

मानक- अंक
खेल / स्पर्धा विशिष्ट कौशल परीक्षण
मानक अंक प्रणाली आयुवर्ग 14 से 23 वर्ष

खेल का नाम- बैडमिंटन (बालक)

आयुवर्ग	फोरहैड स्ट्रैट ड्रॉप			फोरहैड स्ट्रैट नेट			फोरहैड हाई लॉब सर्विस			फोरहैड स्ट्रैट हाई लॉब क्लियर			फोरहैड स्ट्रैट स्मैश		
	अंक			अंक			अंक			अंक			अंक		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
14-17	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
17-19	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
19-21	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
21-23	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3



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सहायक प्रशिक्षक
देहरादून



(अमित कटारिया)
सहायक प्रशिक्षक
देहरादून



(रविन्द्र भण्डारी)
उप क्रीडाधिकारी
देहरादून




(सुरेश चन्द्र पाण्डे)
उप निदेशक खेल
खेल निदेशालय

मानक- अंक
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	अंक			अंक			अंक			अंक			अंक		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
14-17	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
17-19	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
19-21	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
21-23	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3


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मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम / योजना

मानक अंक प्रणाली आयुवर्ग 14 से 17 वर्ष


(बालिका वर्ग)


खेल का नाम- बैडमिंटन

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	04.41 - 04.60	04.21 - 04.40	04.20 या कम
वर्टिकल जंप (से०मी० में)	23.00 - 29.00	29.01 - 36.00	36.01 या अधिक
मेडिसिन बॉल पट (01 किग्रा) (मीटर में)	05.50 - 05.99	06.00 - 06.49	06.50 या अधिक
06X10 शटल रन (सेकण्ड में)	18.39 - 18.20	18.19 - 18.00	17.99 या कम
800 मीटर दौड़ (मिनट में)	03.25 - 03.16	03.15 - 03.06	03.05 या कम


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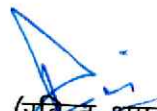
(बालिका वर्ग)


खेल का नाम- बैडमिंटन

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी0 फ्लाइंग (सेकण्ड में)	04.21 - 04.40	04.01 - 04.20	04.00 या कम
वर्टिकल जंप (से0मी0 में)	35.00 - 39.00	39.01 - 43.00	43.01 या अधिक
मेडिसिन बॉल पट (01 किग्रा) (मीटर में)	06.00 - 06.49	06.50 - 06.99	07.00 या अधिक
06X10 शटल रन (सेकण्ड में)	17.39 - 17.20	17.19 - 17.00	16.99 या कम
800 मीटर दौड़ (मिनट में)	03.20 - 03.11	03.10 - 03.00	02:59 या कम


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मानक अंक प्रणाली आयुवर्ग 19 से 21 वर्ष

(बालिका वर्ग)

खेल का नाम- बैडमिंटन

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी0 फ्लाइंग (सेकण्ड में)	04.00 - 04.15	03.86 - 03.99	03.85 या कम
वर्टिकल जंप (से0मी0 में)	40.00 - 43.00	43.01 - 48.00	48.01 या अधिक
मेडिसिन बॉल पट (01 किग्रा) (मीटर में)	06.50 - 06.99	07.00 - 07.50	07.51 या अधिक
06X10 शटल रन (सेकण्ड में)	16.39 - 16.20	16.19 - 16.00	15.99 या कम
800 मीटर दौड़ (मिनट में)	03.00 - 02.50	02.49 - 02.40	02:39 या कम

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मानक अंक प्रणाली आयुवर्ग 21 से 23 वर्ष
(बालिका वर्ग)


खेल का नाम- बैडमिंटन

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी0 फ्लाइंग (सेकण्ड में)	03.81 - 03.90	03.71 - 03.80	03.70 या कम
वर्टिकल जंप (से0मी0 में)	46.00 - 50.00	50.01 - 55.00	55.01 या अधिक
मेडिसिन बॉल पट (01 किग्रा) (मीटर में)	07.00 - 07.50	07.51 - 08.00	08.01 या अधिक
06X10 शटल रन (सेकण्ड में)	15.39 - 15.20	15.19 - 15.00	14.99 या कम
800 मीटर दौड़ (मिनट में)	02:49 - 02:40	02:39 - 02:30	02:29 या कम


