

LIETUVOS BADMINTONO FEDERACIJA

Selection System, Pathways, HP & TD Structure, Competition Structure,
Coaches Development structure

Wojciech Szkudlarczyk

Selection system

Active Start

Males and
Females 0-6



FUNDamentals

Males 6-9
Females 6-8



Learning to Train

Males 9-12
Females 8-11



Training to Train

Males 12-16
Females 11-15



Training to Compete

Males 16-23 +/-
Females 15-21 +/-



Training to Win

Males 19 +/-
Females 18 +/-



Active for Life

Enter At
Any Age



U13

- No selection
- Observation

U15

- National Team – based on observation criteria
- Club / Regional Center / Practice HUB

U17

- National Team – based on observation criteria
- Club / Regional Center / Practice HUB

U19

- National Team – based on results and predisposition for future development

U23

Elite

- National Team – based on results

Pathways

Active Start

Males and
Females 0-6



FUNDamentals

Males 6-9
Females 6-8



Learning to Train

Males 9-12
Females 8-11



Training to Train

Males 12-16
Females 11-15



Training to Compete

Males 16-23 +/-
Females 15-21 +/-



Training to Win

Males 19 +/-
Females 18 +/-



Active for Life

Enter At
Any Age



U13

- 8-12 hours of sport / 2 days free per week
- 2-4 international tournaments / festivals
- 4-6 local/country tournaments

U15

- 12-18 hours of sport / 1 day free per week
- 4-6 international tournaments / festivals
- 6-8 local/country tournaments

U17

- 18 hours of sport / 1 day free per week
- 8 international tournaments
- 6-8 country tournaments

