



# **SQUAD SELECTION**

## **Senior Development Squad**

Updated April 2021

# Performance Pathway Goals

Culture Goal	Athlete contributes to the Badminton Scotland Performance Culture in all relevant areas that positively reflect on the individual, the team and Badminton Scotland.
Outcome Goal	To produce athletes capable of consistently competing at a world class level. This includes achieving identified targets in relation to the GB Performance Programme and medals at Commonwealth Games.
Programme Goal	Providing athletes with access to (a) a performance pathway; and (b) the opportunity to participate in high quality sessions, with increased levels of competition.
Pathway Goal	Athletes should be affiliated and attending Pathway Clubs in areas where Pathway Clubs are present.
Squad Selection	<ul style="list-style-type: none"><li>• Please note “Performance Results” serve as a guideline for selection into our squads.</li><li>• Coaches in conjunction with the Head Coach and/or the National Junior Performance Network Manager can nominate and move athletes into and within the Performance Programme on the basis that the athlete demonstrates the ability to meet performance and training goals, displays the appropriate "Performance Behaviours" and commits the appropriate number of hours to the sport.</li><li>• Athletes that do not achieve and/or demonstrate these aspects in the opinion of the coaching teams can be de-selected.</li></ul>

# Decision Making Process

Coaches will consider the following factors:



