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Track Record – Example 2

“Mixed Training Groups” – Inclusive Badminton Sessions with
Children With and Without Disabilities

Methodology of the “Mixed Training Groups” in Badminton Club Sertini Doboј

Since 2022, Badminton Club Sertini Doboј has been gradually integrating children with developmental difficulties into mixed training groups together with other club members. The idea behind this model is simple: children learn best when they play **with** each other, not only **next to** each other. Mixed groups therefore become a safe space where differences are normal, support is expected and success is shared.

Group composition and structure

Mixed groups usually include **10–15 children with developmental difficulties** and **6–10 peers without disabilities**, depending on hall capacity and the level of support needed. Sessions last 60 minutes and follow a clear structure:

- warm-up games that are fun and accessible for everyone;
- simple technical drills adapted to different abilities;
- short rallies and mini-matches in pairs or small teams;
- a closing circle for feedback, stretching and positive reinforcement.

Roles of coaches, volunteers and peers

At least **two coaches** are present in each mixed session, sometimes supported by volunteers or parents. One coach leads the group as a whole, while the other provides additional support to children who need more time or individual explanation. Peers without disabilities are encouraged to act as “**supportive partners**” – they help with showing the exercise, counting repetitions, picking up shuttles and cheering for their teammates. In this way, inclusion is not only the task of coaches, but a shared responsibility.

Adapted activities and individual goals

All exercises are designed with **two levels of difficulty**: an easier version (for balance, basic coordination and success experiences) and a more advanced version (for speed, precision and tactics). Children with developmental difficulties have simple, individual goals such as “hit the shuttle over the net three times” or “move to the cone and back with control”. Progress is measured informally through observation, photos and short feedback from parents and children.

Creating a safe and supportive environment

We pay special attention to clear rules, predictable routines and positive language. Visual demonstrations are used more than verbal instructions. Mistakes are treated as part of learning, and applause is given for effort, not only for points won. This approach reduces anxiety, builds trust and allows children to try new things without fear of failure.

Results of the mixed-group approach

Coaches observe that children with developmental difficulties become more independent and willing to join regular club activities, while their peers develop empathy, patience and leadership skills. Parents report that their children feel accepted and proud to wear the same club T-shirt as everyone else. For the club as a whole, mixed training groups have become a visible sign that badminton in Doboј is open to all – regardless of ability, background or level of performance.

Photos from inclusive tournaments and public events



Group photo of club members – children with and without disabilities proudly share the same badminton team.



Mixed training group practising shuttle throws and hits – every child gets a turn and support from coaches and peers



Whole-court activity with mixed pairs and teams – inclusive games where everyone has a role on the court.



Two players from a mixed group celebrating with a high-five at the net after a successful rally



Air Badminton event in Doboj city park – children with and without disabilities, parents and friends sharing the same space of joy.



World Badminton Day in Doboj – children and adults of all abilities celebrating the sport together in the city park.



Badminton Club Sertini proudly representing inclusive badminton at the city sports parade – children and adults of all abilities together.



Medals from the “No Difference” badminton tournament, celebrating fair play and equal opportunities for every participant.



Match at the “No Difference” tournament – players with and without disabilities sharing the same court and the same rules.



Mixed match at the “No Difference” tournament – children with and without disabilities meeting at the net in fair-play.



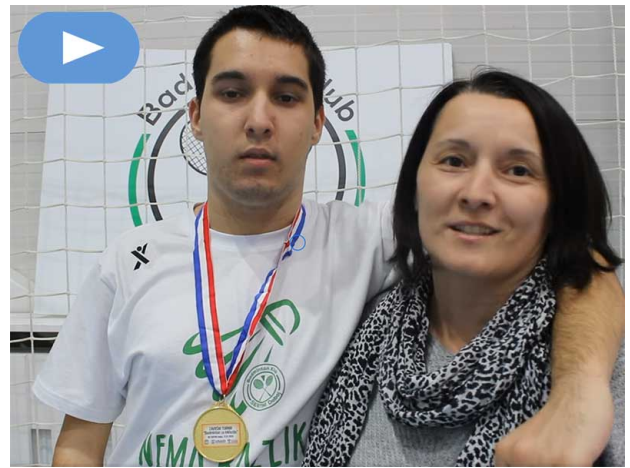
Ceremony at the “No Difference” event – participants with developmental difficulties warmly welcomed and celebrated by the whole club.



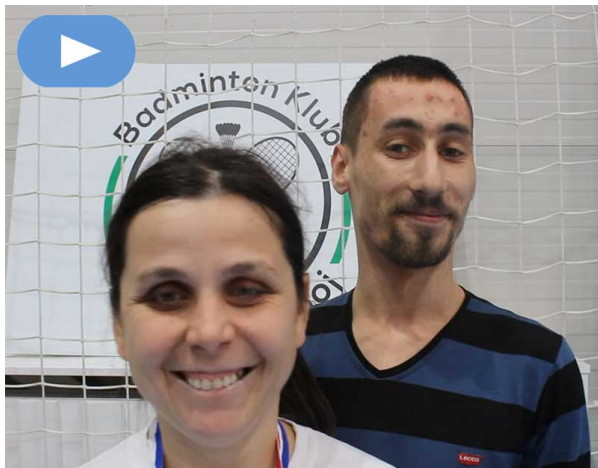
Marko lifting his prize while teammates applaud – a symbol of shared success in our inclusive badminton community.



Dario Milačak, president and coach of Badminton Club Sertini Doboj, presents the “Badminton for Inclusion” project and the “No Difference” tournament.



Marko’s mother Ivana thanks Badminton Club Sertini for the “Badminton for Inclusion” project and explains how much it means to her son.



Selma’s father talks about joining the inclusive activities with his daughter and thanks the organisers and coaches for this valuable experience.



Nikša’s mother Sandra explains how the “No Difference” badminton project helps her 7-year-old son train and socialise in an inclusive environment.