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मानक अंक प्रणाली आयुवर्ग 14 से 17 वर्ष

(बालक वर्ग)

खेल का नाम- बैडमिंटन

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.98 - 04.13	03.82 - 03.97	03.81 या कम
वर्टिकल जंप (से०मी० में)	39.00 - 42.00	42.01 - 45.00	45.01 या अधिक
मेडिसिन बॉल पट (02 किग्रा) (मीटर में)	04.21 - 05.45	05.46 - 06.70	06.71 या अधिक
06x10 शटल रन (सेकण्ड में)	16.76 - 17.11	16.38 - 16.75	16.37 या कम
800 मीटर दौड़ (मिनट में)	03.05 - 02.56	02.55 - 02.46	2:45 या कम

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मानक अंक प्रणाली आयुवर्ग 17 से 19 वर्ष


(बालक वर्ग)


खेल का नाम- बैडमिंटन

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.70 - 03.78	03.61 - 03.69	03.60 या कम
वर्टिकल जंप (से०मी० में)	43.00 - 45.00	45.01 - 49.00	49.01 या अधिक
मेडिसिन बॉल पट (02 किग्रा) (मीटर में)	05.46 - 06.60	06.61 - 07.75	07.76 या अधिक
06X10 शटल रन (सेकण्ड में)	16.01 - 16.35	15.66 - 16.00	15.65 या कम
800 मीटर दौड़ (मिनट में)	02.55 - 02.46	02.45 - 02.36	02:35 या कम


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मानक अंक प्रणाली आयुवर्ग 19 से 21 वर्ष

(बालक वर्ग)

खेल का नाम- बैडमिंटन

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.61 - 03.68	03.52 - 03.60	03.51 या कम
वर्टिकल जंप (से०मी० में)	46.00 - 49.00	49.01 - 54.00	54.01 या अधिक
मेडिसिन बॉल पट (02 किग्रा) (मीटर में)	05.86 - 07.20	07.21 - 08.55	08.56 या अधिक
06X10 शटल रन (सेकण्ड में)	15.16 - 15.42	14.88 - 15.15	14.87 या कम
800 मीटर दौड़ (मिनट में)	02.50 - 02.41	02.40 - 02.31	02:30 या कम

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मानक अंक प्रणाली आयुवर्ग 21 से 23 वर्ष


(बालक वर्ग)

खेल का नाम- बैडमिंटन

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.56 - 03.68	03.44 - 03.55	03.43 या कम
वर्टिकल जंप (से०मी० में)	50.00 - 54.00	54.01 - 59.00	59.01 या अधिक
मेडिसिन बॉल पट (02 किग्रा) (मीटर में)	06.61 - 08.25	08.26 - 09.90	09.91 या अधिक
06X10 शटल रन (सेकण्ड में)	14.41 - 14.80	14.01 - 14.40	14.00 या कम
800 मीटर दौड़ (मिनट में)	02.45 - 02.36	02.35 - 02.26	02:25 या कम


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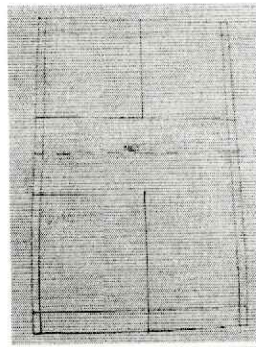
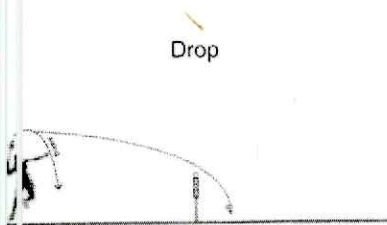

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BADMINTON SKILL TEST (17-19 yrs)

1. Forehand Straight Drop

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent near to short service line.
- (c) The trajectory of the stroke will be downward.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(drop).



