*Coaching Courses*

FULL OVERVIEW

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# 1.0 Introduction

Below is a chart of Badminton Scotland's courses. This chart shows how the current and previous qualifications relate to one another, and which course to progress to if you wish continue your coaching development. Underneath is more information about all of our current courses.

## 1.2 Badminton Scotland Qualification Guidelines

## 

Current Courses 2020

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# 2.0 Coach Education Funding

Please see the [Coach Education Funding](http://www.badmintonscotland.org.uk/coaching/coach-education-funding/" \t "_blank) section of our website to view possible funding options in your area. For courses, Level 1, Level 2 and Level 3, a subsidy is available from[Sports Scotland.](https://sportscotland.org.uk/funding/ukcc-subsidy-for-coaches/" \t "_blank)

# 3.0 Badminton Basics Course

Badminton Basics is a six-hour course geared towards coaches with little or no badminton experience. It focuses on fun games for beginners, allowing participants to lead sessions at schools and assist more experienced coaches at clubs. Candidates receive a certificate of attendance and a pack.

Badminton Basics is a core component of the new coaching awards and, as such, is the first step on the pathway. The minimum age for participants is 14 years of age. Candidates will receive a certificate and resource pack.

To see all upcoming courses and book on please [visit our new online system](https://badmintonscotland.azolve.com/EventBrowser.htm" \t "_blank)

For further information, please contact:

Lynn Narey, Assistant Administrator  
lynn@badmintonscotland.org.uk  
0141 445 1218

# 4.0 Level 1 Award for Assistant Coaches in Badminton

## 4.1 What does it qualify you to do?

The Level 1 is the entry point into the coaching world and qualifies the assistant coach to support the Level 2 coach or Level 1 + coach during a coaching session. This support role might include observation of practice, feeding and group management, to allow the effective delivery of the planned coaching programme.

## 4.2 What are the course learning outcomes?

By the end of the Level 1 Award for Assistant Coaches in Badminton learners will be able to:

* Understand the role and responsibilities of the coaching assistant
* Understand the principles of hitting technique and provide an accurate demonstration
* Understand the mechanical principles of movement and provide an accurate demonstration
* Understand basic singles and doubles tactics and be able to communicate to their players
* Understand the principles of warm up and cool down and be able to plan and deliver them appropriately related to a coaching scenario
* Understand and apply the basic underpinning knowledge related to the physical demands of badminton and the mechanics of movement
* Understand and apply the main laws of badminton in support of the competitive situation
* Assist with the delivery of badminton coaching sessions
* Assist with the review of badminton coaching sessions

## 4.3 How long does it take to complete?

The course normally takes place on Saturdays and Sundays. There are two taught days, 9.30-4.30, and one assessment day, 10.00-4.00, split into a morning and afternoon session. You only need to attend either the morning or afternoon for the assessment The assessment is normally 2-3 weeks after the teaching days.

## 4. 4 Are there any pre-requisites?

Candidates are required to complete the Badminton Basics Course and Child Protection in Sport workshop before Level 1. Exceptions for completing these after can be made in special cases, please contact coach admin to discuss.

You can book onto Badminton Basics [here](https://badmintonscotland.azolve.com/EventBrowser.htm" \t "_blank)

You can complete a 3 hour online Child Protection in Sport course [here](https://www.nspcc.org.uk/what-you-can-do/get-expert-training/child-protection-sport-online-course/" \t "_blank)

Or your Local Authority should run *'Child Wellbeing and Protection in Sport'* courses in your area, please see [here](https://sportscotland.org.uk/training/" \t "_blank) for details

The minimum age for Level 1 is 16.

## 4.5 Is there any pre-course or work required to be completed away from the course?

* All Level 1 courses will involve pre-course e-learning modules that are assessed. These e-learning modules include:
* An introduction into the how to coach skills of badminton
* An introduction to the rules of the game
* The underpinning knowledge related to the physical demands of badminton and the mechanics of movement

## 4.6 How has our Level 1 been developed?

Our Coaching Qualifications have been developed by a source group formed of members from a variety of backgrounds, including:

* Our Performance Team
* Our Tutor Workforce
* Members of the UK Source Group (Representatives from Badminton Scotland, Badminton Wales & Badminton England)
* SportsCoach UK

This source group has ensured that our Coaching Qualifications form a clear and defined coaching pathway that will shape and support coaches along their coaching journey giving them the relevant skills and experience at the right time.

