



## 1 Forehand Net shot from top and middle net

This task will introduce some of the playing basics and encourage the following

- Starting in a '**Forward** Attacking' ready stance
- Striking from in front of the body with a racket leg lunge
- Coordination of the hit and land in a lunge position
- Striking with an "upward nudge" or a forward "net push" action

The player will master 2 different net shots on the forehand, from near the top and middle of the net. Each movement type will start from a forward attacking stance behind the service line. The exact starting position is to be determined by the player. The shuttle should be struck from out in front of the payer in lunge position.

Underarm hand and overhead feeding will be used as shown below. The shuttle should be thrown to a position to encourage each of the two strokes, alternate feeding styles.

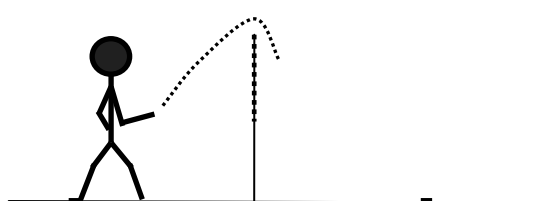
It is expected that players will move quickly forward (using chasse or running steps) and finish with leg out in front, with no additional forward recovery step. Recovery should be in an upright position with the use of a small backwards movement, as if "ready for a net kill"



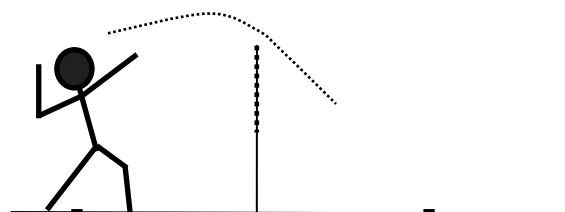
Top Net with long step lunge



Middle net with long step lunge



Underarm feed



Overhead "throw" feed

## Assessment Criteria

Task and position (see note below)	Repetitions	Assessment qualities to be observed
Top net shot (Underarm feed)	6/ 10 successful individual attempts feeding alternating between upward and downwards throws	Long step lunge, racket out in front Arms wide, Legs wide Landing heel first, foot pointing forwards Chasse or running steps
Middle net shot (overhead 'throw' feed)		

Note : exact starting position depends on size of player and explosive leg power

### Coach Notes

- Grips always relaxed to allow grip change for future strokes
- Forehand V grip
- Flat racket with strings facing upwards 'As if to play a net shot'
- Racket foot out in front
- Encourage 'Hit Land !'
- Foot landing at or just after impact

## 2 Backhand Net shot from top and middle net

This task will introduce some of the playing basics and encourage the following

- Starting in a '**Forward** Attacking' ready stance
- Striking from in front of the body with a racket leg lunge
- Coordination of the hit and land in a lunge position
- Striking with an "upward nudge" or a forward "net push" action

The player will master 2 different net shots on the backhand, from near the top and middle of the net. Each movement type will start from a forward attacking stance behind the service line. The exact starting position is to be determined by the player. The shuttle should be struck from out in front of the payer in lunge position.

Underarm hand and overhead feeding will be used as shown below. The shuttle should be thrown to a position to encourage each of the two strokes, alternate feeding styles

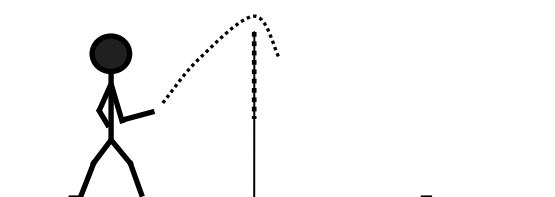
It is expected that players will move quickly forward (using chasse or running steps) and finish with leg out in front, with no additional forward recovery step. Recovery should be in an upright position with the use of a small backwards movement, as if "ready for a net kill"



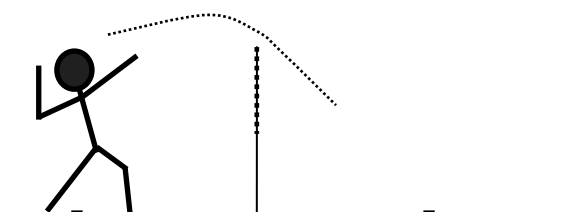
Top Net with long step lunge



Middle net with long step lunge



Underarm feed



Overhead "throw" feed

## Assessment Criteria

Task and position (see note below)	Repetitions	Assessment qualities to be observed
Top net shot (Underarm feed)	6/ 10 successful individual attempts feeding alternating between upward and downwards throws	Long step lunge, racket out in front
Middle net shot (overhead 'throw' feed)		Arms wide, Legs wide Landing heel first, foot pointing forwards Chasse or running steps

