

WRFC (Badminton) Session Grading Criteria

C Grade:

- All players need to demonstrate good court etiquette and on court behaviour.
- The player must show that they are capable of hitting the shuttle on a regular basis.
- They must understand the rules and not be a danger to other players on court.
- They must be able to achieve a reasonable serve.
- They must be able to move around the court to hit the shuttle.

C+ Grade:

- All players need to demonstrate good court etiquette and on court behaviour.
- The player must be able to position the shuttle more, including smashing, playing drop shots and blocking to the net.
- The players overhead strokes must be good enough to produce power and length into their game.
- The player must demonstrate court awareness and have a good understanding of the rules eg: serving rules where the racket should be below your waist.
- The players serves must start to get tighter and the overall structure of the serve should demonstrate technique and consistency.
- Overall basic shots must be to a better standard as an example being able to play to the net or lift of service to the rear court.
- The player should be in the right place before the rally starts.
- They must be able to move around the court more efficiently.

B Grade:

- All players need to demonstrate good court etiquette and on court behaviour.
- The player must have the correct grip.
- Their overhead action must be strong enough to hit to the rear of the court and perform all the basic shots such as dropping and clearing well.
- Their smashes must have power in them and steepness.
- The players serve must be tight and they have to be able to return serves well. This does not mean lifting all the time.
- Ladies and men have to be able to deal with the flick serves as well as low serves.

- The players movement at the back of the court must be good enough to be able to play a range of shots.
- Players must be able to go round the head to play a shot.
- Players must be able to change grips and play forehand and backhand strokes.
- Players must have the correct tactics for front and back play and must be able to perform this in a game.
- Players must also take sides when defending.
- They must have good court awareness and have a good understanding of the rules.
- Players must show control by playing blocks and net shots in levels and mixed.
- In mixed doubles the lady should cover the cross court drop or smash.

B+ Grade:

- All players need to demonstrate good court etiquette and on court behaviour.
- Players must have the correct grip.
- Players overheads must be able to perform all the basic shots such as slicing and smashes must be powerful enough to cause opponents problems.
- Players serves must be of a good standard and they must be able to look for the next shot after serving.
- Players net shots must be good and movement around the net must be controlled.
- They must show awareness of what is going on in a rally at the net trying to intercept things when possible.
- Players must be able to hold their own at the back of the court playing blocks to get a lift when not in a good position to attack.
- Players should be able to hit accurately down three or four times in a row to win a point.
- The player should be looking to attack the serve and play soft when necessary to get a lift for their partner.
- They should have a good understanding of the game and know where their partner is whilst the rally is in progress.
- They should have a high understanding of front and back tactics.
- Players should go into the net when their partner is pushed back to the rear of the court to show awareness of getting a weak reply at the net if partner hits down. They should also be able to defend well taking sides.
- They should be able to play attacking shots from around their head and their rear court movement should be efficient and quick.
- They should be able to play overhead backhand drops to get them out of trouble if need be and they should be able to keep the shuttle flat when need be.
- They should be able to defend well and have the right stance to do this.
- Players must show control when defending like blocking, driving and lifting mixing play up at the right time not just lifting.
- In mixed doubles the lady should cover the cross court drop or smash.
- In mixed doubles the lady should be able to play net drops and kills.

- In mixed doubles the man should be positioned to cover the straight attack as well as cover the rear court.

A Grade:

- All players need to demonstrate good court etiquette and on court behaviour.
- Players overheads should be strong and they must also be consistent at playing all the basic shots.
- Players should also be able to create deception into their game to make a difference.
- The player should have a very good understanding of the tactics and be able to perform this under serious pressure from their opponents. This includes front and back attacking, sides defending and rotation showing awareness of the partner when at the back and front of the net.
- Their serves should be very tight and consistent with it.
- They should be looking to attack the serve alot or when lifting making it hard for the opponent to hit down hard.
- They should be able to play soft touches of return of serve to get the lift also.
- They should try to play shots to help their partner out and be aware of where they are.
- The players defence should be of a higher standard being able to withstand fast smashes. Players should be able to control defence on smashes with blocks drives and lifts.
- Players should be able to move back to the rear with speed to hit down most of the time.
- Players should be able to hit clears to the back when in trouble.
- Players should be able to lift to the rear and drive the shuttle back at their opponents.
- Players must guard their net shots forcing the lift for their partner.
- Players must be able to get in position under pressure to defend smashes at levels and mixed.
- Good anticipation is needed as well as good reactions.
- Very good court awareness is essential.
- Their tactics need to be very good and they must show they know what they are doing.
- Backhand overheads are needed more here and they have to be able to move around the whole court with good footwork: front and back, and side to side.
- The players net area has to be strong and they should have an understanding of the what they are doing there.
- In mixed doubles the lady should cover the cross court drop or smash.
- In mixed doubles the lady should be able to play net drops and kills.
- In mixed doubles the man should be positioned to cover the straight attack as well as cover the rear court.
- Players need to show greater court awareness and shot proficiency then would be expected in the other grades.