



# **WHEELCHAIR COACHING**

**COACHES FORUM 1**



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Our **aim** is to grow the capability of our badminton coaches currently working with wheelchair **participants and athletes** at a regional level. We aim to foster **conversation**, discussion, **share knowledge and experiences** and **create ideas** through this collective group.

- ▶ Introduce the Para Framework in New Zealand
- ▶ Introduce the Collective
- ▶ 3 Key Wheelchair Foundations
- ▶ Wheelchair Doubles - intro, tips & tactics
- ▶ Quick Questions



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### TIER 1 ATHLETES

ATHLETES READY TO REPRESENT NEW ZEALAND ON THE INTERNATIONAL STAGE.

#### EVENTS & OPPORTUNITIES:

- 3 x TIER 1 TRAINING WEEKENDS
- 2 x NATIONAL EVENTS
- OCEANIA PARA BADMINTON CHAMPIONSHIPS
- INTERNATIONAL CLASSIFICATION & EXPERIENCE



### TIER 2 ATHLETES

ATHLETES FOCUSED ON SKILL DEVELOPMENT AND UNDERSTANDING PARA BADMINTON.

#### EVENTS & OPPORTUNITIES:

- 2 x DEVELOPMENT WEEKENDS
- 2 x NATIONAL EVENTS
- REGIONAL PROGRAMMES
- NATIONAL CLASSIFICATION & EXPERIENCE



### TIER 3 ATHLETES

ATHLETES BEGINNING THEIR PARA BADMINTON PATHWAY.

#### EVENTS & OPPORTUNITIES:

- 2 x DEVELOPMENT WEEKENDS
- REGIONAL PROGRAMMES & OPEN DAYS
- MULTI-SPORT OPPORTUNITIES
- NATIONAL CLASSIFICATION & EXPERIENCE



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- ▶ Introduce yourself & your experience with coaching WH athletes
- ▶ Describe your para coaching sessions (participants, quantity, frequency, athlete goals)
- ▶ Tell us 1 coaching highlight, and one coaching challenge within this space.



WELCOME TO THE COLLECTIVE



# 3 KEY WHEELCHAIR MOVEMENT FOUNDATIONS

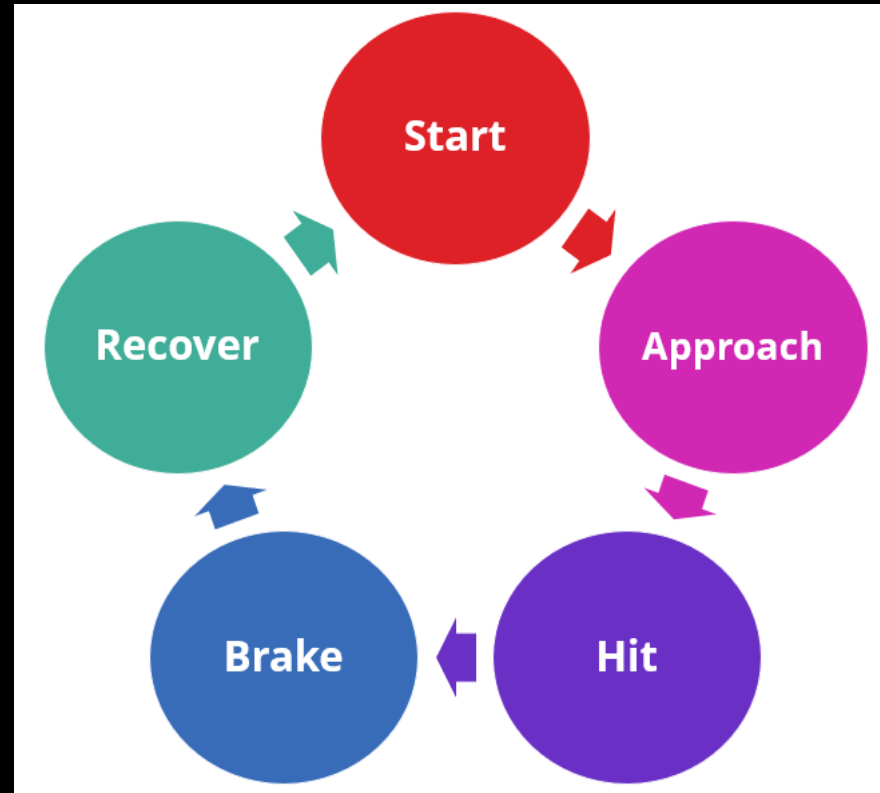
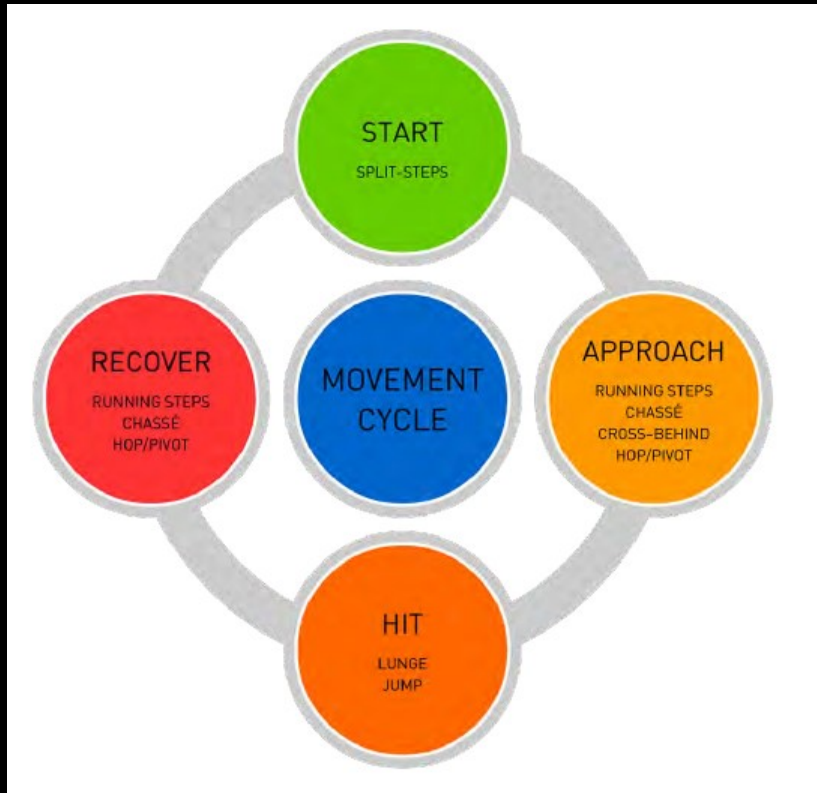
1. Hands always return to wheels.

