

## ACCREDITED COACHES COURSE STRUCTURE

Structure		2025	2026	2027
<b>Pre-Requisite</b>		None	2025 Course (Module 1)	2025 & 2026 Courses (Modules 1 & 2)
<b>Introduction</b>		Course Introduction Accreditation Process	Course Introduction Accreditation Process Refresher Quiz – areas of weakness	Course Introduction Accreditation Process Refresher Quiz – areas of weakness
<b>Main Content</b>	<b>Background Reading</b>	Role of the Coach <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Respecting Participants</li> <li>• Coaching Responsibly</li> <li>• Building/Maintaining Relationships</li> <li>• Respecting the Sport</li> </ul>	Laws of Badminton <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Serve/Receive – moving feet</li> <li>• Scoring – extension, change ends, service left/right</li> <li>• Common faults during play</li> <li>• Continuous play, no delay</li> </ul>	Player Welfare – injury prevention <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Workload – Planning, overload risks, ideal load for inexperienced / experienced players</li> <li>• External Influences – Sleep, Nutrition, School/social/stress</li> </ul>
	<b>Technique &amp; Tactics</b>	Introduction Backhand Grip Backhand Serves Basic Tactics <ul style="list-style-type: none"> <li>• LH vs RH</li> <li>• Tall vs Short</li> </ul> Questioning	Introduction Lunge Forehand Overhead Tactic – Hitting into space Match worksheet – goal setting and review	Introduction Mid-court vertical racket Sliding Defence Tactic – switch to attack Observation Skills – red flags <ul style="list-style-type: none"> <li>• Racket up and ready</li> <li>• Correct lunge</li> <li>• Side-on for FH Overhead</li> </ul>
	<b>Positive Culture</b>	Rules and Clothing <ul style="list-style-type: none"> <li>• Clothing Recommendations</li> <li>• Courtside Behaviour</li> </ul>	Respect – TOs, Coaches, Opponents, Volunteers Basic Umpiring – clear voice, scoresheet	Mental strategies/resilience Integrity – train as you want to play
<b>Code of Ethics</b>		Upload Signed Copy	Upload Signed Copy	Upload Signed Copy
<b>Assessment</b>		Quiz (80% required) Module Feedback	Quiz (80% required) Module Feedback	Quiz (80% required) Module Feedback
<b>Next Steps</b>				Laws of Badminton Module Shuttle Time, Coach Lab, RSTs, BWF L1