

The teach-back challenge



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Based on: “Sharing Badminton Knowledge” – BadmintonAndy.com

1. Purpose of This Task

This challenge encourages coaches to talk about what they know, listen to others, and explore new perspectives. It is designed for coach developers who want to stimulate deeper reflection, peer learning, and confident knowledge-sharing.

2. Main Tasks for Coaches

Task 1 — Choose Topics You Want to Talk About

Coaches select **three subjects** from the provided list (or your own list). They rank them by motivation and prepare to speak for **15 minutes based on one topic**, followed by **10 minutes of Q&A**.

Task 2 — Choose Topics You Want to Hear About

Coaches select **three subjects** they want others to talk about. They prepare questions, curiosities, and viewpoints they want to explore. This information is used separately by the coach developer as a conversation starter.

Task 3 — Teach-Back Challenge

Each coach delivers:

- **15 minutes uninterrupted** sharing their thoughts, beliefs, and experiences on one topic
- Optional: one side of A4 notes
- Followed by **10 minutes of discussion** led by questions from peers

Task 4 — Reflection & Conversation

Coaches reflect on:

- What they learned
- What surprised them
- What they want to explore next
- What questions they still have

3. Summary of Actions for Coaches

Action 1 — Select Your Topics

- 3 topics you want to talk about: **Select 1**
- 3 topics you want to hear others talk about

Action 2 — Prepare Your Teach-Back Talk

Coaches should:

- Identify key ideas, beliefs, and examples
- Consider what questions they want to ask listeners to think about during the talk
- Prepare optional notes (max one A4 page)

Action 3 — Deliver Your 15-Minute Session

During the session:

- Speak confidently and honestly
- Explain your reasoning, experiences, and viewpoints
- Avoid turning it into a discussion — that comes later

Action 4 — Engage in the 10-Minute Q&A

Coaches should:

- Encourage those listening to ask thoughtful questions
- Explore differences in viewpoints: their own and the ones they have heard
- Seek clarity, challenge assumptions, and build understanding

Action 5 — Reflect Individually or in Pairs

After the session:

- Write down 3 things you learned
- Identify 1 idea you want to explore further
- Note any new questions that emerged

4. Benefits for Coaches Taking Part

Benefit 1 — Stronger Self-Awareness

Talking about your own beliefs forces clarity. Coaches discover what they truly think and why.

Benefit 2 — Exposure to New Perspectives

Listening to others expands understanding and challenges assumptions. Coaches hear ideas they may never have considered.

Benefit 3 — Improved Communication Skills

Explaining a topic for 15 minutes builds confidence, structure, and clarity in communication.

Benefit 4 — Better Questioning & Curiosity

Preparing questions for others strengthens critical thinking and reflective practice.

Benefit 5 — Peer Connection & Shared Learning

The challenge creates meaningful conversations between coaches — on court, in cafés, or during travel.

Benefit 6 — Practical CPD Without Formal Courses

Coaches learn through conversation, reflection, and shared experience — no formal education required.