



# Certificate

# **BWF Coach Level 1**

Presented to:

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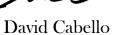
BWF Coach Level 1 Training Course

Dublin, Ireland

 $30^{\mbox{\tiny th}}$  July –  $2^{\mbox{\tiny nd}}$  August 2019

Poul-Erik Høyer

President



Chair - Development Committee











## **BWF** Coach Level 1 - Competencies

The candidate has completed all requirements of the BWF Coach Level 1 course and demonstrates the following competencies.

#### Personal / Professional Standards

- o Presents appropriately for the role of a BWF level 1 Coach.
- o Coaches safely and responsibly and is capable of maintaining a safe coaching environment.

### **Technical Competencies**

- O Demonstrates the required knowledge of technical and tactical elements and can apply this knowledge appropriately in a coaching situation.
- Has the required knowledge of the basic biomechanical principles which underpin hitting and movement skills in Badminton.
- O Understands how psychology and lifestyle can affect badminton performance.
- o Can use appropriate hand and racket feeding to provide meaningful practice opportunities.

#### Coaching and Planning Competencies

- Has demonstrated the ability to:
- o Complete relevant planning tasks (risk assessment, player details etc.)
- Set appropriate player goals based on observation and analysis of players
- O Plan/deliver linked sessions (8) to help players achieve their goals
- o Review and evaluate each session
- Use coaching methods that provide for different learning styles
- Give effective and appropriate feedback
- Manage groups of players.

#### Coaching Delivery and Review

Meets the required levels of coaching competence described in the BWF Level 1 Coaches Manual - delivery of coaching and review of coaching practice.