Note : exact starting position depends on size of player and explosive leg power

### Coach Notes

- Grips always relaxed to allow grip change for future strokes
- Backhand side on grip
- Flat racket with strings facing upwards 'As if to play a net shot'
- Racket foot out in front
- Encourage 'Hit Land !'
- Foot landing at or just after impact

### 3 Forehand net flick from attacking and defensive stances: 2 different feeds

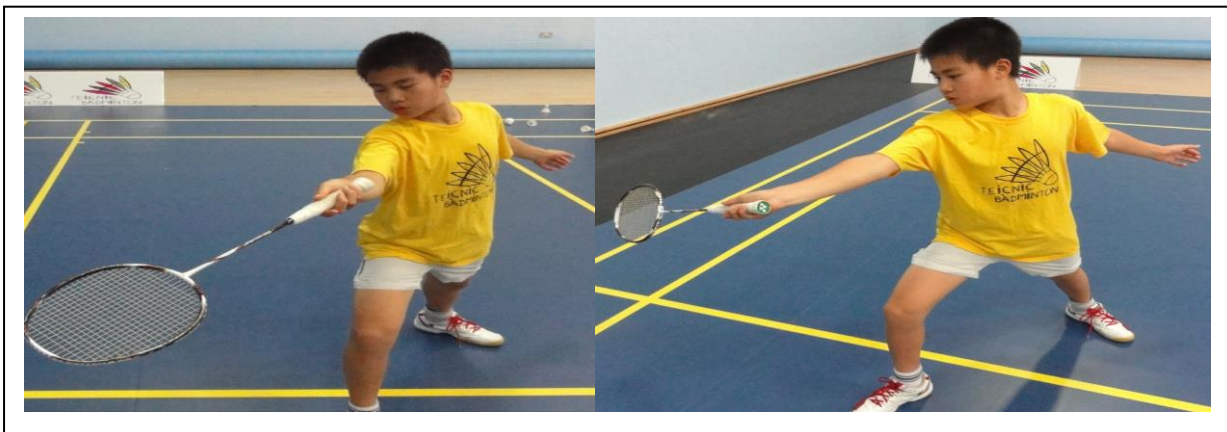
This task will introduce some of the playing basics and encourage the following

- Starting in an appropriate stance depending on shuttle position in opponent's court.
- Flicking upwards from out in front of body at comfortable extreme range
- Early preparation for forecourt stoke to aid power and deception
- Recovery into square defensive

The player will adopt the stance to suit the direction of flight of the shuttle from the opponent.

Downward shuttle = **square defensive stance**, upward shuttle = **forward attacking stance**

Movement from square defensive	split step wide, racket leg moves forwards, chasse or run approach, racket leg out in "front", racket prepares early with "hand cocking"
Movement from forward attacking	Split step with racket foot forward, chasse or run approach, racket leg out "in front", racket prepares early with "hand cocking"