U19

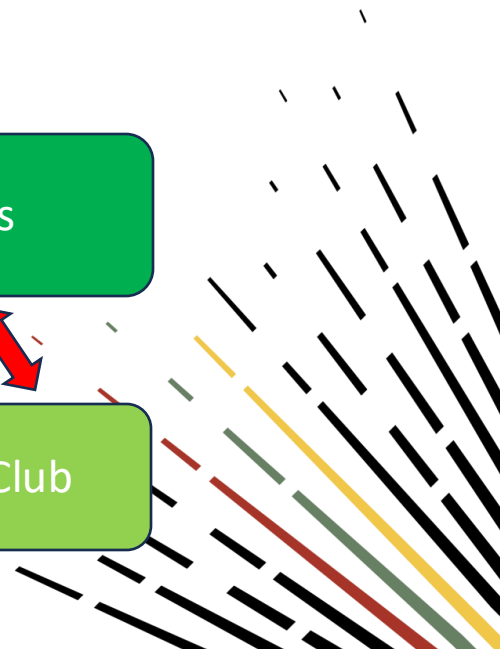
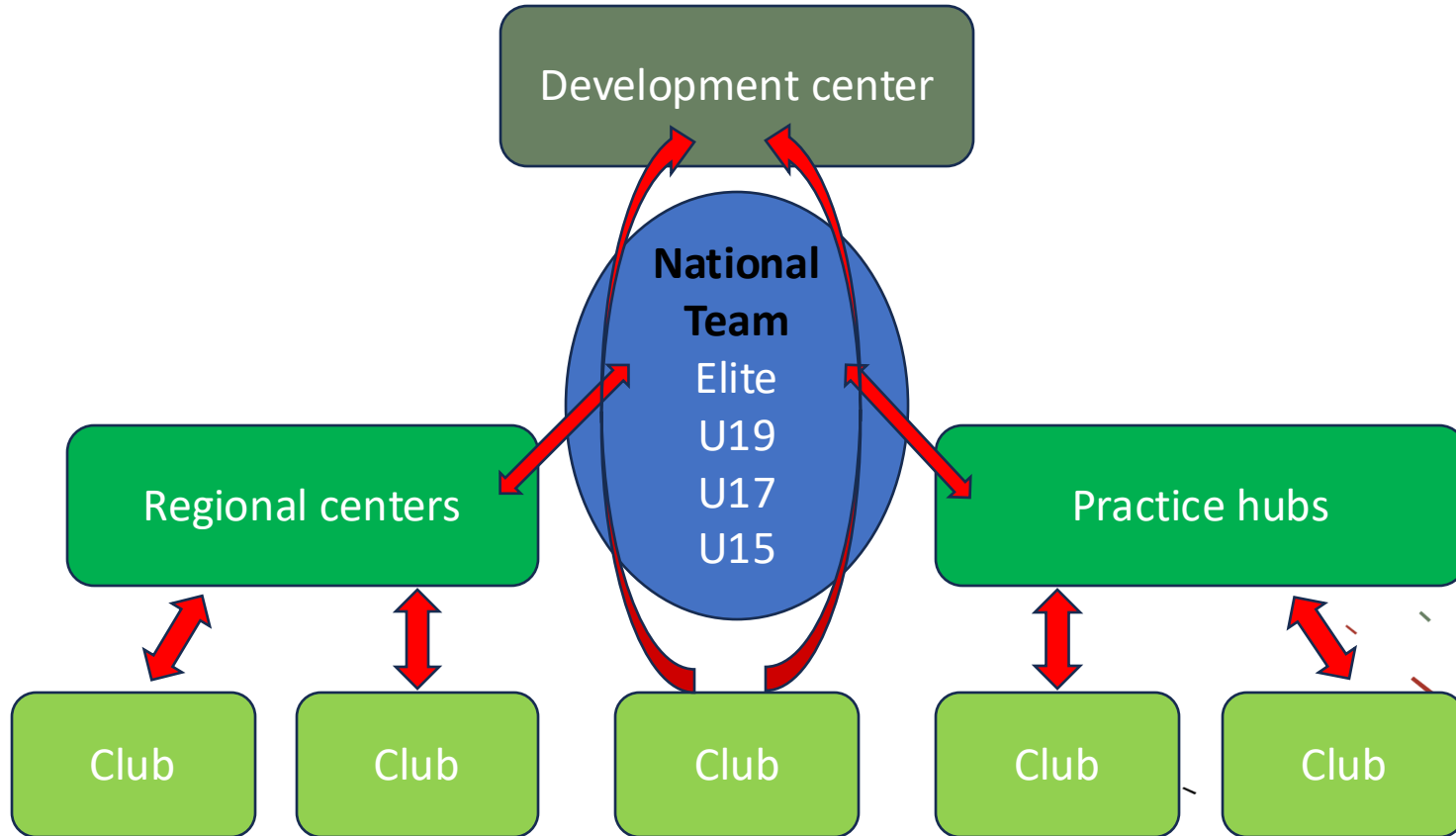
- 18-22 hours of sport / 1 day free per week
- 10 international tournaments
- 6-8 country tournaments

U23

- 22-24 hours of sport / 1 day free per week
- 15 international tournaments
- Country tournaments – only important

Elite

HP & TD structure



Development CENTER

BENEFITS

- Most weekend camps of National Team
- Support with Coaches
- Support with Coach Education
- Support with shuttlecocks
- Priority to organize events

OBLIGATIONS

- 8 courts or more with cushioned floor
- Possible to practice week/weekends on the morning and afternoon
- Organize one weekend camp with 5 sessions and 2 nights for National Team



Regional CENTER

BENEFITS

- Support with Program
- Support with Coaches
- Support with Coach Education
- Support with shuttlecocks

OBLIGATIONS

- 4 courts or more with cushioned floor
- Possible to organize on weekend (min 2 sessions) rotated practice 2 times per month
- Able to organize logistic and communication around group



