



# GOLD SKILLS PROGRESSION & ASSESSMENT



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Gold Program Goals and Focus

- provide activities to enhance & challenge participants with consistency of skill execution
- provide activities that encourage the development of singles and doubles tactics
- provide a fun environment in which to learn these activities and skills

Skill	Description	Assessment
<b>Grips</b>	Can demonstrate <b>switching between</b> (FH) and (BH) grip correctly and consistently	
<b>Footwork</b>	Can demonstrate correct footwork (lunge, split step and chasse) to 4 corners at a moderate speed without hesitation; 8/10 times to each corner required	
<b>Short Serve</b>	Can execute a short serve to land inside the service court with a height less than 50cm above the net; 8/10 required	
<b>Backhand Net Shot</b>	Can execute a BH Net Shot to land inside the short service line with confidence and no hesitation; movement from singles base; 8/10 required	
<b>Forehand Net Shot</b>	Can execute a FH Net Shot to land inside the short service line with confidence and no hesitation; movement from singles base; 8/10 required	
<b>Changing Grips</b>	Use both FH and BH grips/shots during a game consistently	
<b>High or Long Serve</b>	Can execute a long serve to land in the correct service court and back ½ of the court; 8/10 required on both left and right side	
<b>Forehand Lift</b>	Can execute a FH Lift to land back ½ of court; player to move from singles base; 8/10 required	
<b>Backhand Lift</b>	Can execute a BH Lift to land back ½ of court; player to move from singles base; 8/10 required	
<b>Forehand Clear</b>	Can execute a Clear to land in back ½ court; 8/10 required	
<b>Forehand Drop</b>	Can execute a Drop to land inside the short service line; 8/10 required	
<b>Singles Tactics</b>	Can move shuttle from front of the court to back and vice versa during game to gain advantage	
<b>Singles Strokes</b>	Can demonstrate forehand clear, drop shot, FH net shot and BH hand net shot including high serve	
<b>Doubles Tactics</b>	Can demonstrate basic attacking and defensive formations	
<b>Doubles Strokes</b>	Can demonstrate attacking strokes in correct formation	
<b>Knowledge of Laws of Badminton</b>	Can successfully answer 8/10 correctly	

FINAL COMMENTS: