

*2nd BEC Para-Badminton
Education Course
BEEK, Netherlands
Day 2*

21st to 23rd October 2016

Practical Day

Session Three: 9.00 to 12.00 pm

High Performance Group

- Richard Morris (Eng)**
- Anton Ivanov (Rus)**
- Pavel Dobrynin (Rus)**

Development Group

- Kaity Hall (Sco)**

Review

Session 4: 1.00 to 2.00 pm

Review of findings from each Group

Back to Work?

Session 5 : 2.00 to 3.00 pm

Back into groups

Work on key aspects from the morning session (Head Coaches decide)

Coffee Break 3.00 – 3.15 pm

Buddy Session

Session 6: 3.15 to 4.30 pm

**HPC Coaches and Development Coaches
work together**

Challenges & Discussions

Fun Games

Session 7: 4.30 to 6.00 pm

Fun Games for all

**Developed by the Development Group
Coaches!!!**

Dinner : 6.00-7.00 pm



THE QUIZ

Session 8: 7.00 to 8.00 pm

The Quiz – Teams of 4 max

Prizes for 1st, 2nd, 3rd

NO MOBILE PHONES ALLOWED!!!!