

# Appendix I: Badminton Skills

(For right hander)

Skills	Overall Level			Assessment Criteria
	3	4	5	
<b>Forehand grip</b>	<input type="radio"/>			Handshake grip
	<input type="radio"/>	<input type="radio"/>		The racquet face perpendicular to the ground
	<input type="radio"/>	<input type="radio"/>		Thumb and forefinger form a V
		<input type="radio"/>		Middle finger, ring finger and small finger held together to grip the handle
		<input type="radio"/>	<input type="radio"/>	Thumb and index finger touch the two wider sides of the handle
			<input type="radio"/>	Index and middle finger slightly apart
			<input type="radio"/>	Grip not too tight
			<input type="radio"/>	Middle of the palm does not touch the handle too closely
<b>Backhand grip</b>			<input type="radio"/>	Inner side of the thumb touches the inner side of the handle closely
			<input type="radio"/>	Index, middle, ring and small fingers held together to grip the handle
			<input type="radio"/>	Small finger held close to the end of the handle
			<input type="radio"/>	Grip not too tight
			<input type="radio"/>	Middle of the palm does not touch the handle closely
<b>Deep high serve</b>	<input type="radio"/>			Tip of left foot pointing forward, right foot at the back towards the outside
	<input type="radio"/>			The two legs about shoulder-width apart
	<input type="radio"/>			Centre of gravity placed on the right leg
	<input type="radio"/>			Left hand holds the shuttle and left arms are raised naturally forwards to the chest
	<input type="radio"/>			Right hand grips the racquet with the elbow naturally bent on the right side of the body with the wrist extended
		<input type="radio"/>		The hand holding the shuttle drops it perpendicularly down
		<input type="radio"/>	<input type="radio"/>	The shoulder moves naturally from the right to the left as weight is shifted to the front
		<input type="radio"/>	<input type="radio"/>	The forearm swings from below to the front and upper side and turns outwards (supination), taking the wrist from an extended to a slightly bent position
		<input type="radio"/>	<input type="radio"/>	The wrist is flicked and grips the racquet tightly to hit the shuttle with the front of the racquet
		<input type="radio"/>	<input type="radio"/>	After the hit, the right hand swings naturally along with the movement to the left upper side
			<input type="radio"/>	After the hit, the racquet moves back to the front of the body with relaxation of the grip
			<input type="radio"/>	The shuttle flies high to the opponent's backcourt

Skills	Overall Level			Assessment Criteria
	3	4	5	
Forehand high clear	<input type="radio"/>			Left leg in front and right leg behind
	<input type="radio"/>			Two legs about shoulder-width apart
	<input type="radio"/>			Body turns to the right
	<input type="radio"/>			Centre of gravity on the right leg
	<input type="radio"/>			Left arm rises naturally with right arm bent and raised at the right side
	<input type="radio"/>	<input type="radio"/>		Eyes focused on the shuttle
	<input type="radio"/>	<input type="radio"/>		Face of the racquet towards the net
		<input type="radio"/>	<input type="radio"/>	Body turns to the left and weight shifts to the front. Upper arm rises and forearm flicks inward (pronation) to hit the shuttle forcefully
		<input type="radio"/>	<input type="radio"/>	Instantaneously, when hitting the shuttle, the right arm straightens naturally
		<input type="radio"/>	<input type="radio"/>	With the hitting point in front and above the right shoulder, raise the bent left arm to the left to assist turning
		<input type="radio"/>	<input type="radio"/>	Grip the racquet tightly when hitting the shuttle
		<input type="radio"/>	<input type="radio"/>	After the hit, the right leg moves forward along with the body's centre of gravity
			<input type="radio"/>	After the hit, the right hand swings with the racquet to the lower left-hand side, eases and returns to the front of the body with relaxation of the forehand grip
			<input type="radio"/>	Shuttle flies high towards the backcourt of the opponent

