

EJPP KEY PRINCIPLES – PERFORMANCE BEHAVIOURS

- The below EJPP key performance behaviours (shown in red) are aligned to the Senior Programme Principles (shown in black) and are areas we will look to deliver at EJPP activity in order to support players in developing these:

1. **Partnership** – no individual can do it alone (effective team working)
2. **Curiosity and courage**– what can be learnt? how do we develop? Courage to take action
3. **Grow, perform, deliver** – learning the skills, and gaining experiences first. The performance will take care of itself.
4. **Intensity and consistency**– action over words. driving development through the intensity on and off the court
5. **Ownership** – performance isn't for everyone, individuals own their development.

The England Junior Programme is looking for players that are positively looking to display and develop the following key performance behaviours, with Programme activity delivered in line with supporting development and challenging individuals on these areas:

- Professionalism
- Communication
- Performance focused attitude (desire to learn & improve)
 - Independence / self-reliance
 - A well-rounded badminton player

EJPP PERFORMANCE BEHAVIOURS

Professionalism

- Warm up / cool downs (session specific)
- Commitment to training & working with coaches
- Completing set tasks & utilising resources
- Time management / organised
- Understanding of importance / application of off-court training

Communication

- Proactive about comms around own badminton
- Able to engage in conversation around their badminton both on and off court
- Open to learning, feedback & inquisitive

Performance focused attitude

- Making decisions with performance in mind (nutrition, rest, sleep, phones etc)
- Understanding of an athlete mentality
- Work ethic – willingness to work hard (go extra mile) – understanding what this is, be self-led, prepared to work to find solutions to challenges
- Confidence to try & use new skills or full range of skills
- Awareness of intensity in training & how to drive this

EJPP is looking to support development deliver of the following key performance behaviours in supporting and developing individuals within the Programme:

Professionalism
Communication
Performance focused attitude (desire to learn & improve)
Independence / self-reliance
Well-rounded badminton player

EJPP PERFORMANCE BEHAVIOURS

Independence / self-reliance

- Managing own equipment
- Ability to self-reflect & analyse
- Ownership & responsibility

Well-rounded badminton player

- Technically
- Physically
- Tactically
- Understanding of style & weaponry

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Professionalism

Communication

Performance focused attitude (desire to learn & improve)

Independence / self-reliance

Well-rounded badminton player