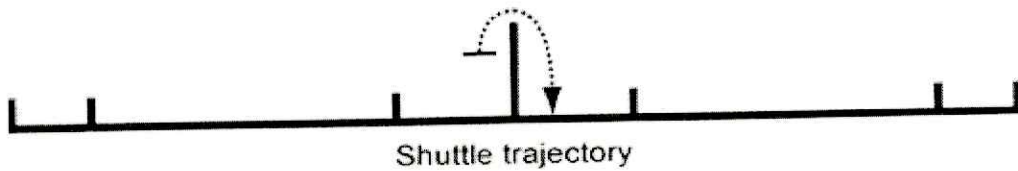
Drop *Point* *Line*

BADMINTON SKILL TEST (17-19 yrs)

2. Forehand straight net.

- (a) Participant is required to standing position on center point of the court.
- (b) Participant hit the shuttle underhand by forehand grip.
- (c) The trajectory of the stroke will be upward angle with close to the net tape and landing area of shuttle will be given in diagram.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(forehand straight net).

Net Shot



Shuttle

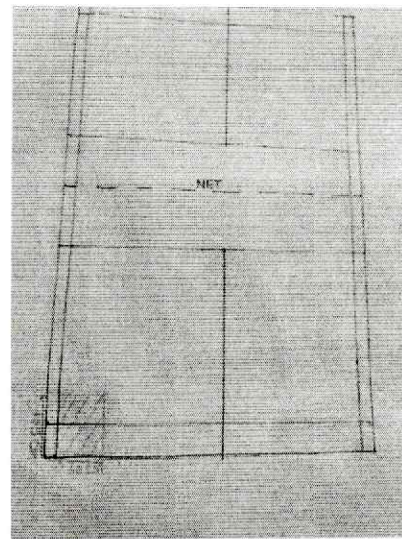
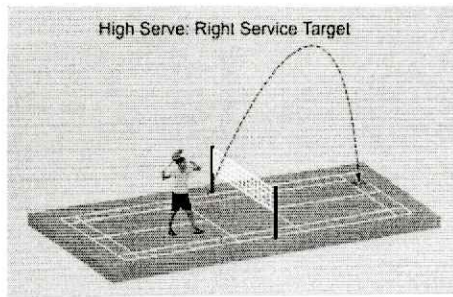
Net

Shot

BADMINTON SKILL TEST (17-19 yrs)

3. Forehand high lob service.

- (a) Participant is required to standing position near to centre line and behind the short service line without touching and cutting the line.
- (b) Participant will not lift the feet while serving.
- (c) Participant hit the shuttle underhand by forehand grip.
- (d) The trajectory of the stroke will be upward angle with maximum height and landing area of shuttle will be given in diagram.
- (e) Participant will get three attempts.
- (f) Equipments:- Racket, spot marker, Shuttle.
- (g) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (h) DIAGRAM:- Given diagram is for trajectory of the stroke(high lob service).

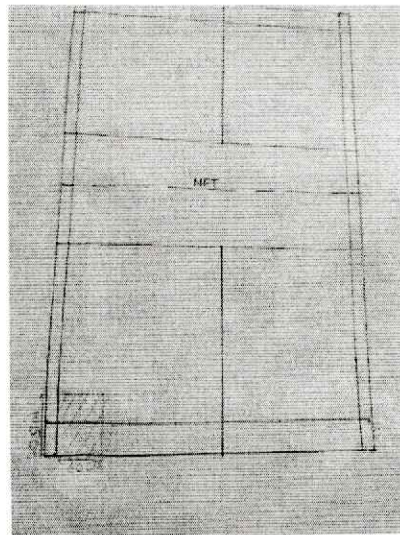
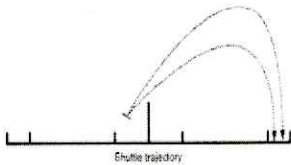


Bush *Arush* *Arush*

BADMINTON SKILL TEST (17-19 yrs)

4. Forehand Straight high lob clear

- (a) Participant is required to move to receiving position from center towards the forehand corner (near to net).
- (b) Participant hit the shuttle underhand by forehand grip.
- (c) The trajectory of the stroke will be upward angle with maximum height and landing area of shuttle will be given in diagram.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke (high lob clear).