Practice HUB

BENEFITS

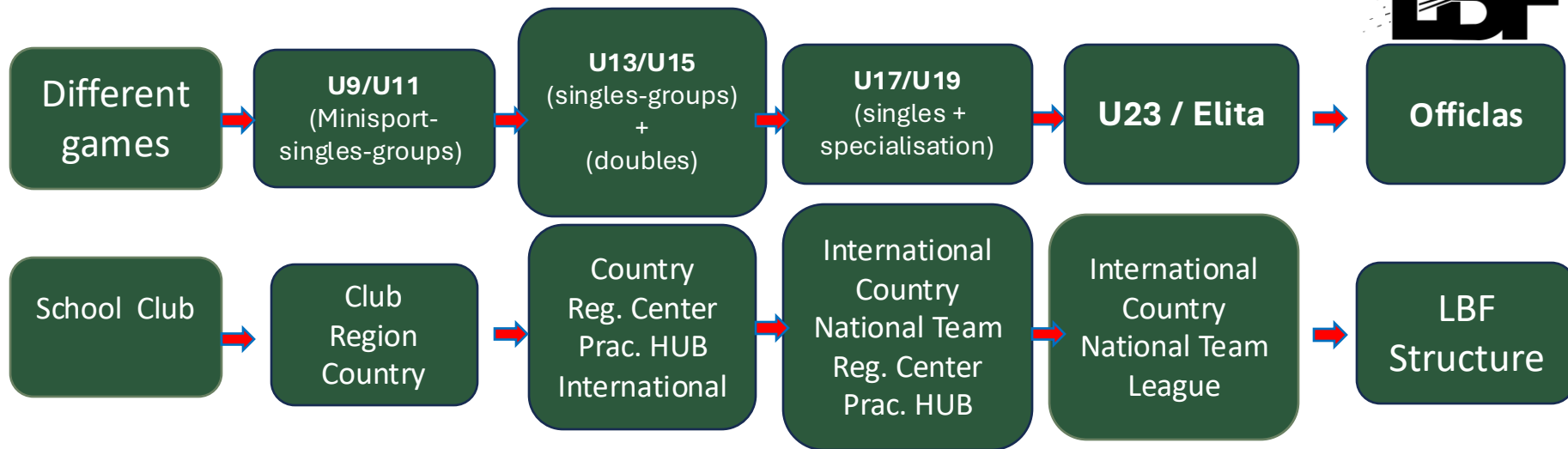
- Support with Program
- Support with Coaches
- Support with Coach Education
- Support with shuttlecocks

OBLIGATIONS

- 4 courts or more with cushioned floor
- Possible to organize 12h of practice per week
- Allow players practice part time or regularly from other clubs
- Allow players to represent own club for next 2-3 year after joining hub or pay equivalent



COMPETITION STRUCTURE



COMPETITION STRUCTURE - GOAL

Strengthen the overall development of athletes.

Promoting the improvement of skills in movement.

Learning basic footwork patterns.

Understanding basic tactical principles.

Dealing with emotions.

Building endurance.

Learning interval work.

Graduating player development according to LTAD principles, sports competence standards, emotional development standards.



6-8 Years

Beginning of School / Club Competition

- Competition in the form of various games with a shuttlecocks.
- Team games.
- Short sets.
- Card games.
- Games with tasks.
- Games without points.
- Games in small areas on a low net.
- Participation not competitions (No winners and losers)



7-10 Years

U9 – U11 Minisport

- Games on a smaller court and low net.
- Short singles sets.
- Games with tasks.
- Team games if possible (school league, in club, etc.).
- Games without points (time based or number of rallies)
- Group system with emphasis on participation rather than winning.
- Many opponents



11-12 Years

U13 – Singles Development

- Formal tournaments in singles and informal tournaments in doubles
- Competitions with emphasis on high volume of play rather than winning.
- National ranking only in singles games.
- National Championships if held then only in singles.
- International tournaments in the form of festivals.
- Team tournaments.
- Group-group, group-push or similar tournament system.



13-14 Years

U15 – Sport Development

- Formal tournaments in all games with the obligation of singles games.
- Ranking in all competitions.
- Competitions with emphasis on a large number of singles games.
- National Championships in all competitions with obligatory singles, which is played in group-push system or similar.
- Group-puff system, up to two losses, or similar.
- Process development before results.
- International tournaments/festivals.
- International exchanges/camps.
- Team tournaments.



