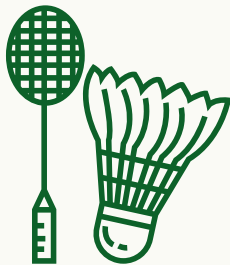




Facilitating dual career badminton players' life skills through education of their entourage



- Practical Implications -

Project overview



Phase 1 - interviews and focus groups with players and entourage members to find out about current knowledge and use of life skills.



Phase 2 - entourage members were given access to a bespoke life skills education online program.



Phase 3 - entourage members provided feedback upon their experience and outcomes as a result of taking part in the program.

Practical implications

Resources provision

The provision of resources helping parents and coaches learn about adolescent badminton players' life skills development should be an integral part of the education of coaches and parents to enable them to optimally support the healthful development of their children/athletes.

Accessability

It is recommended that online educational life skills programs are broken down into bite sized modules to enable a high degree of flexibility, supporting parent and coach motivation to engage in the program at a time convenient to them.

Promote collaboration

Educational resources should help coaches and parents to understand how they can facilitate life skills development in collaboration with each other.

Early introduction

Results of this study suggested that coaches and parents would benefit from an early focus on life skills if appropriately educated.

Reach

A Badminton World Federation wide roll out of a revised version of the program that can be tested nationally and internationally is recommended. The structure of the program, specifically the bite sized modules and transparency between coach and parent modules, as well as the interactive nature should be maintained.