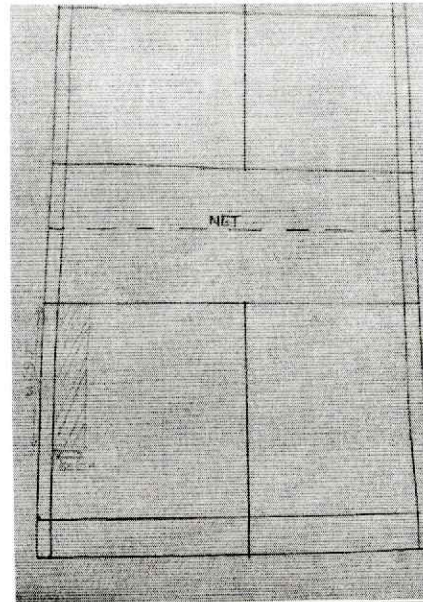
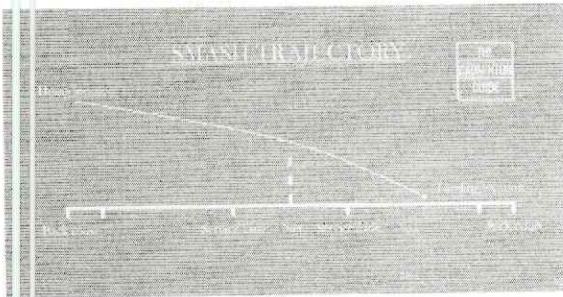


Byg *Anish* *Kari*

BADMINTON SKILL TEST (14-17 yrs)

5. Forehand Straight Smash

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent near to single side line .
- (c) The trajectory of the stroke will be downward angle with maximum speed.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(smash).



Prash

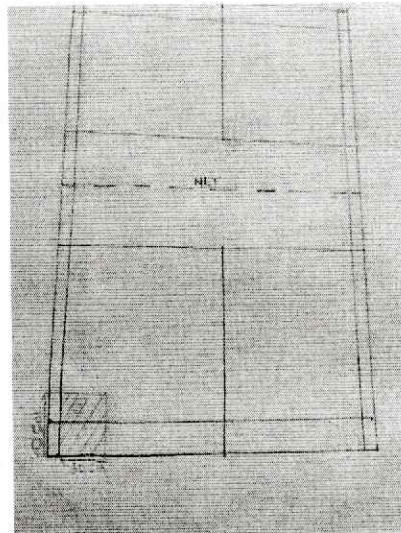
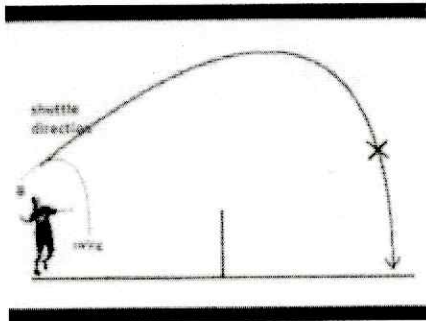
Anish

Loni

BADMINTON SKILL TEST (17-19 yrs)

(i. Forehand Straight Toss

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent back court area.
- (c) The trajectory of the stroke will be highest.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(toss).



