

PAN-AMERICAN BADMINTON CONFEDERATION



Development Program

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PABC Development Mission Statement

TO ASSIST IN THE GROWTH AND SUSTAINABILITY OF BADMINTON AT ALL LEVELS

Program Objective

PABC Development Committee (PDC) objective is to provide support and development assistance to every PABC Member Association (MAs) according individual needs.

Strategy

- Set up **Athlete Development Programs** to compliment the IBF Training Centers and also MA requests.
- Set up **Continental Coach Development Programs** in conjunction with Pan-American Sports Organization (PASO) and MA needs.
- Work with PABC Events Committee to make recommendations on **Competition Development** to create opportunities for athletes to compete and evaluate their progress.

In order to service the MAs more effectively, PDC has identified coaches within the Pan-Am region who have unique qualities and abilities. They will form the **PABC Coaching Staff (PCS)** who will work closely with Pan-Am IBF Coach.

Athlete Development Programs (ADP)

PABC Development Committee (PDC) has planned several projects from this year. All Athlete Development Programs (ADP) will be categorized as:

Member Association ADP

- To be requested by MAs.
- PABC will appoint a program coach or the IBF Coach for Pan-Am.
- PABC will cover coaching costs.
- MA is responsible for all internal costs such as accommodation, meals and training expenses.

Continental ADP

Continental ADPs have been designed to develop training opportunities for talented juniors. It is hoped that all junior training camps will eventually compliment MA ADPs and the IBF Training Centers (IBFTC) which have recently been identified:

IBF Training Centers	
Continent	City
Europe	Saarbrucken, Germany
Europe	Sofia, Bulgaria
Asia	Guangzhou, China
Asia	Kuala Lumpur, Malaysia
Pan-Am	Houston, USA

For all Continental ADPs:

- PABC will appoint a program coach.
- PABC will cover coaching costs.
- Host MA is responsible for all internal costs such as accommodation, meal, travel and training expenses.

Continental ADP Projects

1. PABC Project 12/16

Project Overview

Beginning 2005 PDC plans to have three Regional Mobile Academies for players 15-18 years old (Under-19). This series of international camps will be known as **Project 12/16**. They aim at providing elite training experience for top juniors within the proposed age category so that they will be prepared for the 2012 and 2016 Olympic Games. These camps may also hold workshops for developmental coaches. Each camp will have a Project Head Coach who will liaise directly with IBF Coach for Pan-Am / PDC. Eventually, these projects will be feeder projects for IBF Training Centers.

2005 Regional Mobile Academies (Project 12-16)				
Region	Host	Level	Tentative Dates	Camp Head Coach
North America	Canada	Elite	July 22 – August 3	Bang Soohyun and staff coaches
Caribbean	Jamaica (tbc)	Developmental	Nov 21 -	TBC
South America	Brazil (tbc)	Developmental	June 25 – July 4	Ge Cheng and staff coaches

For more details see Pan-Am Regional Mobile Academy

2. Project 2008

This project targets the best players who will be competing to represent their respective MAs. They must be under-25 when they compete in the 2008 Olympics. The nominees will include athletes who have been sent to the IBF Training Centers in 2005 (18-22 years old). This extra camp aims at providing an opportunity to train as Team Pan-Am.

Objective

To provide a concerted support for potential Pan-Am athletes who are trying to qualify for the 2008 Olympics by providing elite coaching, training guidance and opportunity for sparring with world class or similar international level quality.

Project Duration and Venue

The Project 2008 Squad will consist of an annual two week training camp. PABC may use Houston IBFTC or any venue in Pan-Am as its training site. However, MAs are encouraged to host the Project 2008 Squad.

Project Participation

- Participation is by invitation only (by PABC).
- A maximum of 20 players specializing in singles will be invited.
- Selection will be carried out at the Pan-Am Junior Championships, Pan-Am Adult Championships and also through observation at other Pan-Am events or performances at other international events.
- Players have to be above 18 years old but Under-25 when competing at the 2008 Olympics.
- MAs are also invited to send applications to the PABC Office if they have players who they would like to have considered for the Project 2008.
- The coach of a selected player should attend the first Project 2008 camp.

For more details see Pan-Am Project 2008

Coach Development Programs (CDP)

Coaching Courses

There will be three course types. These courses do not intend to replace coaching courses set up in the respective countries. Course equivalency is the prerogative of the respective MAs.

These courses aim to provide training education for coaches in countries with no coach education system and also extended training education for coaches who already possess coaching qualifications.

C1- Introductory Coaching Course

- The C1 course targets new coaches with minimal or no background in coaching especially in countries that do not have formal coaching courses.
- C1 courses will be carried out within the country that requested for this course.
- The main language of for C1 courses is English. However, C1 courses may also be conducted in Spanish, Dutch, French or Portuguese.
- C1 courses will be run by Pan-Am Coaching Staff (PCS).
- The host will be responsible for all local administration and expenses throughout the programs.
- PABC will bear the travel cost of the PCS.

