

# **BAT's Badminton Club**



## **Player Diary**

## Player Diary:

### Coach Contact Details

<b>Name of Coach:</b>	
<b>BE Coaching No.:</b>	
<b>Address:</b>	
<b>Telephone No.:</b>	
<b>Mobile No.:</b>	
<b>Email Address:</b>	
<b>Coaching Level:</b>	

In addition to this document the player and parent(s) / carer(s) should ask to see the **Badminton England Coaching Cards** of the coach as proof of identity.

Further information on coaching at BAT's Badminton Club can be found on the club website at: <http://www.batsbadminton.co.uk>

## Player Diary:

### Progress Review:

This page of your diary should be used by you to help you work out:

- where you are with your play at the moment
- where you want to be with your play:
  - at the end of the next set of sessions;
  - at the end of the season;
- any other long term targets or goals.
- a set of targets that you will work towards over the coming sessions.

### Part 1: Where I am now:

<u>Aspect to think about:</u>	Make notes on what you think are your best aspects and which areas you think you need to improve:
<b>Racket Grips:</b>	
<b>Overhead shots:</b>	
<b>Underarm shots:</b>	
<b>Serves:</b>	
<b>Movement around the court:</b>	
<b>Singles tactics:</b>	
<b>Level doubles tactics:</b>	
<b>Mixed doubles tactics:</b>	
<b>Fitness levels:</b>	

## Player Diary:

### Part 2: Target Setting:

This page of your diary should be used by you and your coach to set your short term and long term targets.

a) Record your previous targets here:

Target	Previous Targets
1	
2	
3	

b) Discuss with your coach the progress you have made on each target and add notes below:

Target	Progress Made
1	
2	
3	

c) With your coach decide on a new set of targets and record them below:

Target	New Targets
1	
2	
3	

## **Player Diary:**

### **Sessions Planner:**

This page of your diary should be used to plan the sessions with your coach. At the start of each set of sessions you should sit down with your coach and agree the content.

<b>Date:</b>	<b>Content agreed on:</b>

## **Player Diary:**

### **Instructions:**

#### ***For the Player:***

As the player you will be expected to keep your diary of coaching up to date by doing the following:

- bring this document to each coaching session;
- at the start of the coaching session hand this document to the coach to:
  - countersign the previous sessions diary;
  - add in the notes for the current session;
- at the end of the session complete the diary for the session by:
  - discussing with the coach;
  - completing the session diary;
- keep the diary safe until the next session.

#### ***For the Coach:***

At the start of the session:

- collect the diary from the player;
  - read through the notes made by the player;
  - discuss any points arising;
  - countersign the previous session;
- add in the notes for this session;
- at the end of the session discuss it with the player;
  - allow time for the player to:
    - ask any questions;
    - add notes to the diary.

## Player Diary:

Use the grid below to record all the physical activities you carry out over the week.

**Date of start of the week:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am							
10am							
11am							
Midday							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

## Player Diary:

Use this page to give yourself and your coac feedback on each coaching session.

<b>Date:</b>		<b>Time:</b>		<b>Venue:</b>	
<b>Player:</b>			<b>Coach(es)</b>		
<b>Session Aim(s):</b>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>				
<b>Player Comments and Feedback</b>					
<b>What did you learn / discover during the session?</b>					
<b>How did you feel at the end of the session? Explain why you felt this way.</b>					
<b>Identify one thing that went well for you during the session. Why do you think it went well?</b>					
<b>Identify one thing that did not go so well. Why do you think that it did not go so well?</b>					
<b>If you were to do the session again is there one thing that you would like to see changed? How do you think it could be improved?</b>					
<b>Is there one thing that you have identified from the session that you need to do some more work on?</b>					
<b>What other feedback do you want to give to the coach / coaches?</b>					
<b>Players signature:</b>			<b>Coaches signature:</b>		
<b>Date:</b>			<b>Date:</b>		