Forehand flick preparation and hand cocking

#### Assessment criteria

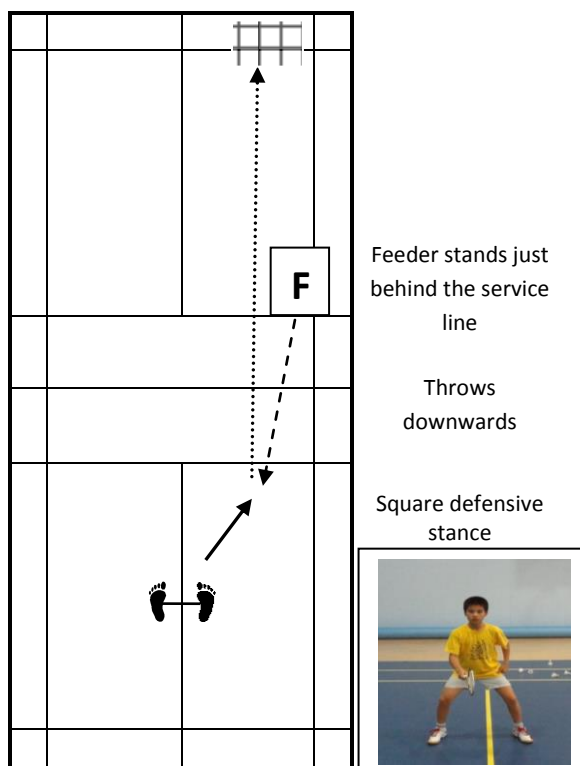
- 6/10 flicks going over the net and travelling upwards towards the rearcourt
- Adoption appropriate stance depending on shuttle position at start of feed
- Early racket out preparation
- **Use of flick , rather than sideways 'throwing' action**
- Contact out in front of player between armpit height and waist height



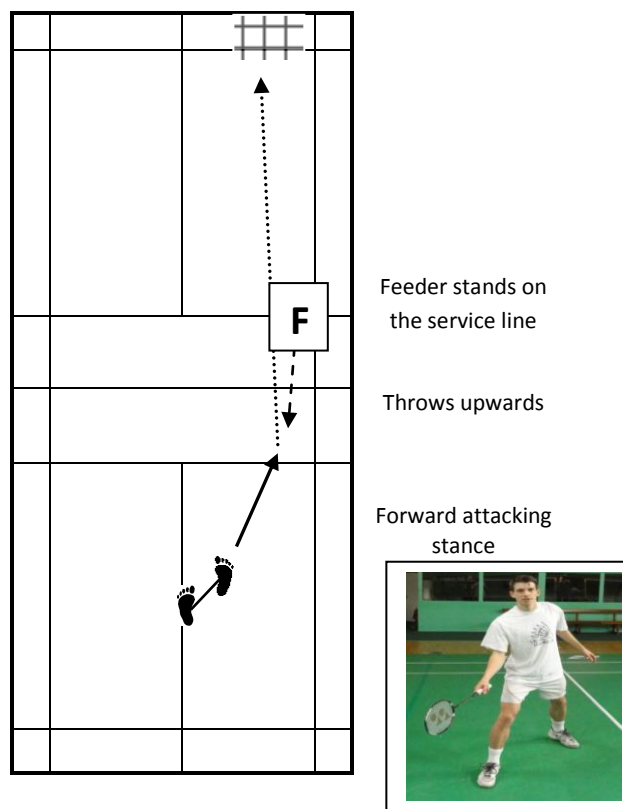
## Coach note to ensure success

- Holding with a 'sideways or V' grip, racket held in a relax style,
- Elbow slightly bent in preparation
- Early racket out preparation "as if to play net shot !"
- Split step, chasse, lunge and timing of contact ie 'Hit – Land"
- Contact to be in front between arm pit and shoulder height : in front of front knee

## Coach note for feeding and initiating movement



- Overhead downwards throw
- show shuttle → take back → throw
- Player initiates split step as feeders arm prepares overhead backwards.



- Underarm upward throw
- show shuttle → take back → throw
- Player initiates split step as feeders arm prepares backwards.

Picture of feeder in preparation for over head feed throw

Picture of feeder at mid point (i.e. behind) of the preparation for over head feed throw



## 4 Backhand net flick from attacking and defensive stances: 2 different feeds

This task will introduce some of the playing basics and encourage the following

- Starting in an appropriate stance depending on shuttle position in opponent's court.
- Flicking upwards from out in front of body at comfortable extreme range
- Early preparation for forecourt stoke to aid power and deception
- Recovery into square defensive

The player will adopt the stance to suit the direction of flight of the shuttle from the opponent.

