

TheNEWway

Badminton Project

Long term Player
Development Plan

Welcome to The NEW way Badminton Project. Originating in North East Wales, The NEW way project has been set up to help promote and develop junior badminton at all levels from grass roots to high performance.

The aim of The NEW way project is simple:

“To connect those wishing to evolve badminton from grass roots to high performance, helping every junior player reach their full potential”.

As part of the project we have developed a simple Long Term Player Development (LTPD) Plan to be used as a guide to support players, parents, schools, Junior Clubs and County/Regional Associations. The LTPD Plan focuses on developmental rather than chronological age, which can help all badminton players achieve their full potential according to their own ability and ambition. The aim of this plan is to be useful to those who are fairly new to the sport to ensure that the quantity and quality of training and competition is appropriate for their developmental age.

NOTE: The LTPD Plan is designed as a guide only and due to differing physical, mental and emotional needs of an individual, programmes should be tailored to meet those needs. When developing programmes it is highly recommended that guidance, advice and delivery should be undertaken by appropriately qualified and accredited specialists.

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Long Term Player Development (LTPD) is a sports development framework which is built on the basis of player growth and development and most importantly it is player centred. Children follow the same pattern of growth from infancy through to adolescence, although there can be individual differences in both the time frame and magnitude of the changes that take place.

The LTPD Plan stresses the need for an individualised approach to developing young people, which is determined by biological maturation and not chronological age. The plan allows coaches to maximise a player's 'critical periods' of adaptation.

The LTPD Plan has six stages where players develop simple to more complex skills at each stage. The main skill focus developed in one stage will be built upon during the next stage, providing a more complex skill base. The six stages are as follows:

- Fundamentals
- Learning to Train
- Training to Train
- Training to Compete
- Training to Win
- Elite Performance

The hope is that by adopting the LTPD Plan it will help develop a lifelong participation in badminton as well as producing players who can compete at the highest level.

Fundamentals		Male 6-9 Female 6-8
Objective	Developing fundamental sport skills in a fun and positive learning environment. In addition, children should be introduced to decision-making skills and simple rules and ethics of sport. There should be well-structured programmes with suitable progressions that are monitored regularly by parents, and trained coaches.	
Focus	To begin teaching agility, balance, co-ordination and speed (ABC'S). Overall skill development should be emphasized, including badminton specific skills.	
Training and Competition	0.5 – 1.5 hours in a badminton environment. 6 - 7 hours of other physical activity. Sessions should be well structured to ensure variety and enjoyment. Training should be low in volume and low in intensity. Regular participation in formal competition should not be stressed at this stage.	
Training Environment	Schools Junior clubs	

Skill Development			
Technical	<ul style="list-style-type: none"> • Throwing (underarm, overarm). • Basic hitting patterns forming. • Relaxed basic grips. • General racket - shuttle control. 	Movement	<ul style="list-style-type: none"> • ABC'S of Athleticism – Agility, Balance, Coordination, Speed. • Basic movement skills supporting the sport of badminton. • Planned training activity (linear, lateral, multi-directional and random).
Tactical	<ul style="list-style-type: none"> • Creating and using space – What, When, Where and Why? • Define tactics. • Base position awareness through fun games. 	Mental	<ul style="list-style-type: none"> • Enjoying competition. • Respecting your opponent. • Rules of the game. • Code of conduct. • Self-awareness. • Introduction to imagery.

Physical Development			
Agility	<ul style="list-style-type: none"> • ABC'S of Athletics run, jump, throw, hop, strike, catch and change of direction implemented through fun games activities. 	Speed	<ul style="list-style-type: none"> • Incorporate generic fast movements (of up to 5 sec) into fun games. • Planned off-court/generic training involving linear, lateral, multidirectional and random movements.
Strength	<ul style="list-style-type: none"> • Body resistance exercises to develop core stability and body alignment that maximises efficiency of movement. • Awareness of posture. 	Power	<ul style="list-style-type: none"> • Jumping and speed movements created in fun games.
Fitness	<ul style="list-style-type: none"> • Developed through fun games and participating in other organised sporting activities. 	Flexibility	<ul style="list-style-type: none"> • Optimal range of flexibility established.

