No Strings Badminton

Programme Guidance

Badminton ENGLAND

No Strings Badminton Programme Guidance

The primary objective of the No Strings Badminton brand is to inspire and nurture a lifelong passion for badminton among players 12 years and over. By providing accessible sessions for young people and adults and providing the opportunity to access quality coaching, and exciting competition opportunities, the program aims to:

- Increase participation in badminton across the country.
- Support people to develop fundamental badminton skills and foster a love for the sport.
- Promote values such as teamwork, sportsmanship, and healthy competition amongst all participants.
- Generate a team of deliverers that can support the nation to play more badminton.

No Strings Badminton is one of Badminton England's longest running programmes, with a new look and feel for the brand this year, we have also expanded the offer to include new sub brands that will provide fun engaging sessions, with the same No Strings Badminton ethos you can expect from the brand.

Our sub brands are:

- No Strings Badminton Play
- No Strings Badminton Youth
- No Strings Badminton Develop
- No Strings Badminton Compete

Programmes Available Now:

No Strings Badminton Play

No Strings Badminton Play is a casual pay & play format which is suitable for adults of all abilities. 'No Strings' emphasises that there's no commitment, no joining fee, and no annual membership. Sessions should have a coordinator to welcome participants and ensure games are mixed up so participants play with and against a variety of people.

No Strings Badminton Develop

No Strings Badminton Develop is designed to provide an 8 week block of coaching for players that are beginning their badminton journey, learn the rules and be confident on court. There is a 4 week Tactics course for players who would like to develop their game. All sessions are delivered by a Badminton England registered coach and sessions will be adapted to meet the needs of the group.

New Programmes Coming Soon:

No Strings Badminton Youth: Summer 2025

Offering the same casual pay and play format as No Strings Badminton Play, No Strings Badminton Youth offers young people 12-17years a friendly, safe environment to play badminton, make friends and keep fit. Sessions should have a coordinator to welcome participants and ensure games are mixed up so participants play with and against a variety of people.

No Strings Badminton Compete: Spring 2025

No Strings Badminton Compete is the newest edition to the No Strings Badminton family. This competition is aimed at No Strings Badminton Players who would like to test and showcase their skills against their peers. A fun, friendly step into competition that we hope will inspire players to keep working on their game and loving the sport.

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No Strings Badminton Play

Requirements

Session Criteria	• Coordinator led session • Weekly pay and play • No coaching • Open to all abilities –including beginners • Relaxed non-competitive environment • Over 18's only • Shuttles provided *We advise some spare rackets available for people new to badminton. *If you are putting an ability level on your pay and play session, you are not able to call this a No Strings Badminton Session
Audience	Sessions can be run for targeted audiences such as: Over 50's | Ladie's Only | Disability All these sessions must still meet the above criteria.
Court Requirements	1 court per 6 people
Rate of Pay	Coordinator - £12-£15ph *This is a recommendation based on current industry standards; we appreciate you may have your own staffing structures.
Delivery Qualifications	No Strings Badminton Coordinator training must be completed – free online module Badminton England No Strings Badminton Coordinator Membership – Free annual renewal
Session Size	Maximum 24 per session (can take more with a second Coordinator)
Recommended Age	18 Years+

Badminton England

No Strings Badminton Play

Requirements

Player Requirements	Any ability – these sessions should accommodate players of all levels, including beginners.
Equipment List	Rackets and Shuttles
Badminton England Resources	No Strings Badminton Coordinator training, access here: Online Programme Training Request Form Badminton England No Strings Badminton coordinator membership (available once coordinator training is completed): Badminton England - No Strings Badminton Digital Marketing Toolkit – available once sessions are registered with Badminton England. Print ready assets

Badminton ENGLAND

No Strings Badminton Develop

Requirements

Session Criteria	Beginners Course: • 8 hours of delivery (1 hour per week for 8 weeks, can be run as an intensive course) • Badminton England Registered level 2 coach delivery Tactics Course: • 4 hours delivery (1 hour per week 4 weeks, can be run as an intensive course) • Badminton England Registered level 2 coach delivery Both courses should be relaxed and non - competitive and social environment delivering the No Strings Badminton ethos.
Court Requirements	1 court per 6 people – Max 4 courts per course
Rate of Pay	Coach - £25-£30ph *This is a recommendation based on current industry standards; we appreciate you may have your own staffing structures.
Delivery Qualifications	Badminton England Level 2 Coach Badminton England Coach Registration
Session Size	Maximum 24 participants per session (can take more with a second coach)
Recommended Age	18 Years+

No Strings Badminton Develop

Requirements

Player Requirements	Beginners course: these sessions should accommodate beginners or returning players. Tactics: for players that are confident in playing badminton and want to improve their game.
Equipment List	Shuttles (Players should bring their own racket)
Badminton England Resources	Badminton England Coaching Courses Find a Course | Badminton England Badminton England Coach Membership Coach Membership | Badminton England Digital Marketing Toolkit – available once sessions are registered with Badminton England. Print ready assets

Pre-Delivery Checklist

This checklist will support you in preparing to deliver your No Strings sessions. We have included some useful links if you have not considered this area.

- [ ] Have you got coaches or deliverers that have undertaken the following: No Strings Badminton Coordinator training (if no, request access here: Online Programme Training Request Form)
- [ ] Have you completed the Coordinator training and registered your session with Badminton England (if no please register your session here: New Adult Programmes Workforce)
- [ ] Have you located a suitable venue?
- [ ] Have you downloaded your resources? You will get access to the resources through registering your sessions, if you don't have these please email: nostringsbadminton@badmintonengland.co.uk
- [ ] Have you advertised your sessions in your local community?
- [ ] Have you risk assessed your venue? If no, access your template risk assessment here: Resource - Risk and Safety
- [ ] Have you got your played / reach login from Badminton England? (If no please complete this form Badminton England - Played Reach Sign Up Form)
- [ ] Have you linked your Stipe account to your Played / Reach Account?
  * not needed for Leisure Operators
- [ ] Have you uploaded all your sessions onto Played/Reach account?
  (If no, please do so on your Played account) * not needed for Leisure Operators