

How To determine my level in badminton ?

Technical skills :

I'm able, to throw the shuttle **Forehand**

to the very back court, back court, mid court, front court.

From the very back court, back court, mid court, front court.

I'm able, to throw the shuttle **Backhand**

to the very back court, back court, mid court, front court.

From the very back court, back court, mid court, front court.

I'm able to play a drop shot

From the very back court, back court, mid court, front court.

More than 1 meter above the net, less than 1 meter above the net, less than 50 cm.

I'm able to serve

to the very back court, back court, mid court, service line.

Rules

I know the single court, the double court

I know who has to serve, from where, in single, double

I know the main faults (in, out, net, body, service, double)

I know details (let, on the line, body touch, toss, court dimensions, net height)

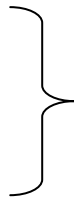
I can count points, I can referee, single, double.

Tactic

I play regularly in the mid court

I can play everywhere on the court

I can play short but not long...



I use the « red lines » in doc Badminton vocabulary

I can notice weak and strong points of my opponent

I know my own strong and weak points.

I can change my style according to my opponent

I have an intent for each shot

I plan the rally before serving

Mental skills

I hate loosing

I'm motivated only if I win

Playing versus a strong opponent is a challenge

I can find a victory in the defeat

I don't mind the result

I can decide to work on a specific point, strong/weak.

Results

What's my ranking in the class

I watch video on the internet to see professional players .

Incredible : <https://www.youtube.com/watch?v=TixBVUfDXwE>

Female players : <https://www.youtube.com/watch?v=avJD1hWg8HY>

Male player : <https://www.youtube.com/watch?v=EdcKBdtGxUU>