Player's abilities

Performance Culture  
and Behaviour

Training and Tournament  
Commitment

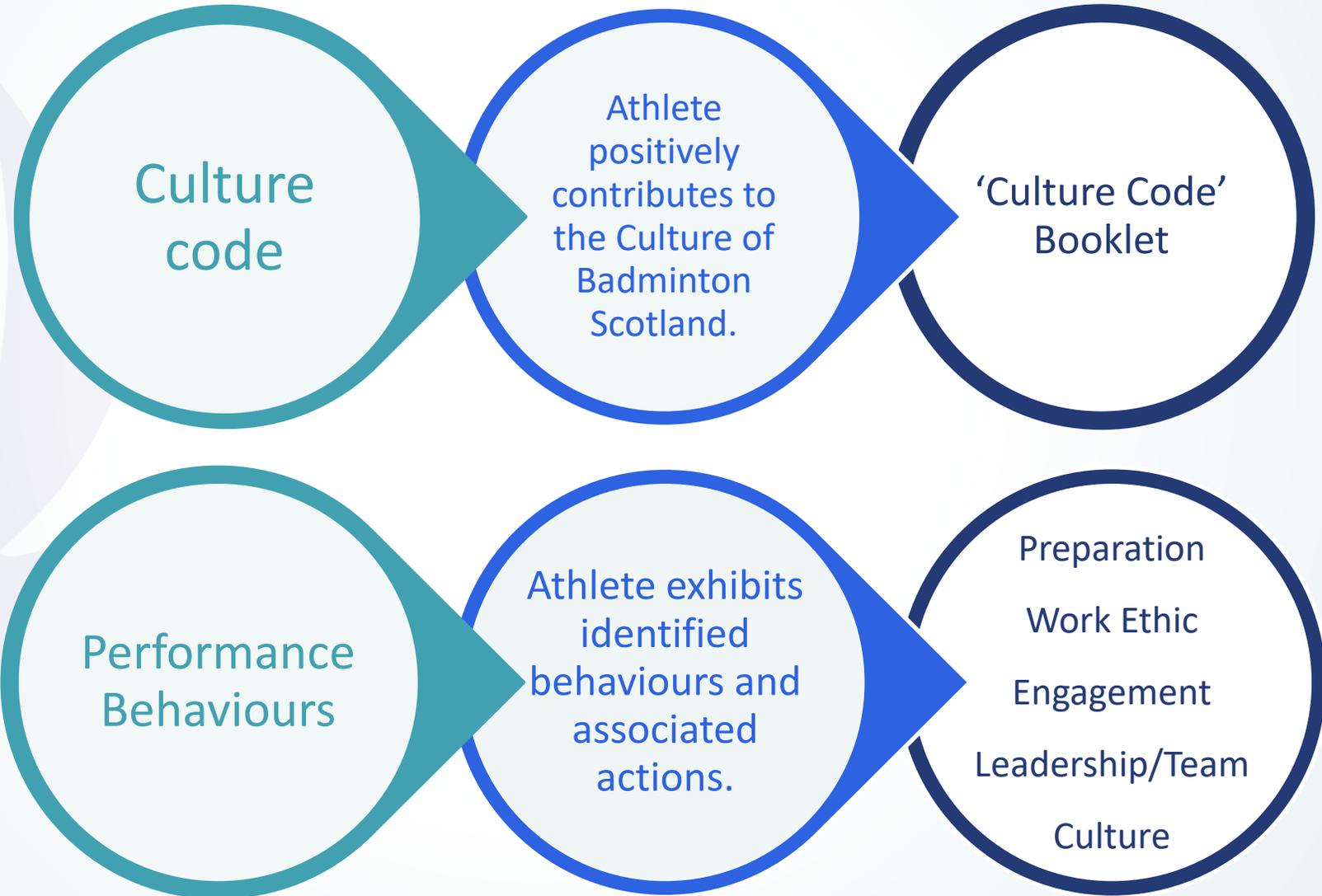
Training and Tournament  
Performance

# Player's Abilities



	Technical	Tactical	Physical	Mental
Base skills	<p>Technical proficiency in core strokes and movement skills:</p> <ul style="list-style-type: none"> <li>• Stroke quality</li> <li>• Footwork speed and efficiency</li> <li>• Movement rhythm etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Increased perception of Opponent, Personal &amp; 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.</li> <li>• Mobility</li> <li>• Stability</li> <li>• Flexibility</li> <li>• Fast feet</li> <li>• Racket head speed</li> <li>• On-court speed endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Body language</li> <li>• Self talk</li> <li>• Emotional regulation</li> <li>• Dealing with adversity</li> <li>• Thinking Clearly Under Pressure (T.C.U.P)</li> </ul>
Potential to advance skills	<ul style="list-style-type: none"> <li>• Ability to repeatedly execute all technical skills 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>• Develop own game plan based on personal strengths</li> <li>• Ability to repeatedly identify and implement 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>

# Performance Culture and Behaviour



# Performance Behaviours

Athlete Category	Preparation	Work Ethic	Engagement	Leadership/Team Culture
U13	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.
U15		Athlete 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.
U17/RSDS		Athlete undertakes extra work with another team member during or pre/post session.	Athlete actively initiates and engages in critical thinking and self-analysis of performance with Coach during the session.	Athlete provides positive or constructive feedback to other team-mates and upholds the values of the squad during the session.
RSDS/SDS	Athlete has all necessary items to participate and maximise any session. Athlete consistently does everything in their control to maximise both their physical and mental state - R&R, nutrition etc.	Athlete leads and implements weekly scheduled sessions both on and off court in collaboration with coach and collects information/data on said work.	Athlete communicates in-depth critical thinking and self-analysis of their performance and development in general and can add value to any given session.	Athlete consistently takes initiative and communicates effectively with peers to enhance the session and upholds the values of the squad.

\*Please see preparation checklist for further details

# Preparation

Session Essentials	Personal Development	Injury Prevention/Rehab	Physical Development
1. Rackets x 2 min*	1. Session evaluation – e.g. Work completed	1. Tennis ball	1. Skipping ropes
2. Court shoes	2. Training diary – e.g. On/Off court training completed and scheduled	2. Thera-band	2. Thera-band
3. Water bottle	3. Athlete Development Goals	3. Foam roller	3. Heavy racket/head cover
4. First Aid Kit (scissors included)	4. Tournament Planner	4. Physio tape	
5. Hand sanitiser	5. Athlete Performance Goals		
6. Towel			

\*An additional racket is required as player progresses eg. U15 - rackets x 3

# Senior Development Squad (SDS) – Training and Tournament Commitment



Athlete Category	On-court Training*	Off-court Training	No. of Tournaments (Minimum)	Tournament Grade	Tournament Funding**	Subsistence Funding**
Senior Potential	12+	4+	9+	A Grade + International	X	X
U19 Development	10+	3+	10+	Senior & Junior A Grade		
U18 Squad						

\* Athletes will have access to SNS sessions. This will vary depending on personal circumstance and perceived performance level.

\*\* Additional support depending on performance level/personal circumstances e.g., Sponsorship, Sporting Grants, Sports Scholarship's, Local Authority Performance Programme etc.

# SDS – Training and Tournament Performance



Athlete Category	Performance Results*		Age Group	Tournament Goal	Training Goal
	Achieve minimum of 2				
	Singles	Doubles			
Senior Potential	R32 Int Series.	R16 Int Series.	Up to 25	Athlete aims to achieve the next phase in Badminton Scotland's Performance Pathway by the identified age.	Athlete meets required standards in areas of performance, training culture and high performance mindset.
	R16 Int Future Series.	QF Int Future Series.			
	QF Senior National Championships.	SF Senior National Championships.			
	RU Senior A Grade.	W Senior A Grade.			
U19 Development	QF Senior National Championships.	QF Senior National Championships.	U19	Athlete aims to achieve the next phase in Badminton Scotland's Performance Pathway by the identified age.	Athlete meets required standards in areas of performance, training culture and high performance mindset.
	SF Senior A Grade.	RU Senior A Grade.			
	U19 R32 World Junior	U19 R32 World Junior			
	U19 QF European Junior	U19 QF European Junior			
	U19 W National Championships.	U19 W National Championships.			
	U19 W 2 x A Grade.	U19 W 2 x A Grade.			

\*Performance Results attained in competitions with weakened fields and/or insufficient numbers e.g. athletes 1st match automatically achieves a performance result without competing will not be considered.

# SDS – Training and Tournament Performance cont.



Athlete Category	Performance Results*		Age Group	Tournament Goal	Training Goal
	Achieve minimum of 2				
	Singles	Doubles			
U18 Squad	SF Senior A Grade.	SF Senior A Grade.	U18	Athlete aims to achieve the next phase in Badminton Scotland's Performance Pathway by the identified age.	Athlete meets required standards in areas of performance, training culture and high performance mindset.
	U19 R16 European Junior	U19 R16 European Junior			
	U19 RU National Championships.	U19 RU National Championships.			
	U19 Win A Grade.	U19 Win A Grade.			
	U17 Nationals + U17 W A Grade.	U17 Nationals + U17 W A Grade.			

\*Performance Results attained in competitions with weakened fields and/or insufficient numbers e.g. athletes 1st match automatically achieves a performance result without competing will not be considered.