## 4.7 How much does the course cost?

**Level 1 Award for Assistant Coaches in Badminton**

Coaches not on the \*coach membership system or working within an affiliated club - £220  
Coaches on the coach membership system or working within an affiliated club - £200

\*coach membership is £20 please see [here](http://www.badmintonscotland.org.uk/coaching-education/coach-membership/" \t "_blank)for details

## 4.8 Sportscotland Subsidy

Candidates can apply for a grant of £75 towards their UKCC Level 1 course. **You must apply 4 weeks before the course starts.** To apply please follow the link by clicking [here](https://sportscotland.org.uk/funding/ukcc-subsidy-for-coaches/" \t "_blank)

For further funding options please see [here](http://www.badmintonscotland.org.uk/coaching/coach-education-funding/" \t "_blank)

## 4.9 How do you find a course & apply?

[Please use Go Membership to book onto all our courses](https://badmintonscotland.azolve.com/EventBrowser.htm?summary=all)

## Require more information?

Please contact the Coaching and Development team for more information:

Phone: 0141 445 1218

Email: [lynn@badmintonscotland.org.uk](mailto:lynn@badmintonscotland.org.uk" \t "_blank)

# 5.0 Level 1+ Certificate for Coaches in Badminton

## 5.1 What does it qualify you to do?

The Level 1+ qualifies individuals to be standalone coaches who can independently plan, lead and review sessions for beginners and intermediate players.

## 5.2 What are the course learning outcomes?

By the end of the Level 1+ Certificate, Coaches will:

* Understand the role and responsibilities of the coach and how to structure a session
* Develop appropriate progressive practices
* Understand tactical play and include in progressive sessions
* Accurately fault correct with specific feedback for improvement
* Plan, Deliver & Review a badminton coaching sessions

## 5.3 How long does it take to complete?

The Level 1+ is a one day course including the assessment, 9.00-5.00 normally on a weekend.

## 5.4 Are there any pre-requisites?

Candidates will be required to complete the Level 1 before attending Level 1+.

Candidates need to be aged over 18.

## 5.5 Is there any pre-course or work required to be completed away from the course?

Prior to the course, learners are expected to read over Level 1 booklet to refresh ‘How to Coach’ Skills.

## 5.6 How has our Level 1+ been developed?

It has been recognised that progressing from Level 1 to Level 2 can be difficult due to the intensity, content and expectations at Level 2.  This course has been developed to assist in the transition between Level 1 and Level 2 and to allow coaches who want to coach beginners and intermediate level players, the opportunity to become a stand-alone coach.  Our Level 1+ course has been developed by our Badminton Scotland steering group, consisting of a tutor representative, a coaching representative and a performance representative.

## 5.7 How much does the course cost?

**Badmintonscotland Level 1+ Certificate for Coaches in Badminton:**  
Coaches on \*Coach Register - £100

**\*It is mandatory for standalone coaches to join the coach membership system and become insured**. Coach Membership costs £32 per year. For details of the all benefits of joining the Coach Membership system please see [here](http://www.badmintonscotland.org.uk/coaching-education/coach-membership/" \t "_blank)

For further funding options please see [here](http://www.badmintonscotland.org.uk/coaching/coach-education-funding/" \t "_blank)

## 5.8 How do you find a course & apply?

[Please use Go Membership to book onto all our courses](https://badmintonscotland.azolve.com/EventBrowser.htm?summary=all)

## Require more information?

Please contact the Coaching and Development team for more information on the Level 1+ Certificate for Coaches in Badminton.

Phone: 0141 445 1218

Email: [lynn@badmintonscotland.org.uk](mailto:lynn@badmintonscotland.org.uk" \t "_blank)

# 6.0 Level 2 Certificate for Coaches in Badminton

## 6.1 What does it qualify you to do?

The Level 2 qualifies individuals to be standalone coaches who can independently plan, lead and review coaching programmes to support the development of players.

## 6.2 What are the course learning outcomes?

By the end of the Level 2 Certificate for Coaches in Badminton learners will be able to:

* Understand the role and responsibilities of the coach
* Apply the correct biomechanical principles of hitting technique and provide an accurate demonstration of defined badminton strokes
* Apply the correct biomechanical principles of movement to a wide range of movements performed in badminton
* Understand and apply key singles and doubles tactics, develop sets of progressive tactical practices to develop discipline-specific hitting and movement skills and effectively communicate with players tactically
* Recognise and interpret the significance of hydration and nutrition in badminton performance
* Apply knowledge of anatomy, physiology and kinesiology to badminton
* Recognise the mental processes required to cope with stresses in badminton
* Understand substance misuse in sport and badminton
* Plan, Deliver & Review a series of badminton coaching sessions

## 6.3 How long does it take to complete?

The Level 2 Certificate for Coaches in Badminton is three days taught, 9.00-5.00, learning followed by an assessment day, 9.30-5.30, usually delivered over a 2-3 month period. The course normally takes place over weekends.

## 6.4 Are there any pre-requisites?

Candidates will be required to complete the Level 1 or Level 1+ before attending Level 2. Level 1+ has been designed as a bridge course as between Level 1 and Level 2 as it has been recognised that progressing from Level 1 to UKCC Level 2 can be difficult due to the intensity, content and expectations at Level 2.

When completing UKCC Level 1 assessors will advise candidates on which course is most appropriate to move onto next, however it is up to candidates to make their own decision on their coaching pathway.

Candidates need to be aged over 18.

