

Top Tips for Returning to Coaching



Demonstrate Safety Measures

- Players may be anxious about returning to badminton so make sure your players know about the guidance you are following to keep everyone safe, including the rules for social distancing and hygiene measures

Show the Benefits of Badminton on Mental Health

- Help players to get active again by encouraging small lifestyle changes and building up gradually to increase physical capability as well as confidence
- Encourage people from your sessions to share their own stories and celebrate achievements



Ease People Back Into Badminton Gradually

- Players may not have played badminton or done any physical activity for a long time so ensure everyone participates in a thorough warm up at the start of the session
- Encourage players to make small changes to their everyday habits to increase strength and stamina, celebrate small wins and emphasise taking part and the enjoyment factor rather than winning



Keep Costs as Low as Possible

- Unemployment rates have risen during the pandemic so consider offering low cost, flexible payment options (rather than large upfront payments) to help people to return without financial worries



Emphasise Enjoyment

- Make sure your coaching sessions are enjoyable and fun, giving the players something to look forward to
- Consult with your participants about that they would like to be included in the sessions and emphasise the social, mental and physical benefits of badminton

