



Certificate

BWF Coach Level 1

Presented to:

Mateusz Mikołajczak

**BWF Coach Level 1
Training Course**

Luboń, Poland

10 January - 2 February 2020

A handwritten signature in black ink, appearing to read "Poul-Erik Høyer".

Poul-Erik Høyer
President

A handwritten signature in black ink, appearing to read "David Cabello".

David Cabello
Chair - Development Committee



BWF Coach Level 1 - Competencies

The candidate has completed all requirements of the BWF Coach Level 1 course and demonstrates the following competencies.

Personal / Professional Standards

- Presents appropriately for the role of a BWF level 1 Coach.
- Coaches safely and responsibly and is capable of maintaining a safe coaching environment.

Technical Competencies

- Demonstrates the required knowledge of technical and tactical elements and can apply this knowledge appropriately in a coaching situation.
- Has the required knowledge of the basic biomechanical principles which underpin hitting and movement skills in Badminton.
- Understands how psychology and lifestyle can affect badminton performance.
- Can use appropriate hand and racket feeding to provide meaningful practice opportunities.

Coaching and Planning Competencies

- Has demonstrated the ability to:
- Complete relevant planning tasks (risk assessment, player details etc.)
- Set appropriate player goals based on observation and analysis of players
- Plan/deliver linked sessions (8) to help players achieve their goals
- Review and evaluate each session
- Use coaching methods that provide for different learning styles
- Give effective and appropriate feedback
- Manage groups of players.

Coaching Delivery and Review

Meets the required levels of coaching competence described in the BWF Level 1 Coaches Manual - delivery of coaching and review of coaching practice.