



NORTHWEST TERRITORIES BADMINTON ASSOCIATION

% Sport North Federation
P.O. Box 11089
Yellowknife, NT X1A 3X7

T 867 669 TEAM (8326)
Toll Free 800 661 0797
F 867 669 8327

www.nwtbadminton.ca

Player Evaluation Form

Division: _____

Player Name: _____

Player is rated on the following scale:

5 – Excellent

4 – Very Good

3 – Good

2 – Average

1 – Below Average

TECHNICAL (40%)

(Serving, Footwork, Shot Selection, Strategy, Defensive Ability, etc.)

Rating: _____

PHYSICAL (30%)

(Sit Test, Push Ups, Step Ups, Jump Ups, Sit Ups, 20-minute Run, Scramble Run)

Rating: _____

TACTICAL (30%)

(Court Positioning, doubles/mixed knowledge, different types of serves etc.)

Rating: _____

Total: _____

GENERAL COMMENTS AND RECOMMENDATIONS:

Coach/Evaluator Name (*print*)

Coach/ Evaluator Signature

technical/tactical skills have been mastered. All training is individualized to remove weaknesses and enhance strengths.

TECHNICAL SKILLS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Basic Ready Position (body+racquet)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Racquet Hand/Arm vs Non-Racquet Hand/Arm
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Racquet Leg vs Non-Racquet Leg
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Basic Grip
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Forehand (racquet 1 O'clock)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Backhand (racquet 11 O'clock)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Split Drop Step
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Lunge (racquet leg)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Backhand service
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Service receive position/hitting position
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Feeding by hand/racquet
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Forehand/Backhand Lunge Net Shot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Forehand Hitting Position
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Forehand/Backhand Lunge Lift
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Forehand Backhand Pushes/Drives
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Basic Front and Mid Court Movement/Footwork
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Forehand Underhand High Service
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Forehand Overhead Clear
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Swing/Stroke/Shot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Forehand Overhead Drop Swing/Stroke/Shot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Forehand Overhead Smash Swing/Stroke/Shot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Round the Head Clear, Drop & Smash Swing/Stroke/Shot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Backhand Drop, Clear, Smash
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Basic Front/Mid/Back Court Movement/Footwork

TACTICAL SKILLS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Singles and doubles offence and defence positioning
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Singles offence and defensive shots
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Doubles offence and defensive shots
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Hitting to open sports on court
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Shots to allow recovery of position
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Identifying opponents weaknesses and playing to them
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Basic shot deception
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Varying shot speed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Baiting



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Fitness Test for 2023 AWG and CWG Badminton Athletes

Strength: wall sit

- This tests the strength in the lower body; primarily the leg strength.
- Athletes are asked to sit against the wall, back flat against the wall and their legs bent at a 90 degree angle.
- The athletes are timed as to how long they can retain this position.

Strength: push ups

- This tests the strength of the upper body; primarily the arms and shoulders.
- Athletes are asked to do this from the kneeling position.
- Back straight and nose has to touch the floor to count.
- The number of push ups done in 30 seconds will be recorded.

Speed: step ups

- The game of badminton requires fast feet movement.
- A gym bench will be used.
- The step up has to be the heel to toe method – both heels must come into contact with the bench. This prevents the athlete from using the balls of their feet with the heel hanging off the edge.
- The athlete will be timed to see how many steps they can do in 1 minute.

Strength: jump ups

- A gym bench will be used.
- Athletes are required to jump from the floor, both feet at the same time, onto the bench.
- Heels must contact the bench before returning to the floor.
- The athlete may be timed to see how many times they can do this in a minute.

Strength: sit ups

- This test will be used to test the strength of the mid-section of the body.
- The athletes' shoulders must come back to the mat and both elbows touch the knees to count.
- The number of sit ups completed in one minute will be recorded.

Aerobic: 20 minute non-stop run

- The game demands a high capacity for aerobic fitness.
- Athletes will be tested to see if they can run non-stop for 20 minutes.

PART II:

Scramble Run

- This test will be used to test the athletes' footwork and their ability to think of where to go next.
- The athlete will start with 6 shuttles at the T.
- The athlete will pick one shuttle up from the T and place it at A. All shuttles must be placed feathers down and the cork not in touch with the floor – not dropped or thrown.
- The athlete picks up a second shuttle from the T and places it at A. The shuttle that is already at A is picked up and placed at B.
- A third shuttle is picked up from the T and placed at A. The shuttle that is already at A is then moved to B. The shuttle that is at B is moved to C.
- The fourth shuttle is picked up from the T and placed at A and the sequence continues resulting in a shuttle being moved from C to D.
- The fifth shuttle is picked up from the T and the sequence continues resulting in a shuttle being placed at E.
- The sixth shuttle is picked up from the T and placed at A. The sequence continues until the shuttle from E is moved to F.
- Time is stopped when the athlete returns to the T and shuttles have been placed in the six positions on the court.



