



SILVER SKILLS PROGRESSION & ASSESSMENT



Name: _____

Date: _____

Silver Program Goals and Focus

- provide activities to enhance & challenge participants motor skills, physical movements, flexibility, speed & agility
- provide technical and skill activities that encourage movement and consistency in execution
- provide a fun environment in which to learn these activities and skills

Skill	Description	Assessment
Shuttle Bounce FH/BH	Can bounce a shuttle on racquet FH & BH each 20x in a row without it dropping on the ground	
Grips	Can demonstrate with confidence and no hesitancy what a Forehand (FH) and Backhand (BH) grip looks like	
Footwork	Can demonstrate correct footwork (lunge, split step and chasse) to 4 corners at a moderate speed without hesitation; 6/10 times to each corner required	
Short Serve	Can execute a short serve to land inside the service court with a height no higher than 50cm above the net; 6/10 required	
Backhand Net Shot	Can execute a BH Net Shot to land inside the short service line with confidence and no hesitation; movement from singles base; 6/10 required	
Forehand Net Shot	Can execute a FH Net Shot to land inside the short service line with confidence and no hesitation; movement from singles base; 6/10 required	
Changing Grips	Use both FH and BH grips/shots during a game	
High or Long Serve	Can execute a long serve to land in the correct service court and back ½ of the court; 6/10 required on both left and right side	
Forehand Lift	Can execute a FH Lift to land back ½ of court; player to move from singles base; 6/10 required	
Backhand Lift	Can execute a BH Lift to land back ½ of court; player to move from singles base; 6/10 required	
Forehand Clear	Can execute a Clear to land in back ½ court; 6/10 required	
Forehand Drop	Can execute a Drop to land inside the short service line; 6/10 required	
Knowledge of Laws of Badminton	Can successfully answer 6/10 correctly	

FINAL COMMENTS: