



About OGQ Coaches Program

Following the Rio Olympics, OGQ identified the support and development of High-performance Indian coaches as a key initiative to improve India's performance at the Olympics.

The OGQ Coaches Excellence Program was launched in 2018 in Badminton and Shooting to accelerate the development of High Performance Indian coaches by enabling continuous learning and developing a support system.

In 2023 the program was expanded to a new sport Para-Athletics.

Visit <https://www.olympicgoldquest.in/cep/cfp.html> for more details



Structure

In 2022, the Coaches Program was restructured to a 3 tier format to provide more in-depth education as well as to cater to more number of coaches and create a pathway for coaches' progression in India.



As a commitment to the sporting ecosystem, all of OGQ's Coaches Program are **free of cost** for selected participants.

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Stage 1 OF OGQ Coaches Program

As an emerging coach in India, you will be able to strengthen your fundamental coaching knowledge and skills in Badminton with this course.

Our Trainers

Our trainers include the top experts from India and abroad who have worked with elite athletes including Olympians and Paralympians

Who Can Apply

- Retired elite athletes who have recently started coaching
- Coaches working in a high-performance coaching ecosystem
- Experienced coaches who have produced national-level athletes

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| Online Learning

CFP will be delivered online using our mobile app and Zoom. The key features of this course include:

- 4 Months
- Online modules
- 3 Days Technical workshop



Self Paced Learning

Pre-recorded modules on the Coaches Program app that can be accessed at your convenience



Technical Workshop

3- Days in person Residential workshop



Live Clarification Sessions

Connect with expert trainer on Zoom to discuss assignments & case studies



Interactive Videos

Engaging animated videos for ease of understanding



FOCUS AREA

We have divided the course structure into three parts



TECHNICAL TRAINING

- ★ Footwork
- ★ On-Court Drills
- ★ Multi-feed Drills
- ★ Basic and Advanced Strokes
- ★ Planning and Delivery of session



SPORT SCIENCE

- ★ Nutrition
- ★ Anatomy and physiological functions
- ★ Psychology (Mental training Techniques)
- ★ Strength and conditioning
- ★ Injury care and recovery



COACHING ESSENTIALS

- ★ Communication Techniques
- ★ Feedback Techniques
- ★ Team work & Collaboration
- ★ Self-Development

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OUR EXPECTATIONS

As part of the program, you will be provided with tools and strategies to improve the performance of your athletes. You will also have access to a community of peer coaches and top experts in Badminton. While we make sure we deliver our best, we have laid out certain guidelines/expectations for the smooth functioning of the program:

- Engage yourself in the coaching role.
- Mandatory 100% attendance for all Zoom sessions.
- Timely completion of all the self-paced modules and strict adherence to the timelines.
- Mandatory submission of the post-video quizzes.
- Assignment submissions should be of the highest quality.
- Complete the final assessment and project work.
- You will only be invited to the residential technical workshop, on timely submission of all the assignments and project work until the date of the workshop.
- Attending the technical workshop is mandatory for successful completion of the course and eligibility for certification.

The best participants from CFP will get an opportunity to join CEP in subsequent years

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Knowledge Partner



Execution Partner



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