



**ICO**

International  
Crossminton  
Organisation

Trainer education  
Structures, schedules

# Schedule for a 2h workshop ...

... for school lessons, teacher educations, trial lesson;

Just download the PDF „the first crossminton lesson 1,5-2h“  
from [www.crossminton.org](http://www.crossminton.org).

All needed documents, presentations, pdfs can be  
downloaded from

[www.crossminton.org](http://www.crossminton.org) -> education -> material



# Schedule for a 5h workshop ...

... for teacher educations, student educations;

## A) Theoretical part

Content	Time	Notice
Use „Introduction presentation of workshops, educations“	20-25 min.	Fill in your datas
Use PDF: „Movement education“	60 min.	Tactic part is not important, footwork for practical part

All needed documents, presentations, pdfs can be downloaded from

[www.crossminton.org](http://www.crossminton.org) -> education -> material



# Schedule for a 5h workshop ...

## B) Practical part

Content	Time	Notice
Warm up: Use PDF „Footwork“ and take parts out	30-45 min.	Warm up. Partial without racket.
Use the “speed badminton guide for crossminton” to teach techniques	2,5 h	In addition you can include some exercises after each strike introduction. Some samples are in the practical lessons documents.
Cool down exercise – conclusion and material	30 min	Some samples are in the practical lessons documents.

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# Schedule for a 2(3)d workshop ...

... for players, trainers, teachers,...

	Content	Time	Notice	Theoretical / Practical
1	Welcome speech, organizational matters, explanations to contents of the workshop and schedule;	30 min.	You can use the “Introduction presentation” as template	Theoretical

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# Schedule for a 2(3)d workshop ...

... for players, trainers, teachers,...

	Content	Time	Notice	Theoretical / Practical
2	1. Warm up, 2. training, 3. recording participants (make movies) 4. free playing or with game mode to sort participants in groups (according to number and skills)	4h	1./2. For warm up and first part of training use the “foot work education” pdf and do basic exercises “lesson 1” or/and “the first crossminton lesson” . 3. Record game play without teaching instructions: Service, drive FH-BH, push strikes, smash. 4. Sample: king court game – winner climbs one court up, loser falls one court down.	Practical

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# Schedule for a 2(3)d workshop ...

... for players, trainers, teachers,...

	Content	Time	Notice	Theoretical / Practical
3	Use pdf „movement education“	1,5h	Without tactic and footwork part.	Theoretical
4	Evaluation of game movies from all players	1-2h	Be friendly and motivate. Maybe it's the first time for people watching own skills.	Theoretical
5	Use the “speed badminton guide for crossminton” to teach techniques	2,5h	In addition you can include some exercises after each strike introduction. Some samples are in the practical lessons documents.	Practical

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# Schedule for a 2(3)d workshop ...

... for players, trainers, teachers,...

	Content	Time	Notice	Theoretical / Practical
6	Tactics and game strategic	1-2h	From the pdf “movement education”	Theoretical
7	Exercises, games, free play with explanations and notices, doubles;	Rest of time	Find contents for this in the practical lessons row.	Practical
8	Cool down exercise – conclusion and material	30 min	Some samples are in the practical lessons documents.	Practical
(9)	Remaining things, what was not achieved / Tournament day	1day, rest of time	If you want to include a 3day.	Practical



# Schedule for a C-Level trainer education

(requirements from germany, for experienced players)

– minimum 3 days

Read also the information on the website: <http://crossminton.org/education/>  
to know all contents/requirements to get a c-level licence:

The followed schedule is specialist on the needed crossminton part without  
Theoretical test about self-study efforts.

Find out requirements for your country to get official licence from sport senate.

All needed documents, presentations, pdfs can be downloaded from

[www.crossminton.org](http://www.crossminton.org) -> education -> material &  
[www.crossminton.org](http://www.crossminton.org) -> downloads



# C-Level trainer education

	Content	Time	Notice	Theoretical / Practical
1	Welcome speech, organizational matters, explanations to contents of the workshop and schedule;	30 min. – 1h	You can use the “Introduction presentation” as template	Theoretical
2	Use the pdfs „the rules of the game“ and „tournament regulations“	1h	Discuss the most important rules and facts about tournament requirements	Theoretical
3	Use the pdf “movement education”	1-1,5h	Without footwork part and tactic part	Theoretical

All needed documents, presentations, pdfs can be downloaded from

[www.crossminton.org](http://www.crossminton.org) -> education -> material &  
[www.crossminton.org](http://www.crossminton.org) -> downloads



# C-Level trainer education

	Content	Time	Notice	Theoretical / Practical
4	1. Use the pdf “footwork education” 2. Use functional exercise rows from the “practical lessons” to teach techniques	5-6h	Place brakes. “Speed Badminton Guide of Crossminton” is helpful.	Practical
5	Recording participants (make movies)	2h	Record game play: Service, drive FH-BH, push strikes, smash	Practical
6	Methodics and didactics	2,5h	Not crossminton specific	Theoretical
7	Evaluation of game movies from all players	1-2h		Theoretical

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[www.crossminton.org](http://www.crossminton.org) -> downloads



# C-Level trainer education

	Content	Time	Notice	Theoretical / Practical
8	Exercises, game play teaching	1h	Ideas can be found in the practical lessons on the website	Practical
9	Preparations, explanations for the demonstration lesson. How to lead a group.	1h	Use pdf “lesson – template” and take care of methodics and didactics.	Theoretical
10	Preparations, explanations for the demonstration lesson. How to lead a group.	4h	Use pdf “lesson – template” and take care of methodics and didactics.	Practical

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# C-Level trainer education

	Content	Time	Notice	Theoretical / Practical
11	Exercise testing and prescription	3h	Teach contents of training processes how to become a professional sportsman	Theoretical
12	Kinetics	2h	Teach contents of training processes how to become a professional sportsman	Theoretical
13	Nutrition science	1h	The right meal before, during and after matches and during the specific training period.	Theoretical

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# C-Level trainer education

	Content	Time	Notice	Theoretical / Practical
14	Allocate themes for the demonstration lesson test. Time for preparations.	1-3h	F.e.: Different strike techniques, doubles tactic, single tactic, basics, ...	Theoretical / practical
15	Technique check / test. Demonstration lesson test.	5h		Practical
16	Work system of federations. Important things to know about law to be a trainer.	2h		Theoretical
17	Concluding discussion. Feedbacks. Ending.	1h		Theoretical

All needed documents, presentations, pdfs can be downloaded from

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# Schedule for head umpire educations – 2 days

## A) Theoretical part

Content	Time	Notice
Use „Introduction presentation of workshops, educations“	20-25 min.	Fill in your datas
Use PDF: „Head umpire education“	180 min.	Go throw all documents – take your time and ask for understanding. Test at the end.
Test: Use “questionnaire for umpires” on the crossminton website	60 min.	

All needed documents, presentations, pdfs can be downloaded from

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# Schedule for head umpire educations – 2 days

## A) Practical part

Content	Time	Notice
Practise to be match umpire	3-4h	Every participant should be in the role of an real head umpire with helpers to watch lines, to handle the scoreboard and to fill out score sheet.
Practical test: in best case during a official tournament / event to have realistic circumstances.	X	Don't disturb the tournament
Concluding discussion. Feedbacks. Ending.	1h	