

Name: Sarah

Underhand Drop	Rating	
- moves to shuttle quickly	A	
- contacts shuttle as high as possible		
- lift from shoulder, guides shuttle over net		
- shuttle travels low over net		
- shuttle is directed to corner of court		
- return to ready position at net, racquet up		
Overhead Drop	Rating	
- moves to shuttle early	A	
- circles racket down & back in early prep		
- preparation disguises shot		
- contacts shuttle at highest point		
- closed racket face on contact		
- soft contact so shuttle falls close to net		
- places shots to corners		
Backhand Overhead	Rating	
- turns shoulder to net, drops back foot to rear, steps across body with front foot	AB	
- drops racket head down		
- raises elbow to face shuttle		
- whips forearm & racket toward ceiling		
- moves body weight toward net to contact shuttle		
- stroke is effective		
Doubles Low Serve	Rating	
- contact below waist	A	I probably need to see you do this a few more times Sarah
- little or no wrist action		
- shuttle travels low to net		
- finish with racket upward in line with bird's flight		
- serve forces defensive return		
- steps forward to ready position at net		

+ = A proficient at all components (4)
 ✓+ = AB difficulty with one component (3)
 ✓ = B difficulty with 2 components (2)
 ✓- = BC difficulty with 3 components (1)
 0 = C major difficulties performing the skill (0)

Sarah -
 Super work during badminton
 class - your skills look quite
 strong! Great Badminton
 Tourney!

Badminton Skill Rating -- Feedback Sheet / Report Card

 Name: Sarah Kangas

Ready Position	Rating	
- consistently returns to center of court after each shot	A	
- weight on balls of feet		
- racket held high in front		
- position is effective in readiness for play		
Singles Long Serve	Rating	
- shuttle is dropped rather than tossed	AB	
- racket starts from back w/cocked wrist		
- meets shuttle below waist		
- strong wrist snap evident on contact		
- follow through approximately 45°		
- power is evident		
- shuttle travels high & falls near back line		
- serve effectively prevents attacking return		
Overhead Clear	Rating	
- moves to shuttle early	A	
- circles racket down & back in early preparation		
- steps forward into the shuttle on contact		
- contacts shuttle 1 foot in front of shoulder		
- contacts shuttle at highest point		
- open racket face on contact		
- strong wrist snap on contact		
- returns to ready position immediately		
- clear is high, long, and lands close to back		
Smash	Rating	
- moves to shuttle early	A	
- circles racket down & back in early preparation		
- steps forward into the shuttle on contact		
- contacts shuttle well in front of shoulder		
- fully extended at contact		
- closed racket face on contact		
- strong wrist snap on contact		
- returns to ready position immediately		
- smash is downward, & difficult to return		