**WHY**

**IS THIS SO IMPORTANT?**



# 3 KEY WHEELCHAIR MOVEMENT FOUNDATIONS



**Brake** - encourage use of core\* / bodyweight / centre force to counter movement



# 3 KEY WHEELCHAIR MOVEMENT FOUNDATIONS



**Variations in Pushing: Hands pushing in tandem.**



# 3 KEY WHEELCHAIR MOVEMENT FOUNDATIONS



**Variations in Pushing: Hands pushing with unequal force.**



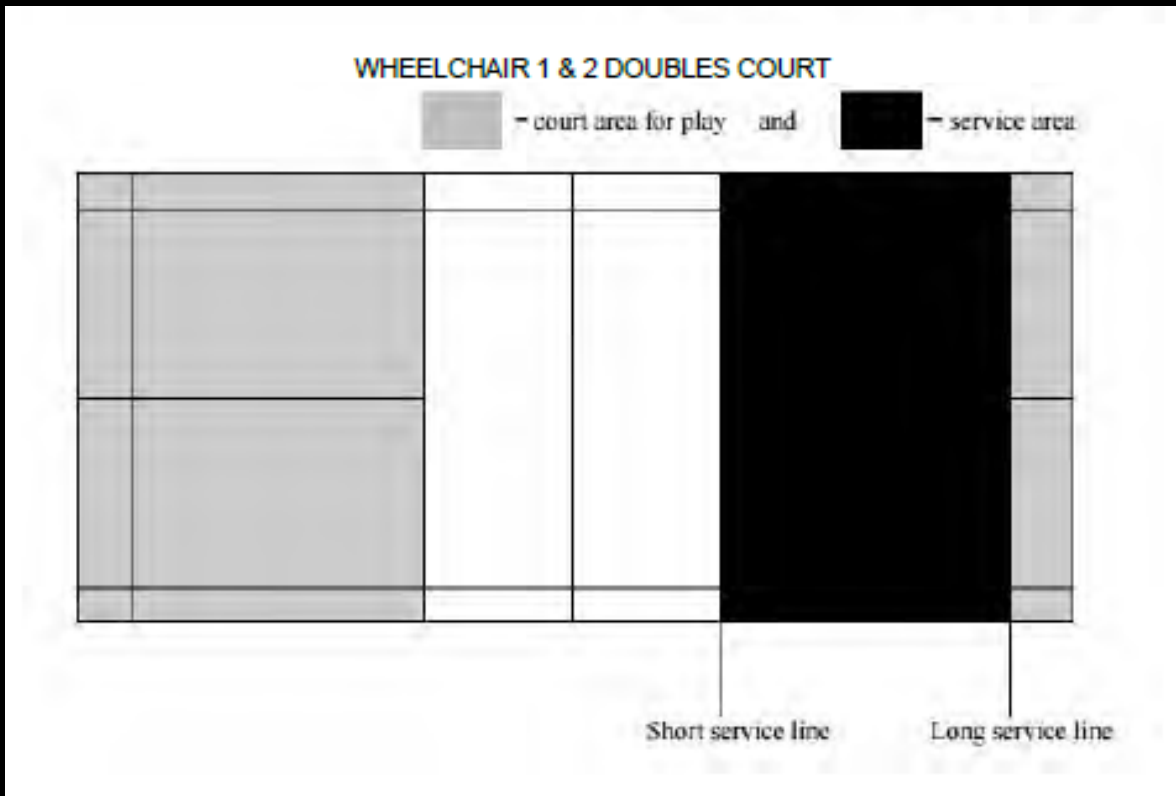


## **3 KEY WHEELCHAIR MOVEMENT FOUNDATIONS**

1. Hands **always return to wheels.**
2. **Brake** - encourage use of core\* / bodyweight / centre force to counter movement
3. **Variations** in Pushing - hands in tandem vs unequal force.



# WHEELCHAIR DOUBLES



WH1 & WH2 combinations.

Court size/shape:

- ▶ Shot types?
- ▶ Service options?



