

Appendix A

Badminton Canada Pathways Skills Matrix/Modules

*Please note that the items in bold are Badminton for Life skills that would be required to be certified by a Badminton Canada Pathways Training Center

1. Pathways **White**
 - a. Grip
 - b. Court movement
 - c. Underhand feeding
 - d. Backhand underhand clear (net lift) with lunge
 - e. Overhand feeding
 - f. Overhead clear contact point
 - g. Backhand short serve
 - h. One hour of volunteer work with badminton**
2. Pathways **Yellow**
 - a. Grip
 - b. Court movement
 - c. Underhand feeding
 - d. Backhand underhand clear (net lift) with lunge
 - e. Overhand feeding
 - f. Overhead clear contact point
 - g. Backhand short serve
 - h. Net kill
 - i. Forehand underhand clear (net lift) with lunge
 - j. Forehand high singles serve
 - k. Overhead clear from midcourt
 - l. Half-court Singles game (with ethical line calls)
 - m. Two hour of volunteer work with badminton**
3. Pathways **Orange**
 - a. Court movement
 - a. Overhead clear contact point
 - b. Backhand short serve
 - c. Net kill
 - d. Underhand feeding
 - e. Forehand underhand clear (net lift) with lunge
 - f. Forehand high singles serve
 - g. Overhand feeding
 - h. Overhead clear from midcourt
 - b. Half-court Singles game
 - c. Around-the-head straight clear
 - d. Basic singles tactics
 - e. Forehand net play with racquet control
 - f. Backhand net play with racquet control

- g. Full court Singles game (with ethical line calls)
- h. Three hour of volunteer work with badminton**

4. Pathways **Green**

- a. Court movement
- i. Overhead clear from midcourt
- j. Around-the-head straight clear
- k. Basic singles tactics
- l. Forehand net play with racquet control
- m. Backhand net play with racquet control
- b. Racquet feeding
- c. Smash from midcourt
- d. Forehand overhead straight drop
- e. Backhand drive
- f. Forehand drive
- g. Doubles tactics
- h. Full court Singles game
- i. Full court Doubles game
- j. Four hour of volunteer work with badminton**

5. Pathways **Blue**

In year 5 this would be the proposed level of certification for access to National U13 competitions.

- a. Court movement
- b. Racquet feeding
- c. Smash from midcourt
- d. Forehand overhead straight drop
- e. Backhand drive
- f. Forehand drive
- g. Doubles tactics
- h. Full court Singles game
- i. Full court Doubles game
- j. Smash from backcourt
- k. Return of smash
- l. Backhand cross-court net play
- m. Forehand cross-court net play
- n. Full court Singles game
- o. Full court Doubles or Mixed Doubles game
- p. Participation in one or more club tournaments**
- q. Six hour of volunteer work with badminton**

6. Pathways **Red**

In year 5 this would be the proposed level of certification for access to National U15 competitions.

- a. Court movement
- b. Racquet feeding

- c. Smash from backcourt
- d. Return of smash
- e. Backhand cross-court net play
- f. Forehand cross-court net play
- g. Full court Singles game
- h. Full court Doubles or Mixed Doubles game
- i. Jamming drives
- j. Backhand drive serve
- k. Backhand flick serve
- l. Clear intercept
- m. Flying attacking net kill
- n. Full court Singles game
- o. Full court Doubles game
- p. Full court Mixed Doubles game
- q. Participation in two or more district sanctioned tournaments**
- r. Eight hour of volunteer work with badminton**

7. Pathways **Black**

In year 5 this would be the proposed level of certification for access to national U17 competitions.

- a. Jamming drives
- b. Backhand drive serve
- c. Backhand flick serve
- d. Clear intercept
- e. Flying attacking net kill
- f. Full court Singles game
- g. Full court Doubles game
- h. Full court Mixed Doubles game
- i. Forehand overhead cross-court drop
- j. Backhand overhead drop
- k. Around-the-head cross-court drop
- l. Backhand half-court stroke
- m. Forehand half-court stroke
- n. Participation in two or more provincial sanctioned tournaments**
- o. Sixteen hour of volunteer work with badminton**
- p. Lines Judge Certification**

8. Pathways **Black – District Champion**

In year 5 this would be the proposed level of certification for access to national U19 competitions.

- a. Court movement with aerobic/lactic training – NCCP Maximal Aerobic Power/Stamina
- b. Forehand overhead cross-court drop
- c. Backhand overhead drop
- d. Around-the-head cross-court drop
- e. Backhand half-court stroke

- f. Forehand half-court stroke
- g. Net spins (jab and J strokes)
- h. Brushes (net kills)
- i. Fast drops
- j. Half smash
- k. Backhand and forehand underhand cross-court net drops from backcourt
- l. Full overhead backhand clear
- m. Participation in two or more Provincial level tournaments**
- n. Twenty four hours of volunteer work with badminton**
- o. NCCP Competitive Level 1 Certification**
- p. Minimum one year since Level 7 Certification**

9. Pathways **Black – Provincial Champion**

In year 5 this would be the proposed level of certification for access to national U23 competitions.

- a. NCCP Maximum Strength and Strength-Endurance training
- b. Net spins (jab and J strokes)
- c. Brushes (net kills)
- d. Fast drops
- e. Half smash
- f. Backhand and forehand underhand cross-court net drops from backcourt
- g. Full overhead backhand clear
- h. Minimum 18 months or more years since Level 8**
- i. Participation in two or more National level tournaments**

10. Pathways **Black – National Champion**

In year 5 this would be the proposed level of certification for access to senior national competitions.

- a. NCCP Speed-endurance, Strength and Muscular Qualities**
- b. Demonstrate and execute all the skills in the Badminton Canada Pathways Skills Matrix**
- c. Regional umpire Certification**
- d. Minimum two or more years since Level 9**