Learning to Train		Male 9-12 Female 8-11
Objective	Give players more specific structure and planning to their general sport skill development. Training sessions are still geared around fun but are structured to produce long-term positive habits of successful training. Both singles and doubles are taught to ensure holistic skill development. Club and regional competitions are introduced for fun, but are not the main focus. By the end of this stage, children will learn physical literacy: the interrelation of movement skills and sport skills. Speed, power and endurance are developed using sports and games.	
Focus	Develop fundamental badminton skills and physical literacy. To continue to enhance agility, balance, co-ordination and speed (ABC'S) Introduce more badminton specific skills and movements such as net play, while developing endurance through fun activities.	
Training and Competition	1.5 - 3 hours activity in a badminton environment 5 - 6 hours of other physical activity Sessions should further develop a player's fundamental technical and training skills. Training should be high in volume and starting to increase in intensity. Junior League and participation in in-formal competition should start to be introduced at this stage.	
Training Environment	Schools Junior clubs	

Skill Development			
Technical	<ul style="list-style-type: none"> Fundamental/basic shots performed with good basic shot patterns (co-ordination). Introduce greater range of shot and control of direction (straight & cross). Develop ability to use effective grip awareness and adjustments. 	Movement	<ul style="list-style-type: none"> Refinement of basic movement skills. Movement skills in a badminton context. Development of movement patterns. Development of movement flow.
Tactical	<ul style="list-style-type: none"> Basic tactical framework for singles- including base position. Introduce 'taking the shuttle early' as a concept. Basic tactical framework for level doubles, including base positions. 	Mental	<ul style="list-style-type: none"> Learning to Imagine. Learning to Thought Stop. Learning to set goals (SMARTER). Learning to breathe to control nerves. Progressives muscular relaxation (PMR).

Physical Development			
Agility	<ul style="list-style-type: none"> Continued development of fundamental Agility, Balance and Coordination. Integrate fundamental movement skills (ABC'S) into badminton specific movements. 	Speed	<ul style="list-style-type: none"> Speed work through fun games (5-10 sec work to 30 sec rest, focus on quality movement and absence of fatigue). Introduction of on-court speed work using linear, lateral and multidirectional movements.
Strength	<ul style="list-style-type: none"> Medicine ball, Swiss ball, therabands, own body resistance exercises to develop core stability. 	Power	<ul style="list-style-type: none"> Jumping and speed movements created through fun games and badminton skills.
Fitness	<ul style="list-style-type: none"> Developed through fun games and participating in other organised sporting activities. 	Flexibility	<ul style="list-style-type: none"> Encourage to get into routine of dynamic stretching during a thorough 'Preparation to play' phase (warm-up) and static stretching during cool-down.

Training to Train		Male 12-18 Female 11-18
Objective	Emphasis on strength conditioning, linked to the beginning of peak height velocity (PHV). There is more individual training as opposed to a group activity for fitness and on court technical training. The focus is still on training rather than competing so it is important that activities consist predominantly of high volume, low intensity workloads. Training volume increases as players' progress through this stage.	
Focus	Major fitness development phase with emphasis on aerobic development at onset PHV.	
Training and Competition	<p>3 - 6 hours badminton training 1 - 3 hours match play 5 - 6 hours of other physical activity Sessions should start developing good training habits on and off the court. Training should be lower in volume and increasing in intensity.</p> <p>Junior League and participation in formal competition (BW Junior Shuttle/Open Tournaments, BE Junior Bronze, Silver, Gold Tournaments and BW Junior Nationals) should start to be introduced at this stage.</p>	
Training Environment	<p>Schools Junior clubs Junior County Squads/BW Satellite Centres BW Regional Academies Private coaching</p>	

Skill Development			
Technical	<ul style="list-style-type: none"> • Shots performed with correct flow of movements. • Develop range of shots. • Develop deception. • Shorten hitting actions. 	Movement	<ul style="list-style-type: none"> • Application of movement patterns in a match situation. • Develop explosive and flowing movement. • Develop jumping skills. • Matching movement to tactical context in training.
Tactical	<ul style="list-style-type: none"> • Basic anticipation of replies. • Playing to strengths. • Exposing opponent weaknesses. • Basic tactical planning in singles and doubles. • Develop an understanding of decision making in play. • Introduction to mixed doubles concept. 	Mental	<ul style="list-style-type: none"> • Psychological Profiling. • Goal setting (types of goals). • Self-talk. • Imagery for training and competition. • Thought stopping (cognitive restructuring and countering). • Concentration skills. • Game focus plans/pre-performance routines. • Match preparation.

