged 10-16.

## Aim

Build on the technical and tactical foundations of the Base programme, providing increased expectations and an introduction to tournament outcome criteria.

## Mission

To develop both the **technical** and **tactical** skillset of athletes:

Continuing to develop the **technical skillset** of athletes will come in two forms. Firstly, some of the more challenging technical skills will be learned such as shots next to the body and shots behind the body, which require players to have a foundational understanding of some of the previous technical principles learnt within the 'Base' programme. Secondly, athletes will now be challenged to perform skills already learned within more open, pressurised environments, encouraging them to adapt techniques to the most appropriate situations.

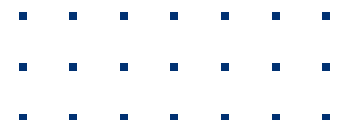
Training hours should support learning how to use these skills and techniques effectively within practices that promote **tactical awareness**, having to make small adjustments and decisions, enabling athletes to develop key principles of techniques whilst having the adaptability to use skills in the appropriate context.

Tactical games and exercises that further challenge players in the usage of their acquired skill set will be present in this stage of the programme, providing athletes with the opportunity to use these skills within a more open environment.

Preparing the **physical component** will also become more important as athletes move through the programme, in Develop the goal is to prepare them for the increasing importance of later physical training, including learning the technical execution of off court exercises.

The **mental aspect** is still one of the lower priority areas within the 'Develop' programme however, athletes at this stage should be learning how to set goals with the RPS coaches providing support and input.

# Trials



## 1 WHO

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- Athletes aged approximately 10-16
- Athletes participating in badminton sessions a minimum of three times per week prior to the initial trial may be invited

## 2 WHAT

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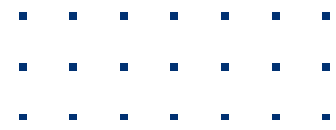
- Trials will consist of 8 RPS Training sessions throughout a period of 4 weeks unless alternative arrangements have been approved by the lead RPS coach and NJPNM.

## 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 lead RPS coach and NJPNM.

# Trials



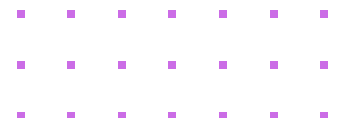
## 4 HOW

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### Taking part:

- An athlete reaches appropriate tournament outcome criteria (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 Develop 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 Base and the other session in Develop.

# 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 8 hours of on-court training and 2 hours off-court training per week; as well as compete in a minimum of 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.

Athletes can be members of this programme until the age of 16 however, there is a maximum of 16 spaces in most cases within each Develop RPS, 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 and Develop Performance Culture and Behaviours section below. 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.

# 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



# Develop 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> </ul> </li> <li>- Thinking clearly under pressure (T.C.U.P.)</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>

# Develop Performance Culture and Behaviours



Athlete Category	Preparation	Work Ethic	Engagement	Leadership/Team Culture
Develop	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 demonstrates critical thinking and self-analysis.	Athlete uses positive language to help motivate and/or encourage others and upholds the values of the squad during the session.

# Develop Training and Tournament Commitment



Athlete Category	On Court Training Commitment (per week)	Off Court Training Commitment (per week)	Competition Commitment (Per Season)
Develop	8 hours of group sessions minimum.	2 hour, physical development minimum.	Minimum of 6 competitions.  Athletes must compete in at least 4 Scottish A grade events and Junior National Championships.