



BADMINTON

22nd October - 19th November

NCDI – St. Johnston

Badminton followed the cricket coaching sessions and a local coach John Hunter from Three Rivers Badminton Club, was selected to conduct the sessions. A group of 20 teenagers attended the first session and to date (13th Nov) they have completed 2 weeks of coaching. The coaches have concentrated on building the group's confidence by encouraging the individuals to take control of a group and coach them the sport. The individuals are asked to coach the sport and report back to the senior coach on what parts of the session went well and what they would change. They are asked to devise their own coaching lesson plan and present this to the group. Already relationships are being created and the group no longer seems to be split into two distinct groups.