Downward shuttle = **square defensive stance**, upward shuttle = **forward attacking stance**

Movement from square defensive	Split step wide, non racket leg moves forwards, pivot, lunge onto racket leg, racket prepares early with "hand cocking"
Movement from forward attacking	Split step with racket foot forward, chasse or run approach, racket leg out "in front", racket prepares early with "hand cocking"



Backhand flick preparation and examples of hand cocking

### Assessment criteria

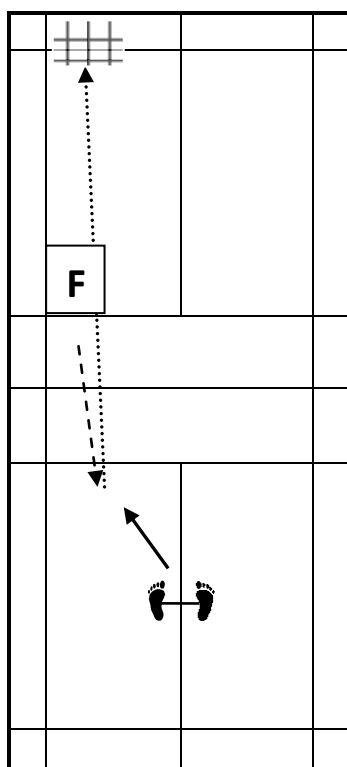
- 6/10 flicks going over the net and travelling upwards towards the rear court
- Adoption appropriate stance depending on shuttle position at start of feed
- Early racket out preparation
- **Use of flick, rather than "floppy" throwing' action**
- Contact out in front of player between armpit height and waist height



## Coach note to ensure success

- Holding with a 'sideways or thumb grip, racket held in a relax style,
- Elbow slightly bent in preparation
- Early racket out preparation "as if to play net shot !"
- Timing of contact is 'Hit – Land"
- Contact to be in front between arm pit and shoulder height : in front of front knee

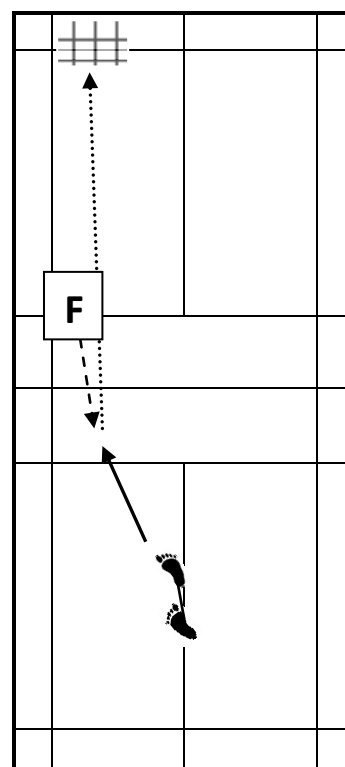
## Coach note for feeding and initiating movement



Feeder stands just behind the service line

Throws downwards

Square defensive stance



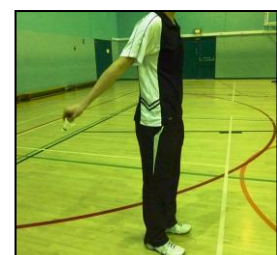
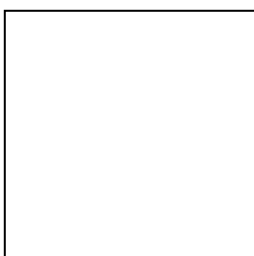
Feeder stands on the service line

Throws upwards

Forward attacking stance

- Overhead downwards throw
- show shuttle → take back → throw
- Player initiates split step as feeders arm prepares overhead backwards.

- Underarm upward throw
- show shuttle → take back → throw
- Player initiates split step as feeders arm prepares backwards.



## Assessment criteria

- 6/10 flicks going over the net and travelling upwards towards the rearcourt
- Early racket preparation
- Use of hand-cocking in preparation for flick
- **Use of flick , rather than sideways 'throwing' action**
- Contact out in front of player between armpit height and waist height

## Coach note to ensure success

- Holding with a 'sideways or V ' grip, racket held in a relax style, elbow slightly bent in preparation
- Timing of contact is 'Hit – Land"
- Contact to be put in front between arm pit and shoulder height : in front of front knee

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## 5 Forehand defensive return and sideways movement

This task will introduce some of the playing basics and encourage the following

- Starting in a 'Square' Defensive ready stance
- Early body preparation and anticipatory skills
- Use of split step to aid fast movement and wide lunging leg
- Early racket preparation and changes of grip to aid success

The player will start in the midcourt non-racket leg on the centre line and adopt a 'Square' defensive ready stance'.

