

Junior Badminton

General information



Who is it for?

Affinity runs various coaching sessions for players up to and including 18 years from beginner to Premier/county level standard. We have some mixed ability sessions where play is completely inclusive and other sessions for specific age/ability. We run a PREMIER session for players who are committed to work hard to develop skills to a high level and this is by invitation to regular playing members. We run adult sessions that our juniors are able to move into. Players are given the opportunity to participate in local league matches, become team captains and as they progress, they compete in our adult teams if they wish.

What is it about?

All sessions provide expert advice and support to help players reach their full potential. The emphasis is on developing the 'whole player' and maintaining excellence in individual personal standards. Affinity encourages all players to be the best they can be, in everything they do.

What are the sessions like?

High standards of conduct and effort are expected and are normal in all sessions. Feedback is honest and often written and it is expected between all participants and the coach. Players will be pushed out of their comfort zones, challenged physically to exceed previous performance and players will be trained in positive thinking and attitudes. Although practices may be challenging they will be motivational and enjoyable, results will be measurable. Competitions, games, tournaments, parties, and other off court social activities are all part of Affinity.

Who is it delivered by?

Sue Rutson will be running the sessions. Sue is an experienced coach who understands the needs of her players and puts them first. Players improve skills quickly because Sue sees the best in every player; she has high expectations and makes hard work fun. Sue is Qualified and registered with Badminton England, CRB checked and is also a coach trainer/educator. She is the author of 'Inspiring the Sporting Mind' and runs her own training seminars and workshops and personal one to one life-coaching. She is NNEB qualified and has worked with children for over 40 years. Sue is a Master practitioner of NLP, Hypnosis and Timeline Therapy and a qualified/practicing Life Coach, as well as being a mother of three.

What is required?

Players are expected to be dressed in smart sports shorts/skirt and T shirt with tracksuit or fleece. Footwear is clean trainers that are kept for indoor use only. Badminton trainers should have flexible non-marking soles that support foot tendons and tissues. It is recommended that a player have at least one racquet. Players are expected to attend regularly, commit to participate fully, use 100% effort, and respect themselves and others. Refreshments are provided at some sessions if a kitchen is available.

Planned Outcomes

Players will:

- Be competent to play junior and senior matches
- Have a range of technical badminton skills
- Gain confidence, communication skills and social skills
- Be able to take responsibility, and know why this is important to them
- Have gained leadership skills
- Recognise their strengths and development areas and be able to use this knowledge to their advantage
- Know how to motivate and drive themselves
- Have knowledge of visualisation and be able to apply this in all areas of life
- Have knowledge of positive thinking and the power of language and be able to apply this in all areas of

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