C2- Continental Developmental Coach

- PABC will use existing PASO Courses (Pan-American Sports Organization) to run the C2 courses.
- All course expenses are at the courtesy of PASO who aim to promote and develop Olympic sports in this region.

C3- Continental Elite Developmental Coach

- PABC will use existing PASO Courses (Pan-American Sports Organization) to run the C3 courses.
- All course expenses are at the courtesy of PASO who aim to promote and develop Olympic sports in this region.

Generic Information on C2 and C3 Courses

- Each MA can nominate one candidate through their respective NOCs.
- PDC will be responsible to identify and appoint renowned Course Directors.
- C2 and C3 courses will be in English. Translation facilities may be provided where necessary.
- The host will be responsible for all local administration and expenses throughout the program.

Continuing Training Education Seminars

S1 – Developmental Coach Seminars

- These two day seminars will be carried out during the Pan-Am Junior Championships.
- The seminars will have guests presenters either from the Pan-Am region or from other continents.

S2 – High Performance Coach Seminars

- These two day seminars will be carried out during the Pan-Am Championships or at the World Team (Thomas-Uber Cup) Continental Qualifying meet.
- The seminars will have guests presenters either from the Pan-Am region or from other continents.

Generic Information on S1 and S2 Seminars

- Each MA can nominate as many candidates as possible.
- PDC will be responsible to access renowned presenters for the S1 and S2.
- The seminar language will be English.
- Seminars topics will cover on court and off court presentations.
- The host will be responsible for all local administration and expenses throughout the programs.
- PABC will be responsible for all expenses for the presenters.
- These courses can also be requested by any MA who has a large number of Developmental or High performance Coaches where the seminars can be run over two to three days.

PABC Coach Education Scheme

C1 Coaching Course			
OBJECTIVE	Exposure to badminton in tactical approach		
PROGRAM			
TIME	DAY 1	DAY 2	DAY 3
0900-1030	This is badminton How To Play The Game?	Simplified Laws of Badminton	Doubles Tactical Block 1: ▶ First Three Shots
1030-1045	Break	Break	Break
1045-1200	Coaching Tool 1: The Coaching Process Coaching Tool 2: Planning a training session	Singles Tactical Block 3: Moving the opponent to the front ▶ Short Serve ▶ Block ▶ Drop Shot ▶ Net Shot	Doubles Tactical Block 2: ▶ Basic Attacking Strategies ▶ Basic Defending Strategies
1200-1400	Break	Break	Break
1400-1600	Singles Tactical Block 1: ▶ Types of Shots ▶ Types of Grips	Singles Tactical Block 4: Speeding Up The Game ▶ Attacking Clear ▶ Smash ▶ Drive	Competition
1600-1615	Break	Break	Break
1615-1730	Singles Tactical Block 2: Keeping the opponent at the back: ▶ High serve ▶ Net lift ▶ Clear	Singles Tactical Block 5: Moving on the Court ▶ Basic Techniques ▶ Movement Training Exercises	Competition
<p>The C1 Course is a more practical and hands on course. It will focus on “play.” Hence, the tactical approach to enable participants a better understanding of the skills in the appropriate context.</p>			

C2 COACH EDUCATION UNITS		
TOPICS	COURSE HOURS / 60 MINUTES	
	THEORY	PRACTICAL
Coaching Philosophy, Roles and Responsibilities	1	
Understanding Badminton and Qualities of Elite Badminton Players	1	
Coaching Skill: Introduction To Planning - Periodization	2	
Coaching Skill: Feeding		2
Skill Acquisition Concepts	1	
Singles Building Block 1: Footwork		3
Singles Building Block 2: Hitting Techniques		6
Singles Building Block 3: Shuttle Control		4
Doubles Building Block 1: First Three – Four Shots		2
Doubles Building Block 2: Defensive Strategies		2
Doubles Building Block 3: Attacking Strategies		2
Biomotor Development and Training Principles	1	3
Talent : Detection, Selection and Perfection	1	
Sports Safety and Risk Management	1	
Growth and Development: Needs of different ages and abilities and the principles of Long Term Player Development	1	
Physical needs of players – nutrition and doping control	1	
Psychological Needs: Goal Setting, Motivation	1	
Evaluation	1	
TOTAL	12	24