# **WHAT ARE 1 – 2 TACTICS USED IN U13/U15 DOUBLES?**

First 3 Shots

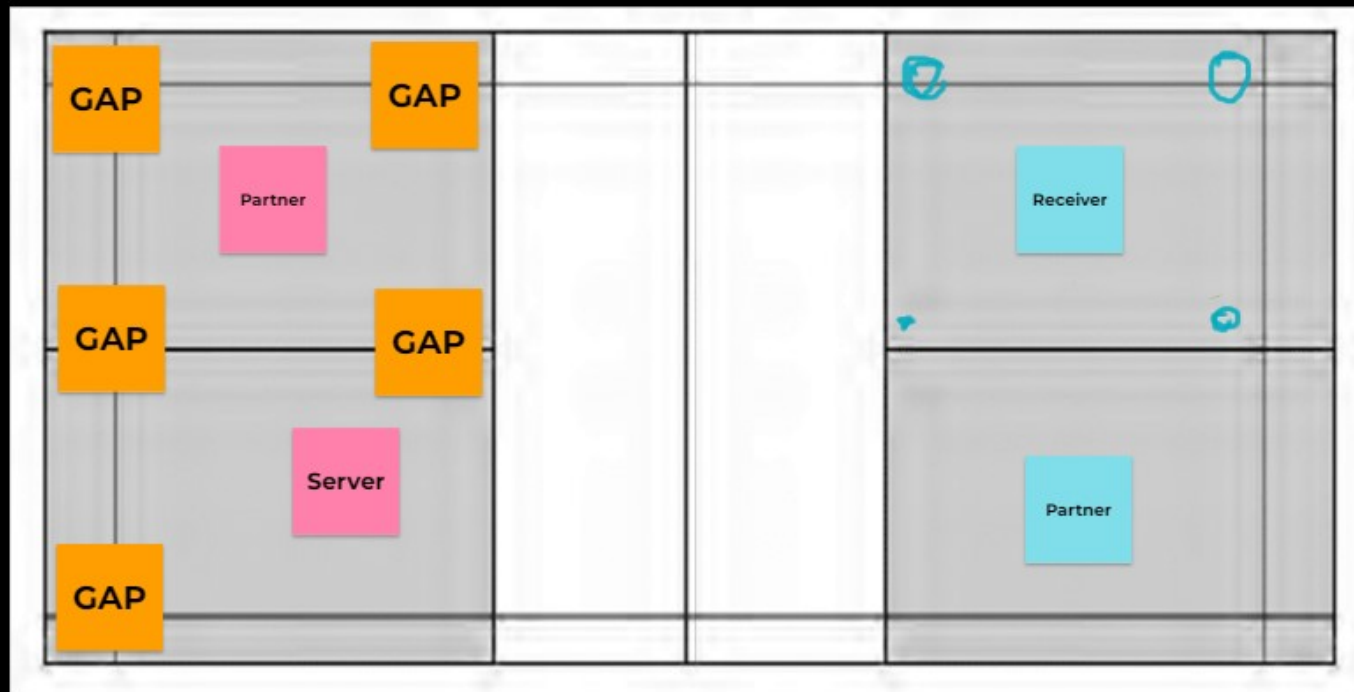
Pick on the  
weaker player

Controlling  
the rear court

# **HOW CAN THESE BE APPLIED TO WHEELCHAIR DOUBLES?**



First 3 Shots:  
Serve - Return  
of Serve (ROS)  
- 3rd Shot



GAP =  
ROS  
options

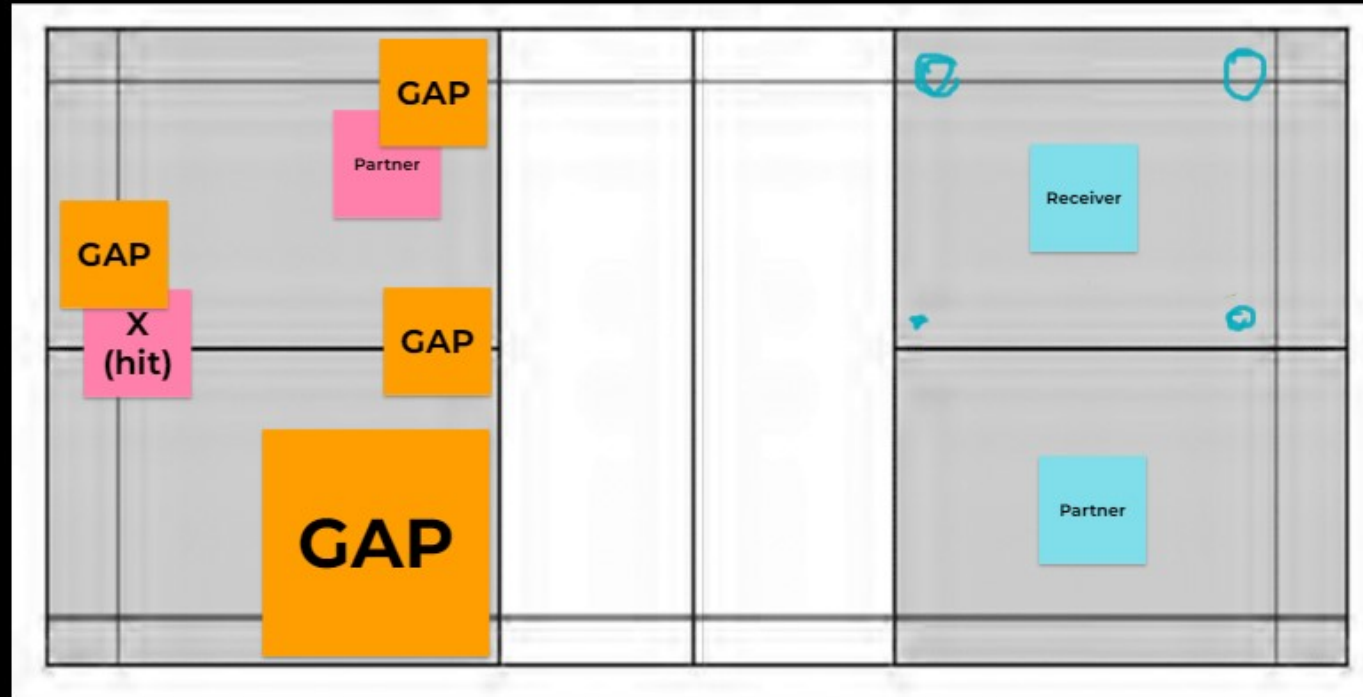
Where  
do/should  
athletes hit to  
on the court?

Where should  
players  
position  
themselves in  
response?



First 3 Shots:  
Serve - Return  
of Serve (ROS)  
- 3rd Shot

If X has hit the shuttle from the rear court, into the 'receiver' half of the court - where have they 'set up' their partner, and what gaps have been created on their court?



Where  
do/should  
athletes hit to  
on the court?

Where should  
players  
position  
themselves in  
response?



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**ANY QUESTIONS?**

**WHAT WOULD YOU LIKE NEXT TIME?**