15-16 Years

U17 – Beginning of specialisation

- Identification of predisposition to particular games.
- Formal tournaments in all games.
- National and international tournaments.
- Individual and team games.
- Group or cup system.
- Maintaining competition and training with elements of singles for double players.
- Emphasis on process development and preparation for events.
- International exchanges/camps.



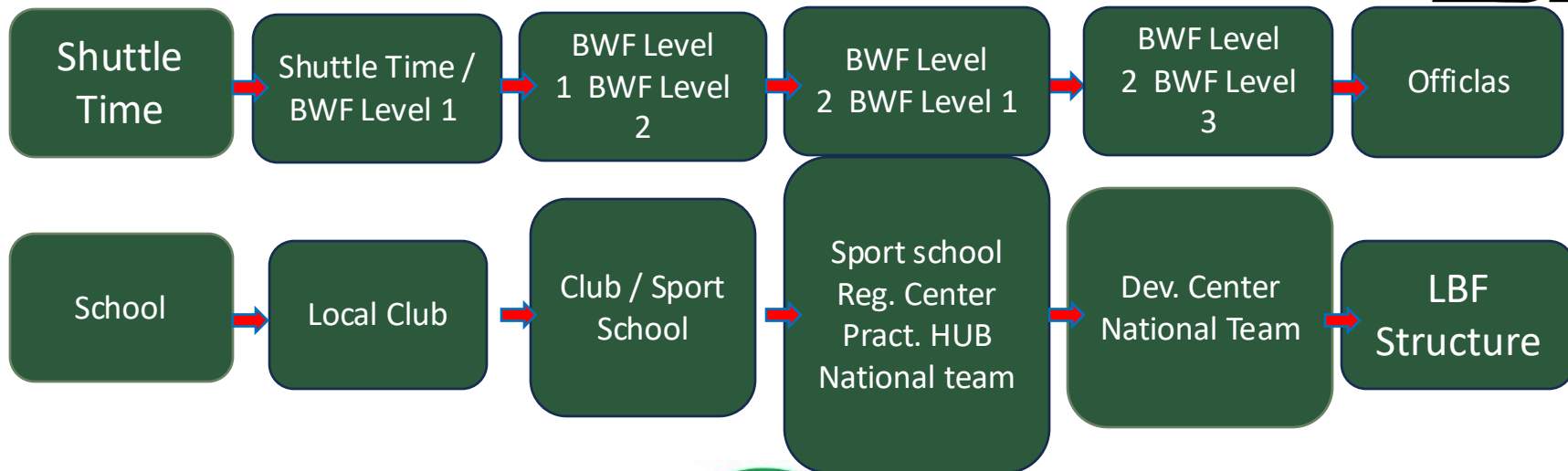
17-18 Years

U19 – Specialisation

- Specialization in disciplines where the player is predisposed.
- Formal tournaments in all games.
- International and national tournaments.
- Individual and team games.
- Cup or group and cup system.
- Maintaining competition and training with elements of singles for double players.
- International exchanges/sparring matches.
- First starts in foreign leagues.



COACHES



GOAL

Improve the quality of player training.

Unifying the player training system.

Communicating in the same language.

Understanding and being able to introduce guidelines

Promoting an attitude of personal development.

Up-to-date knowledge in a changing environment.

Adaptation to change.

Creating a development environment for players.

Sharing of knowledge between coaches



Informal qualifications are designed to prepare for the next stages of formal education, updating knowledge and expanding knowledge.

Non-formal education

- Domestic and foreign exchanges.
- Theoretical and practical workshops
- Conferences.
- Online courses.
- Workshops.
- Expert consultations.
- Olympis Solidarity Program.





TIME FRAME – Who is doing what

- Events committee - 2025 or 2026 ?
- HP & TD – 2027 ?
- Media – 2025 ?
- Structure (Regional Center/Practice HUB) - 2025 ?
- Finances - ??????

WHO WILL CHASE ???

