

Appendix 2: Assessment Criterion

Sports Skills Assessment for MESAC Badminton

Criterion: Basic Play

Basic Skill #1 – Grip

1. Hand shake grip
2. Trigger finger
3. Relaxed grip

Basic Skill #2 – Basic Underhand Stroke (Ups to Self)

1. Eyes on the shuttle
2. Relaxed and smooth swing
3. Rotate the forearm through the hit
4. Follow-through to opposite side

Basic Skill #3 – Low Short Serve (Forehand)

1. Ready position (opposite foot forward, racket back)
2. Drop and swing to contact is smooth
3. Follow-through toward the target

Low Short Serve (Backhand)

1. Ready position (feet parallel, shuttle and racket in good ready position)
2. Drop and swing to bird-racket contact is smooth
3. Follow-through toward target

Criterion: In-game performance

Basic Skill #4 – Ready Position

1. Knees slightly bent
2. Racket held up and in front of body
3. Body weight evenly distributed

Basic Skill #5 – Serve Returns

1. Good ready position
2. Eyes focused on the shuttle
3. Initial reaction to the serve is instantaneous

Basic Skill #6 – Underhand Net Rally

1. Racket position is mostly flat
2. Racket foot is forward
3. Smooth movement of the racket into the hit

Criterion: Overall hitting

Basic Skill #7 – High Deep Serves

1. Ready position
(opposite foot forward, racket back)
2. Drop and swing to contact is smooth
3. Follow-through to opposite side

Basic Skill #8 – Forehand and Backhand Drives

1. Racket foot should step forward to play shuttle
2. Attempt to play shuttle in front of the body
3. Keep trajectory of the shuttle consistently flat across the net

Pre-training Post-training

Criterion: Forehand hitting

Sports Skills Assessment for Badminton

Basic Skill #9 – Forehand Overhand Clear

1. Turned sideways to prepare for stroke
2. Back leg pushes into the stroke
3. Good throwing motion throughout the stroke
4. Follow-through to the opposite side with racket arm

Basic Skill #10 – Forehand Overhand Drop

1. Turned sideways to prepare for stroke
2. Back leg pushes into the stroke
3. Good throwing motion throughout the stroke
4. Follow-through (very short after bird-racket contact)

Basic Skill #11 – Forehand Overhand Smash

1. Turned sideways to prepare for stroke
2. Back leg pushes into the stroke
3. Good throwing motion throughout the stroke
4. Shuttle-racket contact point forward for downward angle
5. Follow-through to the opposite side with racket arm

Basic Skill #12 – Forehand Around the Head Strokes

1. Initial preparation the same as for all forehand strokes
2. Reach backward and contact the shuttle farther back than regular stroke
3. Recover leg will land off to the side versus straight under the body

Criterion: Backhand shots.

Basic Skill #13 – Overhead Backhand Clear

1. Turned sideways (eventually back) to net
2. Push with back leg (the nonracket hand leg) into the stroke
3. Elbow lead and extend arm into hit
4. Follow-through is an outward turn (supination) of the forearm

Basic Skill #14 – Overhead Backhand Drop

1. Turned sideways (eventually back) to net
2. Push with back leg (the nonracket hand leg) into the stroke
3. Elbow lead and extend arm into hit
4. Follow-through very minimal

Basic Skill #15 – Overhead Backhand Smash

1. Turn sideways (eventually back) to net
2. Push with back leg (the nonracket hand leg) into the stroke
3. Elbow lead and extend arm into hit
4. Contact is slightly farther forward than the clear for angle
5. Follow-through is an outward turn (supination) of the forearm