By

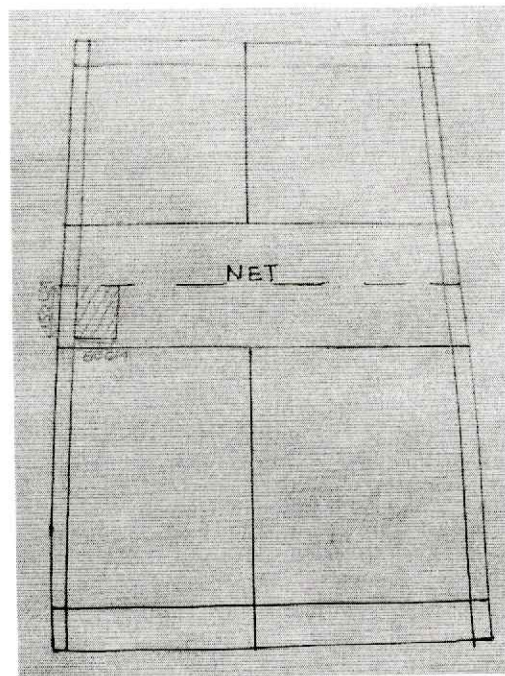
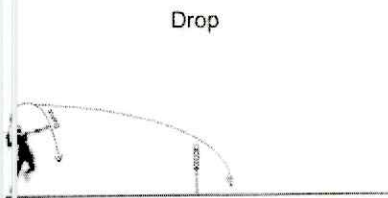
Amir

Cari

BADMINTON SKILL TEST (21-23 yrs)

2.. Forehand Straight Drop

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent near to short service line.
- (c) The trajectory of the stroke will be downward.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(drop).



Drop

Drop

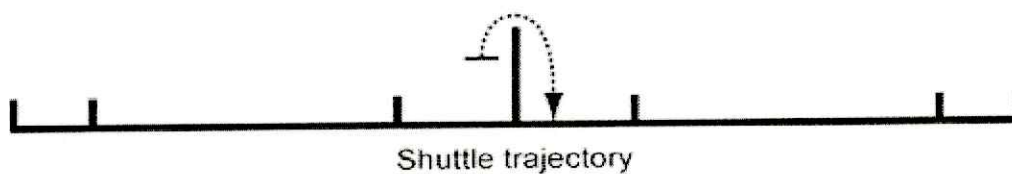
Drop

BADMINTON SKILL TEST (21-23 yrs)

2. Back hand straight net.

- (a) Participant is required to standing position on center point of the court.
- (b) Participant hit the shuttle underhand by backhand grip.
- (c) The trajectory of the stroke will be upward angle with close to the net tape and landing area of shuttle will be given in diagram.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(backhand straight net).

Net Shot

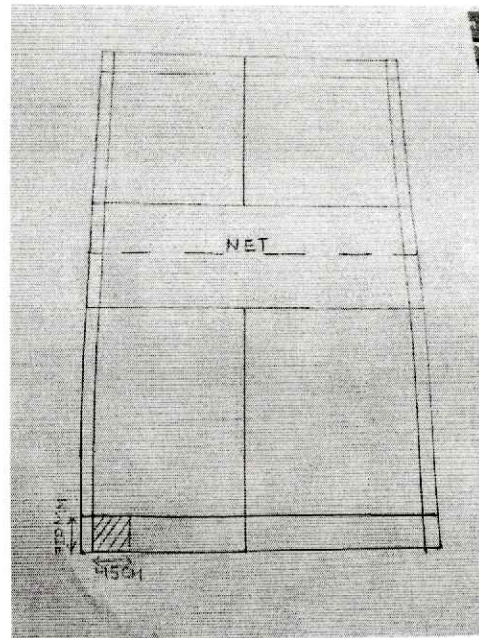
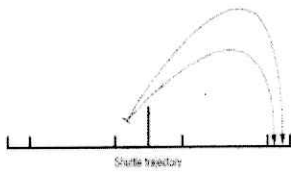


Byg *Amith* *Gov*

BADMINTON SKILL TEST (21-23 yrs)

4. Forehand Straight high lob clear

- (a) Participant is required to move to receiving position from center towards the forehand corner (near to net).
- (b) Participant hit the shuttle underhand by forehand grip.
- (c) The trajectory of the stroke will be upward angle with maximum height and landing area of shuttle will be given in diagram.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(high lob clear).



