



PATHWAY PROGRAMME

The Badminton Scotland Pathway Programme is the foundation of the overarching Badminton Scotland Pathway which provides a path from entry level programmes through to the National Team. The Badminton Scotland Pathway Programme includes a tiered approach to help athletes develop the required competencies in an appropriate learning environment. The stages have been developed based on research, testing and feedback and consider the following four factors attributed to performance development:

- Technical
- Tactical & mental
- Physical & Motor Skills
- Social & Personal

A key principle of the Badminton Scotland Pathway is to encourage athletes to participate within the appropriate programme for their age, stage and level of ambition that is appropriate to their current ability.

Please be aware the information contained on each segment of the pathway should be seen as a guide and may vary due to circumstance and context.



MINITON

FOR THE NEXT GENERATION

TO INTRODUCE YOUNG CHILDREN TO BADMINTON AND PROVIDE THEM WITH A FUN LEARNING ENVIRONMENT.

AGE RANGE 5-8 years old

SESSION DURATION 45mins-1hr

PRE-REQUISITES None

BS APPROVED CLUBS CURRENTLY DELIVERING MINITON:

- Aberdeen Badminton Academy
- Ayrshire Badminton Club
- Base Lanarkshire
- City of Glasgow Badminton Club
- Edinburgh Badminton Academy
- Glasgow Badminton Academy



REGIONAL PATHWAY PROGRAMME

TEAMWORK, INTENSITY, CONSISTENCY & EFFORT

AIM & AGE RANGE 8-11 years old

To introduce athletes into a performance environment and emphasises the importance of each area of development within the Minton foundations (Technical, Tactical & Mental, Physical & Motor Skills and Social & Personal).

AIM & AGE RANGE 11-14 years old

Build on the foundations of the initial layer of the programme, providing increased expectations and an introduction to our TICE framework:(Teamwork, Intensity, Consistency and Effort)

AIM & AGE RANGE 15-18 years old

To build on the laid foundation of the previous stages by providing a challenging training environment that enables athletes to reflect and develop. The development of physical strength at this stage increases in importance.

SESSION DURATION & FREQUENCY 1hr 45 - 2hrs 3 times a week

PRE-REQUISITES

Athletes should have participated in a Minton programme or equivalent for a minimum of 1 year prior to entering the programme. Criteria and selections will be advised appropriately at each stage.

BS APPROVED CLUBS CURRENTLY DELIVERING RPP:

- Aberdeen Badminton Academy
- City of Glasgow Badminton Club
- Edinburgh Badminton Academy



NATIONAL PATHWAY PROGRAMME

PERFORMANCE & EXCELLENCE

AIM & AGE RANGE 10+ years

For athletes who are amongst the best in Scotland for their respective age group. The programme will offer additional support complimenting the Regional Pathway Programme (RPP) that the athlete will remain an integral part of.

This is a National Programme which will provide guidance through workshops, additional training and competition exposure, helping athletes understand the demands and expectations of performance badminton.

SESSION DURATION & FREQUENCY

**1hr 45 - 2hrs
A minimum of 1 time per week + Quarterly National Camps**

PRE-REQUISITES

Athletes should be participating in the RPP prior to entering the programme. Criteria and selections will be advised appropriately at each stage.