Physical Development			
Agility	<ul style="list-style-type: none"> • Quick change of direction, 'fast feet', jump, land and quick recovery. 	Speed	<ul style="list-style-type: none"> • General and badminton speed training (5-10 sec work to 30-60 sec rest). Activities to include sprint, multi-feed, shadowing, jumps and dynamic footwork. • Incorporate random directional movements into on-court speed work.
Strength	<ul style="list-style-type: none"> • Body weight circuit training (emphasis on correct technique, including rotational elements). • Skill acquisition of correct strength training techniques. • Gradual introduction to free weights (1-2 times per week) - only when correct lifting technique has been established. • Focus on abs, rotator cuff external rotation (including overhead rotational work), gluts, hamstring, and calves. • Minimise over development of quads relative to hamstrings. 	Power	<ul style="list-style-type: none"> • Develop jumping skills and speed training.
Fitness	<ul style="list-style-type: none"> • Variety of on-court and off-court work using different energy systems E.g. variety of; Steady state run/cycle/swim Or Long burst interval training Or Short burst interval training 	Flexibility	<ul style="list-style-type: none"> • Structured flexibility programmes (especially during the growth spurt) that targets areas specific to the sport of badminton and areas that may be affected by the growth spurt. • Maintain or develop flexibility accordingly. Avoid overemphasis on strength without the balance of flexibility. • Exercises to minimise muscle imbalance in flexibility. • Minimise the tendency to lose flexibility into internal rotation relative to external rotation of shoulder. • Minimise the tendency to lose flexibility into internal rotation relative to external rotation of hip.

Training to Compete

Male 16-20

Female 15-19

Objective	Emphasis on developing individual strengths and minimizing weaknesses in physical, technical and tactical skills based around specific event demands. Here you will find the top performers on the Junior National or Development Team.
Focus	Developing performance, optimizing fitness and recovery tailored to the individual. Concentrate on speed, strength, power, plyometrics, endurance, badminton skills and more tactical training depending on what discipline the player competes in, such as singles, doubles or mixed events.
Training and Competition	<p>6 - 9 hours badminton 3 - 4 hours match play 6 - 7 hours physical training 1 hour Personal player development (evaluation, goal setting, planning, video analysis, psychology) (45% badminton, 20% match play, 35% physical training) Sessions are based around training and competing. Training should be high volume and increasing in intensity.</p> <p>Increased participation and level in formal competition (BW Junior and Senior Open Tournaments, BE Junior and Senior Bronze, Silver, Gold Tournaments, BW Junior and Senior Nationals)</p>
Training Environment	<p>Junior/Senior clubs Junior/Senior County Squads/BW Satellite Centres BW Regional Academies BW High Performance Private coaching</p>

Skill Development			
Technical	<ul style="list-style-type: none"> • Event specific technical preparation. • Event specific technical and playing skills under competitive conditions. • Self-analysis and correction. • Further increase in range of shots. • Consolidate and refine deception. • Emphasis on quality and accuracy of shots. 	Movement	<ul style="list-style-type: none"> • Optimise speed in badminton movements. • Combining skills and power development. • Refining the skill to adapt the movements to tactical situations in match.
Tactical	<ul style="list-style-type: none"> • Development of events specific tactical concepts and improve ability to implement specific strategies. • Develop awareness of own and opponent's strengths (technical, tactical, physical and mental). • Develop individual tactical concepts according to own strengths and weaknesses. • Develop ability to self-analyse positive and negative aspects of performance. • Tactical planning. • Analysing opponent's game. 	Mental	<ul style="list-style-type: none"> • Performance tracking and match preparation. • Evaluation of performance (training diaries). • Progression of PMR skills. • Consistency.

Physical Development			
Agility	<ul style="list-style-type: none"> • Agility, Balance and Coordination developed through speed and power work. 	Speed	<ul style="list-style-type: none"> • On-court and off-court speed training. • Continuation of 4 directional movements in on-court training programmes.
Strength	<ul style="list-style-type: none"> • Specific core stability exercises incorporated into resistance programmes. • Resistance training for both muscle hypertrophy and maximal strength provided correct technique has been established. • Continue focus on abs, rotator cuff external rotation, gluts, hamstring, and calves, including overhead rotational work • Minimise internal rotation for shoulder over development of quads relative to hamstrings especially in males. • Over-emphasis on strengthen without the balance of flexibility. • Include unilateral exercises to avoid compensation by stronger side. 	Power	<ul style="list-style-type: none"> • Plyometric training programmes.
Fitness	<ul style="list-style-type: none"> • Variety of on-court and off-court work using different energy systems E.g. variety of; Steady state run/cycle/swim Or Long burst interval training Or Short burst interval training Increase time, intensity or frequency 	Flexibility	<ul style="list-style-type: none"> • Introduce a structured flexibility programme, incorporating activities to counteract muscle imbalances/one-sidedness for badminton players.