Angs

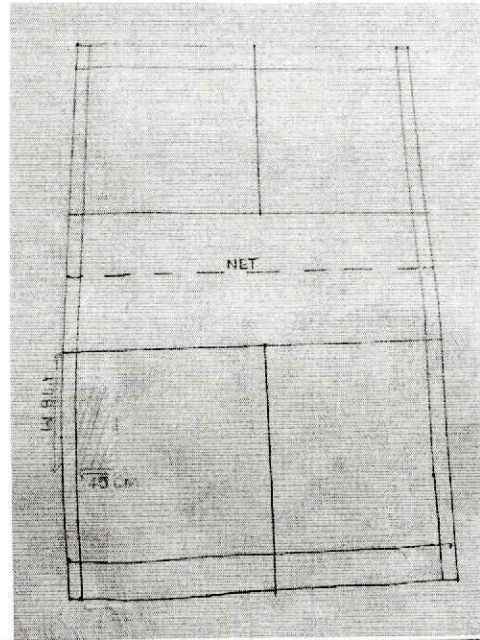
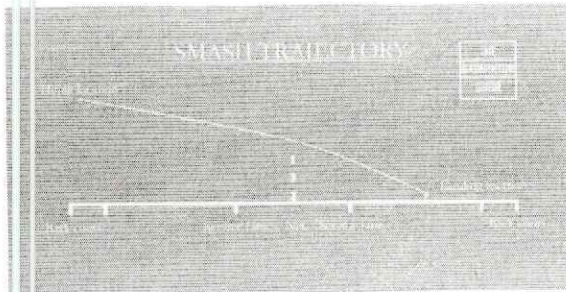
Amith

Kan

BADMINTON SKILL TEST (21-23 yrs)

5. Forehand Straight Smash

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent near to single side line .
- (c) The trajectory of the stroke will be downward angle with maximum speed.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(smash).



Bugh

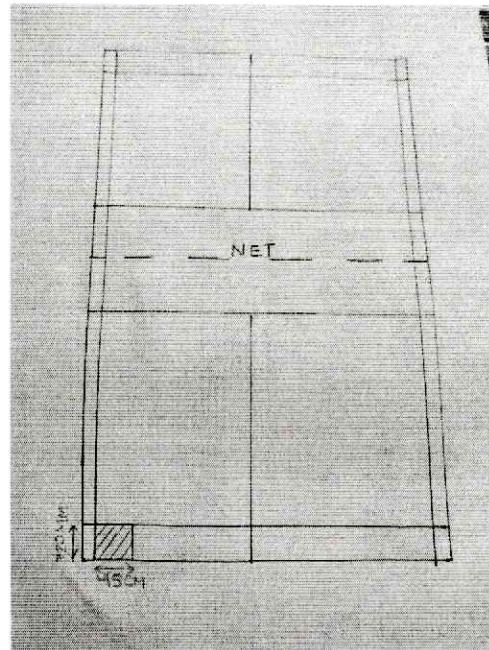
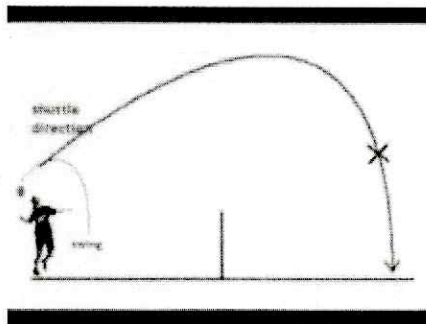
Print

2.4

BADMINTON SKILL TEST (21-23 yrs)

6. Forehand Straight Toss

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent back court area.
- (c) The trajectory of the stroke will be highest.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(toss).

