

## Badminton

### **Advanced Skills developed in structured plays to enable candidates to perform in the context of the assessment.**

Grips and their uses.

Clears: defensive and attacking.

Drop shots: fast/slow.

Service: high;  
low;  
flick;  
drive;  
low backhand;  
flick backhand.

Smash: forehand.

Sidearm strokes: forehand and backhand drives and push returns.

Net shots: forehand and backhand.

Underarm strokes: both on the backhand and forehand the underarm clear; block return of the smash.

### **Application of advanced skills in a structured game situation providing the basis for the assessment of the individual candidate.**

Stroke restriction and court restriction drills.

Structured rallies and plays.

**Tactics** – for singles, level doubles and mixed doubles.

Positioning in attack and defence ie formations: front and back; side by side.

Correct choice and use of the appropriate stroke when attacking or defending.

Variation: in the length of shots;  
in the pattern of play;  
in the angle of shots.

Anticipation.

Deception.

Serving strategy ie, the service and the receiving of service in relation to the above points.

### **Laws of the game and their application**

Knowledge of court layout.

Scoring and umpiring.

<b>Mark Band</b>	<b>Games Activity – Badminton</b>
9 – 10	<p>An excellent range of technically correct strokes all played with correct flight path of the shuttle, moving efficiently and lunging to the net with the racket foot. Exerts significant control over game. Shows outstanding level of skill and tactical awareness making very few unforced errors. A very accomplished player who plays with variation, depth, disguise and placement. Reacts quickly to the situation selecting the correct stroke according to the opponent's stroke/position. In doubles, interacts well with partner ensuring the whole of the court is covered at all times. Has an excellent understanding of the laws of the game. The candidate will show an excellent fitness level and understanding of the demands of the game in being able to sustain long rallies/games without any loss of form.</p>
7 – 8	<p>A good standard of technique shown on all of the shots played most of which will have the correct flight path. Good movement about the court and net shots played from the lunging racket foot.</p> <p>Able to exert an influence on game. Good range of strokes and tactics in evidence even under pressure in rallies. Shows anticipation of opponent's shots and the ability to disguise own shots. Moves well about court allowing preparation time to return shots. Is able to effectively vary angle and depth making very few unforced errors when doing so. In doubles is very aware of partner and anticipates movement in order to cover court effectively. Uses a combination of front and back and side by side formations. The candidate will show good levels of fitness and an understanding of the demands of the game, The candidate should be able to sustain rallies and games without any marked loss of form.</p>
5 – 6	<p>Is effective in game situation and will exhibit some advanced individual skills although these sometimes break down under pressures of a game. Rallies are maintained but made up of forehand strokes hit above head from mid-court to mid court. Rallies ended by mistakes rather than point winning shots. Game play needs greater variation of angles and length if it is to become more effective. Has a good understanding of positioning at service but during a rally fails to reposition especially when playing doubles. Can score but can get confused with court markings. The candidate may show sufficient fitness for some of the time in a game but may not retain this in a long game/games.</p>
3 – 4	<p>May be effective in game situation and may exhibit some individual skills although these sometimes break down under pressures of a game. Rallies are maintained but made up mainly of forehand strokes hit above head but lacking distance. Rallies ended by mistakes rather than point winning shots. Game play needs greater variation of angles and length if it is to become more effective. Has a good understanding of positioning at service but during a rally often fails to reposition especially when playing doubles. Can score but may get confused with court markings. The candidate may well start effectively but may find that he/she loses his/her form in longer games or rallies.</p>
1 – 2	<p>Difficulty in playing the shuttle limits the candidate and produces inconsistency. Unable to influence game. Very limited contribution with skills not in evidence during play. Understanding of tactics is poor; content just to get shuttle over the net. Unable to comprehend changes in tactics. Shows large degree of uncertainty. Participation in game minimal, only returns shots within reach. Needs guidance as to where to stand in the court at service and which side to serve/receive from. Unsure of scoring system and court markings for single/doubles; appears lost and confused at times.</p> <p>Little idea of the physical demands of the game and soon gets tired.</p>