

## The Preparation Course for Developing International Badminton Coach (BWF Level 1)

30 November – 4 December 2020

Day/Time	08.00 – 09.00	09.00 -10.00	10.00 – 11.00	11.00 – 12.00	12.00 – 13.00	13.00 – 14.00	14.00 – 15.00	15.00 – 16.00	16.00 – 17.00	17.00 -18.00
Mon30 Nov.	REGISTER	INTRODUCTION & OVERVIEW Paisan Rangsitpho	COACHING PRINCIPLES (Module 2) Paisan Rangsitpho, Nahathai Sornprachum		LUNCH	COACHING CHILDREN (Module 4) Anurak Tatha			PERFORMANCE FACTORS (Module 5) Poompat Sapkulchananart, Chanaichon Maneedhamwong	
Tue 1 Dec.	BREAKFAST	PERFORMANCE FACTOR 4 - PHYSICAL PRACTICAL ON COURT (Module 9) Anurak Tatha			LUNCH	PERFORMANCE FACTOR 1&2- TECHNICAL (MOVEMENT SKILLS, HITTING SKILLS, TACTICAL – Module 6 & 7) THEORY+PRACTICAL Poompat Sapkulchananart , Boonsak Ponsana				

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Wed 2 Dec.	BREAKFAST	PERFORMANCE FACTOR 3 – TACTICS (Module 8) THEORY+PRACTICAL Poompat Sapkulchnanart , Boonsak Ponsana			LUNCH	PERFORMANCE FACTOR 1&2- TECHNICAL (MOVEMENT SKILLS) - PRACTICAL ON COURT (Module 6 & 7) Rexy Mainaky , Patiphat Chalardchaleam , Poompat Sapkulchnanart			PERFORMANCE FACTOR 1&2- TECHNICAL (MOVEMENT SKILLS) - PRACTICAL ON COURT (Module 6 & 7) Nunung Subandoro , Boonsak Ponsana , Poompat Sapkulchnanart	
Thus 3 Dec	BREAKFAST	PERFORMANCE FACTOR 5 - SPORT PSYCHOLOGY (Module 10) Dr. Pichit Muangnapho			LUNCH	PERFORMANCE FACTOR 3 – TACTICS (Module 8) THEORY+PRACTICAL Poompat Sapkulchnanart, Pattapol Ngernsrasuk		PERFORMANCE FACTOR - LIFESTYLE, COMPETITION (Module 11) Vorramate Prajongjai, Kittipat Krittaphol		TRAINING PROGRAM PLANING Poompat Sapkulchana nart, Chanaichon Maneedham wong
Fri 4 Dec.	BREAKFAST	PRACTICAL ASSESSMENT Poompat Sapkulchnanart, Boonsak Ponsana, Chanaichon Maneedhamwong			LUNCH	THEORETICAL ASSESSMENT Nahathai Sornprachum			Summary & Certificate Paisan Rangsitkitho & Nahathai Sornprachum	