

## BWF Level 1 Coach Course, Helsinki 17 – 20 November 2022

				Remarks	Tutor
<b>17 Nov</b>	09:00 – 09:30	Introduction	Classroom		
	09:30 – 10:30	Model Lesson	Hall		
	10:30 – 11:00	Coaching Principles	Classroom		
	11:00	Break			
	11:15 – 12:15	Performance Factors - Physical	Classroom		
	12:15 – 13:15	Lunch			
	13:15 – 14:45	Performance Factors – Technical – Movement Skills	Hall		
	14:45 – 16:00	Performance Factors – Technical – Hitting Skills 1	Hall		
	16:00	Break			
	16:15 – 17:30	Performance Factors – Technical – Hitting Skills 2	Hall		
	17:30 – 18:00	Doping	Classroom		
	18:00 – 18:40	Para Badminton	Classroom		
	18:40 – 19:00	Summary Day 1	Classroom		
<b>18 Nov</b>	09:00 – 09:45	How to Coach Skills – Feeding Skills	Hall		
	09:45 – 11:15	How to Coach Skills – Demonstration Skills – Group Management	Hall		
	11:15 – 11:30	Break			
	11:30 – 12:30	How to Coach Skills – Para Badminton	Hall		
	12:30 – 13:30	Lunch			
	13:30 – 16:00	How to Coach Skills – Player Evaluation	Hall		
	16:00 – 16:15	Break			
	16:15 – 16:45	How to Coach Skills – Planning & Goal Setting	Classroom		
	16:45 – 17:30	How to Coach Skills – Practice Design / Management / Mini Badminton	Classroom		
	17:30 – 18:00	How to Coach Skills – Learning Styles	Classroom		
	18:00 – 18:30	How to Coach Skills – Communication Skills	Classroom		
	18:30 – 19:00	Sport psychology – Life Style	Classroom		
	19:00 – 19:15	Summary Day 2	Classroom		

<b>19 Nov</b>	09:00 – 10:30	Performance Factors – Tactics 1 + 2	Classroom		
	10:30 – 10:45	Theoretical Assessment	Classroom		
	10:45 – 11:00	Break			
	11:00 – 11:30	Prepare Practice Delivery	Classroom		
	11:30 – 12:10	Candidate 1 Practice Delivery including comments	Hall		
	12:10 – 13:00	Lunch			
	13:00 – 13:40	Candidate 2 Practice Delivery including comments	Hall		
	13:40 – 14:20	Candidate 3 Practice Delivery including comments	Hall		
	14:20 – 15:00	Candidate 4 Practice Delivery including comments	Hall		
	15:00 – 15:40	Candidate 5 Practice Delivery including comments	Hall		
	15:40 – 16:00	Break			
	16:00 – 16:40	Candidate 6 Practice Delivery including comments			
	16:40 – 17:20	Candidate 7 Practice Delivery including comments	Hall		
	17:20 – 18:00	Candidate 8 Practice Delivery including comments	Hall		
	18:00 – 18:30	Summary Day 3 + Tasks Practical Assessment	Classroom		
Evening	Preparation for Practical Assessment				
<b>20 Nov</b>	08:00 – 08:25	Practical Assessment Candidate 1	Hall		
	08:30 – 08:55	Practical Assessment Candidate 2	Hall		
	09:00 – 09:25	Practical Assessment Candidate 3	Hall		
	09:30 – 09:55	Practical Assessment Candidate 4	Hall		
	10:00 – 10:25	Practical Assessment Candidate 5	Hall		
	10:30 – 10:55	Practical Assessment Candidate 6			
	11:00 – 11:25	Practical Assessment Candidate 7			
	11:25 – 12:00	Practical Assessment Candidate 8			
	From 12:00	Individual Feedback - Passed / Not Passed	Classroom		