Drop	<input type="radio"/>			Left leg in front and right leg behind
	<input type="radio"/>			Two legs about shoulder-width apart
	<input type="radio"/>			Body turns to the right
	<input type="radio"/>			Centre of gravity on the right leg
	<input type="radio"/>			Left arm rises naturally with right arm bent and raised on the right
	<input type="radio"/>	<input type="radio"/>		Eyes focus on the shuttle
	<input type="radio"/>	<input type="radio"/>		Face of the racquet towards the net
		<input type="radio"/>	<input type="radio"/>	Body turns to the left and weight shifts to the front. Upper arm rises and forearm flicks inward (pronation) to hit the shuttle forcefully
		<input type="radio"/>	<input type="radio"/>	When hitting the shuttle, instantaneously straighten the right arm naturally
		<input type="radio"/>	<input type="radio"/>	With the hitting point further in front and on top of the right shoulder (a little further forward than the high clear), the left arm is raised and bent to the left to assist in turning
		<input type="radio"/>	<input type="radio"/>	The racquet is held tightly when hitting the shuttle
		<input type="radio"/>	<input type="radio"/>	After the hit, the right leg moves forward along with the body's centre of gravity
			<input type="radio"/>	After the hit, the right hand swings with the racket to the left lower side, eases and returns to the front of the body with relaxation of the forehand grip

Skills	Overall Level			Assessment Criteria
	3	4	5	
<b>Smash</b>	<input type="radio"/>			Left leg in front and right leg behind
	<input type="radio"/>			Two legs are about shoulder-width apart
	<input type="radio"/>			Body turns to the right
	<input type="radio"/>			Place centre of gravity on the right leg
	<input type="radio"/>			Raise left arm naturally with right hand bent and raised on the right side
	<input type="radio"/>	<input type="radio"/>		Eyes focus on the shuttle
	<input type="radio"/>	<input type="radio"/>		Face of the racquet towards the net
		<input type="radio"/>	<input type="radio"/>	Turn body to the left; shift weight to the front. Raise forearm and flick it inward (pronation) to hit the shuttle forcefully
		<input type="radio"/>	<input type="radio"/>	When hitting the shuttle, instantaneously straighten the right arm naturally
		<input type="radio"/>	<input type="radio"/>	With the hitting point further in front and on top of the right shoulder (a little further forward than with the drop), the left arm rises and bends to the left to assist in turning
		<input type="radio"/>	<input type="radio"/>	Grip the racquet tightly when hitting the shuttle
		<input type="radio"/>	<input type="radio"/>	After the hit, the right leg moves forward along with the body's centre of gravity
		<input type="radio"/>	After the hit, the right hand swings with the racquet to the lower left-hand side, eases and returns to the front of the body and with relaxation of the forehand grip	
<b>Net shot</b>	<input type="radio"/>			Right leg in front and left leg behind
	<input type="radio"/>			Knees slightly bent
	<input type="radio"/>	<input type="radio"/>		Right foot on the ground and right hand gripping the racquet in front
	<input type="radio"/>	<input type="radio"/>		Right hand stretches forward and left hand rises to the back to counter balance naturally
		<input type="radio"/>		Before hitting, bend the elbow and turn the forearm outwards (supination)
		<input type="radio"/>	<input type="radio"/>	When hitting, push slightly or cut the slanting lateral side of the cork base
		<input type="radio"/>	<input type="radio"/>	The shuttle is hit as close to the top of the net as possible
			<input type="radio"/>	Shuttle flies just over the net to fore court of the opponent
<b>Underarm clear</b>	<input type="radio"/>			Right leg in front and left leg behind
	<input type="radio"/>			Knees slightly bent
	<input type="radio"/>	<input type="radio"/>		Right foot on the ground and right hand gripping the racquet in front
	<input type="radio"/>	<input type="radio"/>		Right hand stretches forward and left hand is naturally raised to the back to counterbalance
		<input type="radio"/>		Before hitting, bend the elbow and turn the forearm outwards (supination)
		<input type="radio"/>	<input type="radio"/>	When hitting, the forearm flicks inwards with the wrist propelling the shuttle at its base
		<input type="radio"/>	<input type="radio"/>	The shuttle is hit at its highest point as far as possible
			<input type="radio"/>	Shuttle flies high towards the backcourt of the opponent