

NSS BADMINTON ASSESSMENT FORM



(Approximate Time:- 1hour 30minutes)

Venue: _____

Date: _____

Assessors: _____

Name of Student: _____ Date of Birth: _____

Assessment Criteria		Student Mark	Maximum Points
TACTICAL <i>Insight, understanding of the sport, game intelligence, decision-making, movement concepts [15%] - 15mins</i>			
Knowledge of Rules & Court Layout			3
Different Grips and when to use them			3
Positioning and Spatial Awareness			4
Understanding of Basic Tactics (eg: playing in the 4 corners / searching for empty spaces)			5
TECHNICAL <i>Technique and Skill of the sport [60%] - 45mins</i>			
Racket Preparation and Shuttle Control			10
Strokes	Service (F/H & B/H, Short & High)		6
	Net Play (Variation)		6
	Lob (F/H & B/H)		6
	Drop (F/H & Overhead)		6
	Drive /Flat Play (F/H & B/H)		6
	Clear (Height & Length)		6
	Smash (Power & Precision)		6
Footwork & Efficiency of Movement			8

PHYSIOLOGICAL <i>Relevant Physiological Attributes [25%] – 30mins</i> <i>(includes warm-up / 11 point match / stretching & cooling down)</i>		
Balance and Coordination		5
Speed and Agility		5
Endurance		5
Strength and Power		5
Flexibility		5

Assessors' Signature

Coordinator's Signature