Over arm 'Throwing' hand feeding will be used for this assessment, ensure the feeding allows for and encourages split step start

The shuttle should travel over the net and land around the service line area. The exact height and distance travelled are not assessed at this level.

Encourage a grip change in order to open the racket face

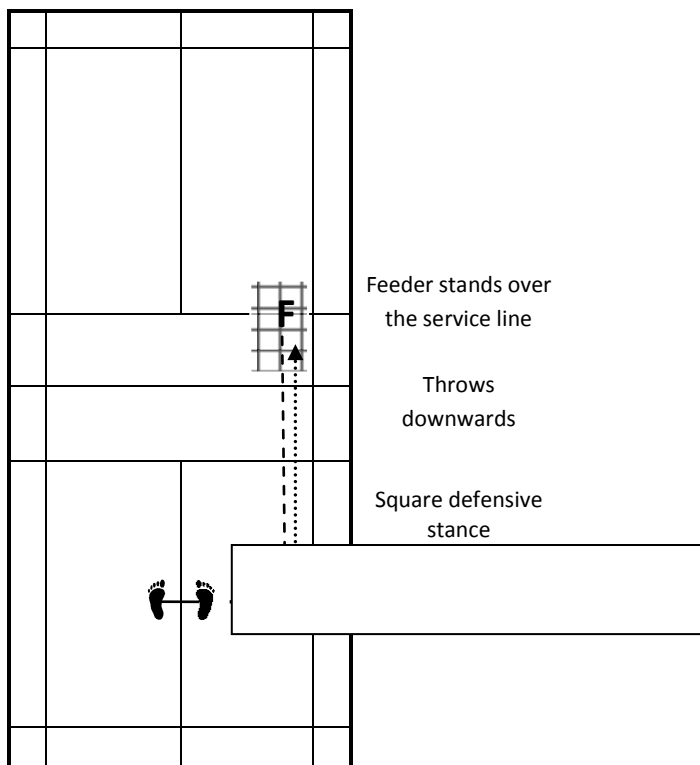
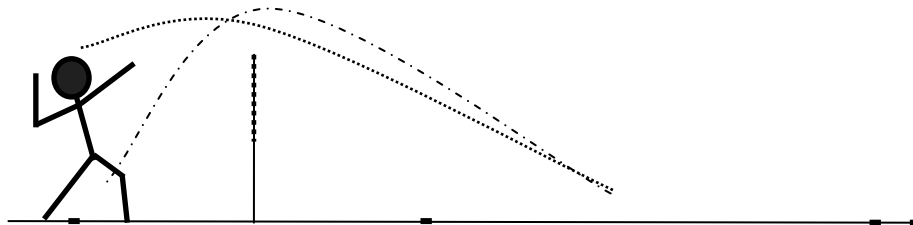


### Assessment criteria

- 6/10 shuttles go over
- Square body position, use of split step, single step or small chasse into wide lunge position
- Early racket preparation, grip change to present racket face so that shuttle travels 'upwards'

## Coach note to ensure success

- Side chasse movement to the side
- Holding with a 'sideways or thumb grip in order to open the racket face
- Racket held in a relax style, elbow slightly bent in preparation
- Timing of contact is 'Hit – Land"
- Contact is 'like a sponge'
- Important to stay as low down as possible through the movement.
- After contact, take a short chasse recovery step with racket leg





## 6. Backhand defensive stroke and sideways movement (right & left leg lunge) : SHADOW

This task will introduce some of the playing basics and encourage the following

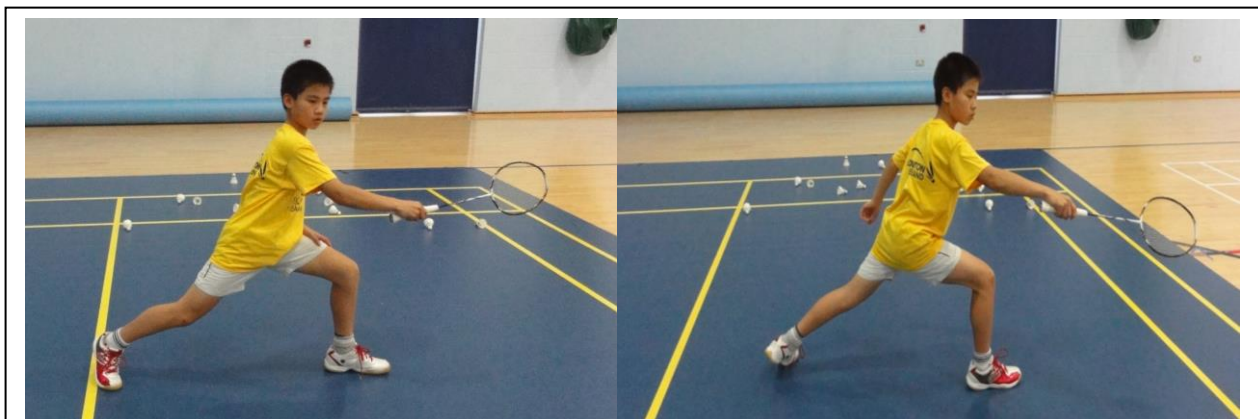
- Starting in a 'Square' Defensive ready stance
- Early body preparation and anticipatory skills
- Use of split step to aid fast movement
- Early racket preparation and changes of grip to aid success

The player will start in the midcourt non-racket leg on the centre line and adopt a 'Square' defensive ready stance'.

Encourage a grip change in order to open the racket face



Backhand block: note grip change in preparation for low block, racket face 'open'



Shuttle close to body

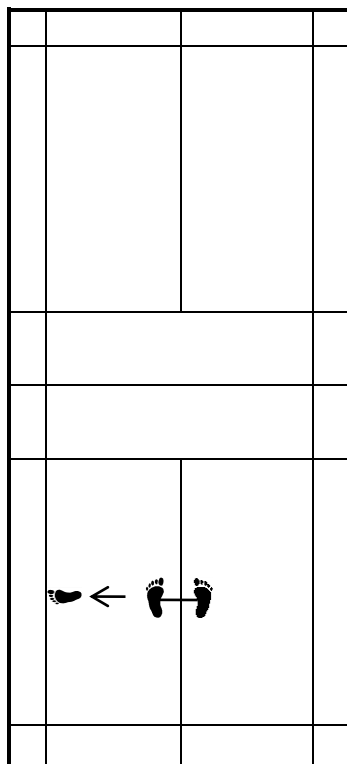
Shuttle further to side

Two movements are preferred depending on how far to the side of the player the shuttle is.

All movements to start with non-racket leg out then step over (if required) or coach as “fall onto the racket leg as recovery”

### Assessment criteria

- Square body position, Use of split step
- Early racket preparation, **grip change**
- Single step or pivot onto non racket leg for wider strokes



Square defensive stance

#### Shuttle close to body

Sideways lunge onto non-racket leg



#### Shuttle further to side

Step onto racket leg then pivot onto racket leg as controlled wide lunge



### Coach note to ensure success

- Holding with a ‘sideways or thumb grip in order to open the racket face
- All movements start with a ‘timed pretension / split step’ prior to stepping out onto the non racket leg
- For wider shuttles encourage a step over onto the racket foot

- Change grip to present racket face so that shuttle fly 'upwards'. Move thumb around grip
- Early preparation is vital -small backswing preparation
- After contact, take a short chasse recovery step with racket leg

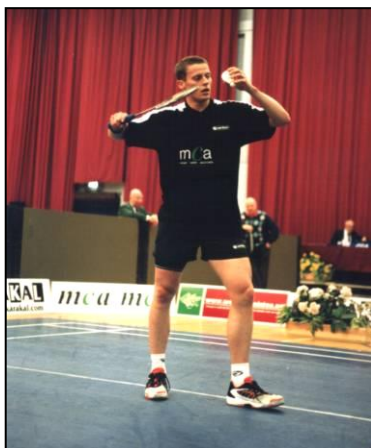
## 7 Forehand high serve

This task will introduce the high serve and encourage the following

- Starting in a sideways stance
- Use of square' Defensive ready stance in recovery and preparation for the start of the next rally

It is important that the players repeats this practice as if they are starting a real rally in a game. Encourage a 'ritual' behaviour in preparation, this should start as soon as the previous rally is complete in order to mentally and tactically prepare for the next rally.

- Collecting the shuttle slowly and ensuring that you are calm and focused on the game plan.
- Start thinking about upcoming rally : very important, decide on your tactics for that serve and rally
- Preparing yourself in the stance, "eyes on the shuttle"



### Assessment criteria

- 6/10 high serves making contact and travelling upwards towards the rearcourt
- Early racket preparation
- Weight on back foot and toe off court
- Transfer of weight and hip rotating
- Follow through over shoulder

## Coach note to ensure success

- Side on start position, legs wide, weight on back foot, front toe off the ground
- Shuttle held around head height, racket high
- Weight on rear foot, (toe comes off the court)
- Shuttle struck in front and slightly out to the side
- Hip pushed forwards so that body is square to net towards end of stroke
- Follow through over shoulder
- Practice with 'self' against wall check to see if shuttle rebounds over non racket shoulder
- The shuttle must be struck "upwards"
- High serves land just beyond the inside tramline





## 8 Overhead techniques (shadow only)

### Backward chasse, preparation, jump rotation (scissor kick)

This task will introduce some of the playing basics and encourage the following

- One style of backwards movement (chasse) for overhead forehands. (other types will be covered in next Teicnic levels)
- Early racket preparation (**A, B**)
- Preparation in a sideways stance
- Pushing up off the court with the rear leg (**D, F**)
- Rotation during hitting action (**F**)
- Use of non racket arm to aid balance and power (**D, F**)

The player will start in the midcourt in a receive of serve stance



## Assessment criteria

- Early racket preparation
- Sideways body turn
- Bending of back leg and 'push' up off court, rotate in the air
- Non racket arm curls upwards in recovery phase

## Coach note to ensure success

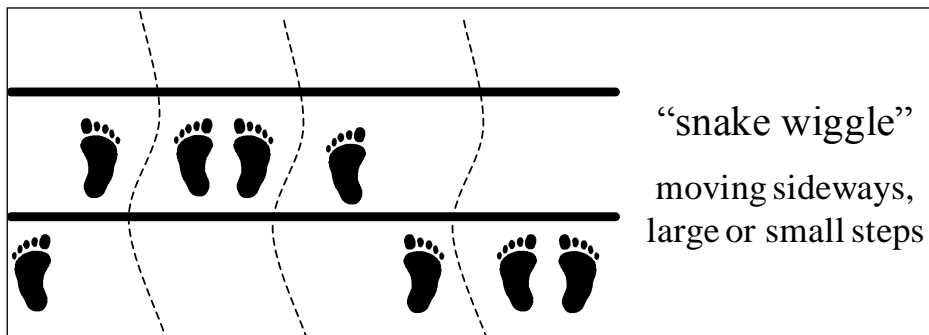
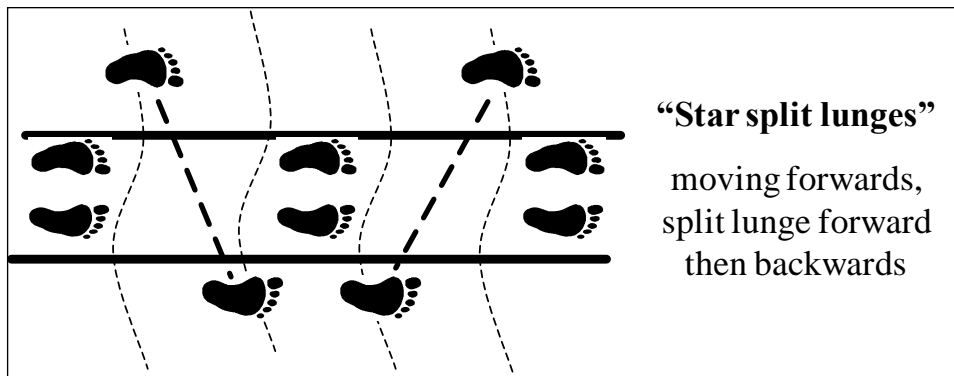
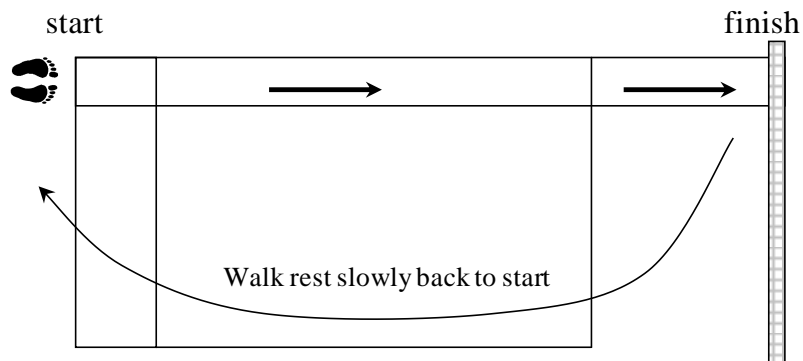
- Running or chasse backwards steps, finishing in sideways body position
- Racket moves early over the head as the player moves backwards
- Looking over non racket arm
- Pointing upwards towards shuttle (not straight arm)
- Pulling elbow backwards at start of preparation
- Back leg bends and pushes into court
- Push upwards off back leg and (rotate hips)