C3 COACH EDUCATION UNITS		
TOPICS	COURSE HOURS / 60 MINUTES	
	THEORY	PRACTICAL
Advanced Periodization – Specific Planning	2	2
Advanced Singles Building Block 1: Footwork		3
Singles Building Block 2: Hitting Techniques		4
Singles Building Block 3: Shuttle Control (Tactics)		4
Doubles Tactics (MD, WD and MXD)	1	5
Conditioning for Badminton	2	3
Match Analysis	1	2
Common Injuries In Badminton	1	
Psychological Needs: Concentration, Relaxation and Visualization	2	2
Competition Selection	1	
Evaluation	1	
TOTAL	11	25

Proposed Tentative Pan-Am Development Program

April 21, 2005

2005				
Program	Date	Program Description	Host	Status
Coach Development	June	PASO Level 1	Peru	Confirmed
	June	Regional Mobile Academy	Brazil	TBC
Athlete Development	July	Regional Mobile Academy	Canada	Confirmed
	November	Regional Mobile Academy	Jamaica	TBC
MA Development Visit	October	Road To Beijing	Brazil	TBC
	March/April	ADP / CDP	Brazil	Confirmed
	September	ADP / CDP	Jamaica	TBC
	June	ADP / CDP	El Salvador	TBC
	September	ADP / CDP	Trinidad	TBC
	October	ADP / CDP	Aruba	TBC
	October	ADP / CDP	Curacao	TBC
	November	ADP / CDP	Guyana	TBC
November	ADP / CDP	Dom. Rep	TBC	
2006				
Program	Date	Program Description	Host	Status
Coach Development	March	Olympic Solidarity - Coaching Course – S1	Barbados	TBC
	March	PASO Level 2	Mexico	TBC
	August	PASO Level 1	Costa Rica	TBC
	April	Inter-Continental Women Coaches' Conference	TBC	TBC
	July	Pan-Am Junior – S1 Developmental Coach Seminar	Canada	TBC
	September	World Developmental Coaches' Conference	Brazil	TBC
Athlete Development	April	Regional Mobile Academy	Cuba	TBC
	April	Regional Mobile Academy	Mexico	TBC
	July	Regional Mobile Academy	USA	TBC
	July	Project 2008	Canada	TBC
	July	Pan-Am Junior Academy	Canada	TBC
	October	Road To Beijing	Peru	Confirmed
MA Development Visit	March	ADP / CDP	Curacao	TBC
	March	ADP / CDP	Brazil	TBC
	April	ADP / CDP	Panama	TBC
	April	ADP / CDP	Honduras	TBC
	June	ADP / CDP	Guatemala	TBC
	August	ADP / CDP	Dom. Rep	TBC
	August	ADP / CDP	Puerto Rico	TBC
	August	ADP / CDP	Trinidad	TBC
	September	ADP / CDP	TBC	TBC
	September	ADP / CDP	Chile	TBC
September	ADP / CDP	Suriname	TBC	

2007				
Program	Date	Program Description	Host	Status
Coach Development	January	PASO Level 1	TBC	TBC
	March	PASO Level 1	TBC	TBC
	June	PASO Level 2	TBC	TBC
	July	S2 – Coaching Seminar	Brazil	TBC
Athlete Development	July	Regional Mobile Academy	Canada	TBC
	July	Regional Mobile Academy	Peru	TBC
	September	Regional Mobile Academy	Trinidad	TBC
	October	Road To Beijing	Mexico	TBC
MA Development Visit	March/April	ADP / CDP	Brazil	Confirmed
	April	ADP / CDP	Argentina	TBC
	June	ADP / CDP	Bermuda	TBC
	September	ADP / CDP	Jamaica	TBC
	September	ADP / CDP	Caymans	TBC
	September	ADP / CDP	Suriname	TBC
	October	ADP / CDP	Trinidad	TBC
	October	ADP / CDP	Barbados	TBC
October	ADP / CDP	Guyana	TBC	
2008				
Program	Date	Program Description	Host	Status
Coach Development	January	PASO Level 1	TBC	TBC
	March	PASO Level 1	TBC	TBC
	April	PASO Level 2	TBC	TBC
Athlete Development	March	Project 2008	TBC	TBC
	April	Regional Mobile Academy	Cuba	Confirmed
	April	Regional Mobile Academy	USA	Confirmed
	April	Regional Mobile Academy	Ecuador	TBC
MA Development Visit	July	Pan-Am Junior Academy	TBC	TBC
	August	ADP / CDP	Puerto Rico	TBC
	August	ADP / CDP	Dom Rep	TBC
	August	ADP / CDP	Trinidad	TBC
	September	ADP / CDP	Chile	TBC
	June	ADP / CDP	Guatemala	TBC
	April	ADP / CDP	Honduras	TBC
	April	ADP / CDP	Panama	TBC
	March	ADP / CDP	Suriname	TBC
	March	ADP / CDP	Aruba	TBC
March	ADP / CDP	Curacao	TBC	