

BADMINTON GAME SKILL

4	<ol style="list-style-type: none"> 1. PROPER V-GRIP 2. SHOULDER AND HIP TURN, PROPER ARM AND WRIST ACTION 3. SKILLS APPEAR EFFORTLESS,CONSISTENT AND OF HIGH ABILITY 4. PROPER TRAJECTORY OF ALL SHOTS 85-100% OF THE TIME 5. UNDERSTANDS AND USES RULES, STRATEGIES ,AND SKILLS DURING GAMES
3	<ol style="list-style-type: none"> 1. PROPER V-GRIP 2. BEGINNING TO TURN SHOULDERS AND HIPS. ARM EXTENTION WITH LITTLE WRIST ACTION 3. SKILL'S MAIN FEATURES ARE PRESENT WITH SOME REFINEMENT REQUIRED 4. FLIGHT TRAJECTORY OF SHOTS 60- 80% OF THE TIME 5. ATTEMPTS TO USE SKILL AND STRATEGIES IN GAMES
2	<ol style="list-style-type: none"> 1. PROPER GRIP WITH REMINDERS (FINGER-UP OR FRYING PAN) 2. DEVELOPING SHOULDER AND HIP TURNS, ARM AND WRIST ACTIONS 3. ATTEMPTS AT SKILLS BEGIN TO LOOK ALIKE WITH REMINDERS 4. PROPER TRAJECTORY 60% OR LESS OF THE TIME 5. PLAYS THE GAME WITH FUNCTIONAL SKILL AND UNDERSTANDING
1	<ol style="list-style-type: none"> 1. POOR GRIP-"FRYING PAN" OR "FINGER-UP" 2. VERY LITTLE ATTEMPTS TO USE SHOULDER AND HIP TURNS OR ARM AND WRIST ACTIONS 3. ACCIDENTAL SUCCESS OF PROPER TRACECTORY OF SHOTS 4. PERFORMS BELOW THEIR ABILITY IN BOTH DRILLS AND GAMES 5. NO ATTENTION TO OR LIMITED UNDERSTANDING OF RULES AND STRATEGIES