

Badminton

Component of Fitness (F)

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|----|--------------------------|
| 1 | Maximal Strength |
| 2 | Coordination |
| 3 | Flexibility |
| 4 | Dynamic Strength |
| 5 | Muscular Endurance |
| 6 | Balance |
| 7 | Explosive Strength |
| 8 | Power |
| 9 | Speed |
| 10 | Cardiovascular Endurance |
| 11 | Agility |
| 12 | Reaction Time |
| 13 | Static Strength |



Skills (S)

| | | | |
|---|----------------------------|----|-------------------|
| 1 | Long service | 6 | Footwork/Movement |
| 2 | Short service | 7 | Smash |
| 3 | Accuracy of overhead clear | 8 | Netkill |
| 4 | Power of overhead clear | 9 | Backhand |
| 5 | Drop shot | 10 | Net lift |

Tactics (T)

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|---|--|
| 1 | Ability to move your opponent around the court |
| 2 | Variation of shot |
| 3 | Attacking at the front of the court |
| 4 | Identifying and playing to opponents weakness |
| 5 | Positioning ready to receive |
| 6 | Variation of serve |