## 6.5 Is there any pre-course or work required to be completed away from the course?

All Level 2 courses involve pre-course e-learning modules that are assessed. These e-learning modules include:

* Lifestyle & badminton
* Mental processed in badminton
* Physiology & badminton

Away from the course, learners are expected to develop and deliver two sets of linked progressive sessions, one for an individual and one for a group of players.

## 6.6 How has our Level 2 been developed?

Our Coaching Qualifications have been developed by a source group formed of members from a variety of backgrounds, including:

* Our Performance Team
* Our Tutor Workforce
* Members of the UK Source Group (Representatives from Badminton Scotland, Badminton Wales & Badminton England)
* SportsCoach UK

This source group has ensured that our Coaching Qualifications form a clear and defined coaching pathway that will shape and support coaches along their coaching journey giving them the relevant skills and experience at the right time.

## 6.7 How much does the course cost?

Coaches on \*Coach Register - £365

**\*It is mandatory for standalone coaches to join the coach membership system and become insured**. Coach Membership costs £32 per year. For details of the all benefits of joining the Coach Membership system please see [here](http://www.badmintonscotland.org.uk/coaching-education/coach-membership/" \t "_blank)

## 6.8 Sportscotland Subsidy

Candidates can apply for a 60% subsidy towards their Level 2 course from Sports Scotland.  **You must apply 4 weeks before the course starts.**To apply click **[here](https://sportscotland.org.uk/funding/ukcc-subsidy-for-coaches/" \t "_blank)**

For further funding options please see [here](http://www.badmintonscotland.org.uk/coaching/coach-education-funding/" \t "_blank)

## 6.9 How do you find a course & apply?

[Please use Go Membership to book onto all our courses](https://badmintonscotland.azolve.com/EventBrowser.htm?summary=all)

**Require more information?**

Please contact the Coaching and Development team on 0141 445 1218 or email [lynn@badmintonscotland.org.uk](mailto:lynn@badmintonscotland.org.uk" \t "_blank) for more information

# 7.0 Level 3 Certificate for Head Coaches in Badminton

## 7.1 What does it qualify me to do?

The Level 3 qualifies the coach to take up a Head Coach role and lead the development of high-level badminton players through effective badminton coaching and the application of sports science principles.

## 7.2 What are the course learning outcomes?

By the end of the Level 3 Certificate for Head Coaches in Badminton learners will be able to:

* Apply advanced coaching principles to all aspects of coaching
* Analyse the needs of the individual player and provide a technically sound coaching solution based on player analysis
* Analyse the needs of the doubles pair and provide a technically sound coaching solution based on player analysis
* Apply coaching theory in the delivery of an effective group session for performance players
* Understand how to support participants physical conditioning within sport specific annual programmes
* Understand how to provide participants with nutritional advice within sport specific annual coaching programmes
* Understand how to develop participants mental skills within sport-specific annual coaching programmes
* Understand how to provide participants with lifestyle support within sport-specific annual coaching programmes

## 7.3 How long does it take to complete?

The Level 3 Certificate for Head Coaches in Badminton is eight days taught learning followed by an informative and summative assessment day usually ran over a year.

## 7.4 Is there any pre-course or work required to be completed away from the course?

Our Level 3 course involves a significant amount of work away from the course to be completed. The course involves several pre-course e-learning modules that are assessed. These e-learning modules include:

* Understand how to support participants physical conditioning within sport specific annual programmes
* Understand how to provide participants with nutritional advice within sport specific annual coaching programmes
* Understand how to develop participants mental skills within sport-specific annual coaching programmes
* Understand how to provide participants with lifestyle support within sport-specific annual coaching programmes

Away from the course, learners are expected to develop and deliver two annual coach programmes, as well as completion of the Level 3 portfolio.

## 7.5 How much does it cost?

The Level 3 costs £900.

## 7.6 Sportscotland Subsidy

Sportscotland subsidy can be applied for (included in the application form) which means applicants can access 20%, 40% or 60% towards the cost of the course. For successful applicants, subsidy amounts are decided by Sportscotland and Badminton Scotland. Some coaches may not be eligible for any subsidy.  The application for the subsidy is included in your general application and will be reviewed at the same time, please see the link below.

For further funding options please see [here](http://www.badmintonscotland.org.uk/coaching/coach-education-funding/" \t "_blank)

## 7.7 How do I apply?

In order to apply to undertake our highest coaching qualification you need to be coaching in a performance environment. Entry on Level 3 is by application to Badminton Scotland, this is only possible when we have course dates available. There are currently no Level 3 courses open for application. Please get in touch with coach admin if you would like to be placed on a waiting list [lynn@badmintonscotland.org.uk](mailto:lynn@badmintonscotland.org.uk" \t "_blank)

**Our full Coach Education Policy document can be found [here](http://www.badmintonscotland.org.uk/media/2599/final-ukcc-and-coach-ed-full-policy-april-2019.pdf" \o "FINAL UKCC and Coach Ed Full Policy April 2019.pdf" \t "_blank)**

**If you need to arrange a reassessment for any course pleaes contact lynn@badmintonscotland.org.uk**