

Badminton

Component of Fitness (F)

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)

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

