

% 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	S) k, Shot Selection, Stra	tegy, Defensive A	bility, etc.)	Rating:
PHYSICAL (30%) (Sit Test, Push Ups Run)	Rating:			
TACTICAL (30%) (Court Positioning etc.)	, doubles/mixed know	/ledge, different t	types of serves	Rating:
GENERAL COMM	MENTS AND RECOM	MENDATIONS:		Total:
Coach/Evaluator	r Name (print)	-	 Coach/ Evaluator S	 ignature

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

TECHNICAL SKILLS
Basic Ready Position (body+racquet)
Racquet Hand/Arm vs Non-Racquet Hand/Arm
Racquet Leg vs Non-Racquet Leg
Basic Grip
Forehand (racquet 1 O'clock)
Backhand (racquet 11 O'clock)
Split Drop Step
Lunge (racquet leg)
Backhand service
Service receive postion/hitting position
Feeding by hand/racquet
Forehand/Backhand Lunge Net Shot
Forehand Hitting Position
Forehand/Backhand Lunge Lift
Forehand Backhand Pushes/Drives
Basic Front and Mid Court Movement/Footwork
Forehand Underhand High Service
Forehand Overhead Clear
Swing/Stroke/Shot
Forehand Overhead Drop Swing/Stroke/Shot
Forehand Overhead Smash Swing/Stroke/Shot
Round the Head Clear, Drop & Smash Swing/Stroke/Shot
Backhand Drop, Clear, Smash
Basic Front/Mid/Back Court Movement/Footwork
TACTICAL CULLC
TACTICAL SKILLS
Singles and doubles offence and defence positioning
Singles offence and defencive shots
Doubles offence and defencive shots
Hitting to open sports on court
Shots to allow recovery of position
Identifying opponents weaknesses and playing to them
Basic shot deception
Varying shot speed
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.

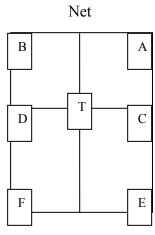
Aerobic: 20 minute non-stop run

- 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.





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FITNESS TEST RESULTS



Last Name	First Name	Wall Sits	Push Ups	Step Ups	Jump Ups	Sit Ups	20 Min. Run	Scramble Run	
				Number in		Number in			
Male		Timed	# in 30 sec	1min	1min	1min		Timed	
Female									
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