

# Level 2 Badminton Coaching Course Guidelines

**Badminton Australia (BA) Level 2 Coaching Course** is a nationally recognised course that is aligned with National Coaching Accreditation Scheme (NCAS) Level 2 Accreditation competency standards.

## Target Market

This course is aimed at coaches who wish to work / currently are working with **state / territory squad / team level players**.

## Course Duration

In-Course Work	20.00 hours
Coaching Practical	30.00 hours
Post-Course Assignment	10.00 hours

## Course Entry Pre-Requisites

- Have a current BA Level 1 (advanced) Coaching Accreditation or overseas equivalent.
- Have successfully completed a Level 2 Coaching Principles Course.
- Have been actively coaching for 60 hours since the time of their BA Level 1(advanced) Coaching Accreditation. Confirmation of coaching practical hours is required through the provision of coaching diaries or a letter of endorsement from their state, territory or national association or coaches committee.
- Candidates must be 18 years of age at the time of accreditation.
- Participants should have a personal fitness level that will enable them to physically complete the practical requirements of the Training Program. Training Program presenters reserve the right to request proof of fitness from a medical practitioner. Participants who are unable to meet this requirement will undertake alternate activities during the practical components of the Training Program. This is to be discussed with the presenter prior to the delivery of the Training Program.
- Training Program presenters will implement flexible assessment techniques (particularly within the written components) to allow those with special needs to undertake an alternative form of assessment.

## Course Syllabus

<b>Unit 1:</b>	<i>Sport Ethics &amp; Rules of the Game</i>
<b>Unit 2:</b>	<i>Endurance, Speed, Strength And Power Training For Badminton</i>
<b>Unit 3:</b>	<i>Sport Psychology</i>
<b>Unit 4:</b>	<i>Advanced Singles Play</i>
<b>Unit 5:</b>	<i>Advanced Doubles Play</i>
<b>Unit 6:</b>	<i>Advanced Mixed Doubles Play</i>
<b>Unit 7:</b>	<i>Game Analysis &amp; Planning a Training Program</i>
<b>Unit 8:</b>	<i>Post-Course Practical &amp; Worksheet</i>

## Competency Statement

At the completion of the course, coaches will be able to:

### Plan and Prepare:

- Plan and prepare a training session appropriate to the needs of players;
- Plan and prepare safe training sessions; and
- Organise human and physical resources appropriate to the needs of training and game play.

### Conduct:

- Organise and conduct safe activities and training sessions to develop and challenge individuals / teams (physically, technically and tactically);
- Use appropriate and positive communication to meet the needs of a team/ individual and the situation; and
- Interpret the rules of the game and apply them to coaching and game play.

### Monitor/Review:

- Analyse athlete performance and provide appropriate technical and tactical corrections;
- Respond to unforeseen circumstances in training and competition, and adapt activities appropriately; and
- Ensure safety of self and others and manage emergency situations.

### Evaluate:

- Evaluate achievement of the objectives of the training session/ competition; and
- Evaluate the effectiveness of coaches, coaching behaviour.

### Adapt:

- Adapt training session plans to meet the needs of individuals / teams; and
- Identify and change ineffective coaching behaviours.

## Course Assessment

To be awarded BA Level 2 Coaching Accreditation, candidates must successfully complete the following assessment tasks:

### In-course Assessment

- Completion of Game Analysis Worksheet.

### Post-Course Assessment

- Complete a post-course Training Program Worksheet; and
- **Successfully completed 30 hours of practical coaching.**

The candidates must be rated as competent in all assessment tasks to pass. Candidates may re-take the assessments as many times as necessary to achieve competency.