## 9 Footwork Patterns

This task will introduce the player to footwork tasks that are initially challenging but easily mastered through repetition and simple practice.

### Assessment criteria

- Move from the back of the court to the service line as shown below with a correct fluid style. Maximum of 5 attempts.



Task	Aspect to be observed / completed	✓ or x
Forehand Net shot from 2 heights		
Tape height	racket out in front ; arms wide ; landing heel first ; foot pointing forwards	1
Middle net	chasse or running style, finishing with long lunge 6/ 10 successful individual attempts	
Backhand Net shot from 2 heights		
Tape height	racket out in front ; arms wide ; landing heel first ; foot pointing forwards	2
Middle net	chasse or running style, finishing with long lunge 6/ 10 successful individual attempts	
Forehand net flick		
Square defensive stance	split step, quick forward movement ; early racket preparation ; contact out in front of player ; <b>Use of flick, upright recovery (no fall forwards)</b>	3
	6/10 flicks going over the net and travelling upwards towards the rearcourt	
Forward attacking stance	split step, quick forward movement ; early racket preparation ; contact out in front of player ; <b>Use of flick, upright recovery (no fall forwards)</b>	4
	6/10 flicks going over the net and travelling upwards towards the rearcourt	
Backhand net flick		
Square defensive stance	split step, quick forward movement ; early racket preparation ; contact out in front of player ; <b>Use of flick, upright recovery (no fall forwards)</b>	5
	6/10 flicks going over the net and travelling upwards towards the rearcourt	
Forward attacking stance	split step, quick forward movement ; early racket preparation ; contact out in front of player ; <b>Use of flick, upright recovery (no fall forwards)</b>	6
	6/10 flicks going over the net and travelling upwards towards the rearcourt	

Task	Aspect to be observed / completed		✓ or x
Defensive Stance			
Forehand Block	Square body position, use of split step, single step or small chasse into wide lunge position Early racket preparation, grip change to present racket face so that shuttle travels 'upwards'		7
	6/ 10 successful individual attempts		
Defensive Stance			
Backhand shadow	Shuttle close to body	Square body position, early racket preparation, racket in front, elbow bent and relaxed, use of split step, sideways lunge onto non-racket leg	8
	Shuttle further to side of body	Square body position, early racket preparation, racket in front, elbow bent and relaxed, split step, step onto racket leg then pivot onto racket leg as controlled wide lunge	9
High Serve			
	6/10 high serves travelling upwards towards the rearcourt		10
	Early racket preparation, weight on back foot and toe off court, transfer of weight and hip rotating, follow through over shoulder		
Overhead forehand			
Shadow	Early racket preparation, sideways body turn, bending of back leg and 'push' up off court, rotate in the air, non racket arm curls upwards in recovery phase		11
Footwork along the side tram lines			
Footwork	'Snake wiggle'		12
Back of court to service line	'Star Split Lunges'		13
Total score			



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# 'Yellow' Level

Date

Candidate Name		Date of birth	
Club			
Address			
Postcode			
Parent/guardian Telephone			
Parent/guardian Email			

 	
Assessor Name	
Email	
Send this sheet to <b>Cheryl Evans</b>	<b>Badminton Ireland</b> Irish Sports HQ National Sports Campus Blanchardstown Dublin 15 Ireland Telephone: +353 1 839 3028 Email: info@badminton.ie