Training to Win		Male 19-23 Female 18-21
Objective	The transition is partly the maturation from adolescent to adult, as well as the belief in the ability to go from top level National performances to top level International results. The commitment is doing what it takes and having the discipline to follow through on one's plan.	
Focus	To refine previously developed capacities and to gain experience and confidence in national and international competitions	
Training and Competition	<p>12 - 14 hours on-court 4 - 6 hours off-court 2 hours Personal player development (evaluation, goal setting, planning, video analysis, psychology, nutrition, Performance lifestyle) (70% on-court, 30% off-court) Sessions are based around transition and commitment. Training should be high volume and high intensity.</p> <p>Increased participation and level in formal competition (BE Senior Tournaments, Senior International European Tournaments, BW Senior Nationals)</p>	
Training Environment	<p>Senior clubs Senior County Squads BW High Performance Centres Private coaching</p>	

Skill Development			
Technical	<ul style="list-style-type: none"> • Further development of and application of technical skills. • Develop consistent shot production at high pace. • Develop winning shots. 	Movement	<ul style="list-style-type: none"> • Maintaining movement foundation. • Refining specific technical elements of movement skills. • Refining the skill to anticipate use of movements. • Optimise jumping skills.
Tactical	<ul style="list-style-type: none"> • Continued development of individual tactical concepts according to own strength and weaknesses. • The ability to recognise key patterns of play and implement a tactical response. 	Mental	<ul style="list-style-type: none"> • Identify performance restricting mental weaknesses. • Build and implement mental strategies to overcome weaknesses.

Physical Development			
Agility	<ul style="list-style-type: none"> • Agility, Balance and Co-ordination developed through speed and power work. • Increase the amount of badminton specific exercises performed. 	Speed	<ul style="list-style-type: none"> • Specific speed sessions.
Strength	<ul style="list-style-type: none"> • Low and high level core stability exercises to counter muscle imbalances from specific training. • Individual resistance training sessions according to specific needs. 	Power	<ul style="list-style-type: none"> • Further development of plyometric training programmes.
Fitness	<ul style="list-style-type: none"> • Variety of on-court and off-court work using different energy systems E.g. variety of; Steady state run/cycle/swim Or Long burst interval training Or Short burst interval training Increase time, intensity or frequency 	Flexibility	<ul style="list-style-type: none"> • Develop a structured flexibility programme, incorporating activities to counteract muscle imbalances/one-sidedness for badminton players.

Elite Performance		Male 23+ Female 21+
Objective	Players at this stage have perfected their skills and compete successfully at the very highest level of the sport. There is a commitment to winning, and winning time and time again. Players now focus on the preservation of high quality consistent performances and injury prevention strategies to be “winning for a living”. Preparation is the key to maintaining such high levels of accomplishment.	
Focus	To maximize all previously established capacities thereby maximizing performance.	
Training and Competition	14 - 16 hours on-court 5 - 7 hours off-court 3 hours Personal player development (evaluation, goal setting, planning, video analysis, psychology, nutrition, Performance lifestyle) (70% on-court, 30% off-court) Sessions are based around players, who at this stage have perfected their skills and compete successful at the very highest level of the sport. Training should be high volume and high intensity. Increased participation and level in formal competition (BE Senior Tournaments, International European Tournaments, BW Nationals)	
Training Environment	BW High Performance Centres Private coaching	

Skill Development			
Technical	<ul style="list-style-type: none"> • Maximise accuracy and consistent shot production at high pace. • Maximising use of deceptions. 	Movement	<ul style="list-style-type: none"> • Maximise ability to move under pressure (cope with deception). • Maximise movement effectiveness (speed and anticipation) to take the shuttle early.
Tactical	<ul style="list-style-type: none"> • Maximising advanced tactical concepts. • Refining application of skills. • Refining analysing skills. • Maximising implementation of tactical strategies. 	Mental	<ul style="list-style-type: none"> • Refine and implement mental strategies to overcome weaknesses. • Tournament preparation and planning. • Dealing with the pressure of success or failure. • Training to win lifestyle management.

Physical Development			
Agility	<ul style="list-style-type: none"> • Agility, Balance and Co-ordination developed through speed and power work. • Continued increase the amount of badminton specific exercises performed. 	Speed	<ul style="list-style-type: none"> • Specific speed sessions.
Strength	<ul style="list-style-type: none"> • Maintain core stability exercises to counter muscle imbalances. • Individual resistance training sessions according to specific needs. 	Power	<ul style="list-style-type: none"> • Increased emphasis on power throughout training programme.
Fitness	<ul style="list-style-type: none"> • Variety of on-court and off-court work using different energy systems E.g. variety of; Steady state run/cycle/swim Or Long burst interval training Or Short burst interval training Increase time, intensity or frequency 	Flexibility	<ul style="list-style-type: none"> • Refine a structured flexibility programme, incorporating activities to counteract muscle imbalances/one-sidedness for badminton players.