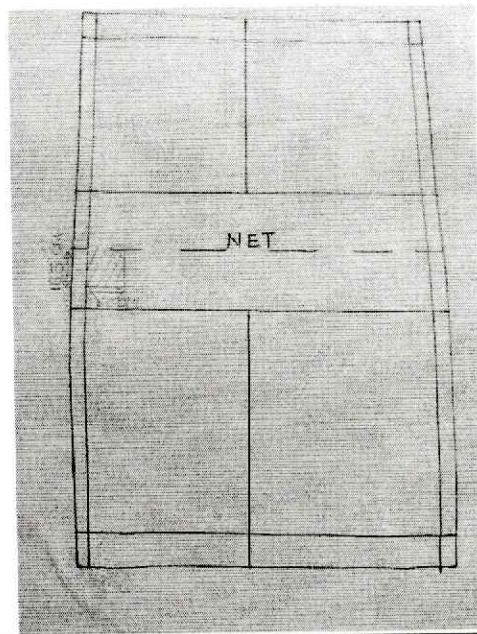


Bush *Armit* *Lari*

BADMINTON SKILL TEST (19-21 yrs)

... Forehand Straight Drop

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent near to short service line.
- (c) The trajectory of the stroke will be downward.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(drop).



Bugh

Anish

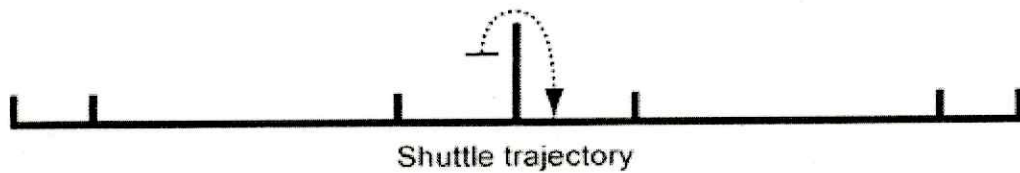
Avi

BADMINTON SKILL TEST (19-21 yrs)

2. Back hand straight net.

- (a) Participant is required to standing position on center point of the court.
- (b) Participant hit the shuttle underhand by backhand grip.
- (c) The trajectory of the stroke will be upward angle with close to the net tape and landing area of shuttle will be given in diagram.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(backhand straight net).

Net Shot

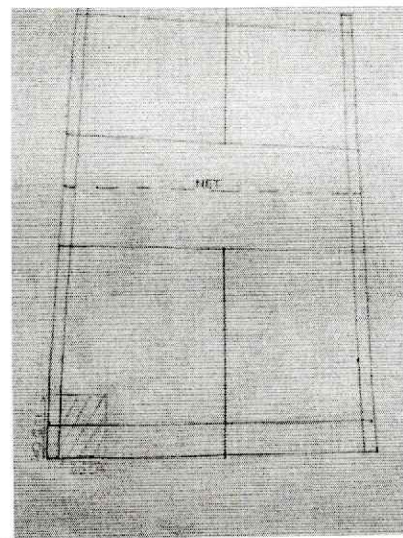
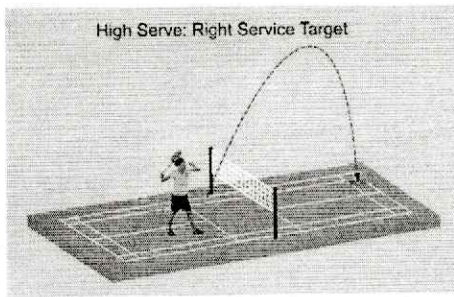


Push *Amrit* *Paul*

BADMINTON SKILL TEST (19-21 yrs)

3. Forehand high lob service.

- (a) Participant is required to standing position near to centre line and behind the short service line without touching and cutting the line.
- (b) Participant will not lift the feet while serving.
- (c) Participant hit the shuttle underhand by forehand grip.
- (d) The trajectory of the stroke will be upward angle with maximum height and landing area of shuttle will be given in diagram.
- (e) Participant will get three attempts.
- (f) Equipments:- Racket, spot marker, Shuttle.
- (g) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (h) DIAGRAM:- Given diagram is for trajectory of the stroke(high lob service).



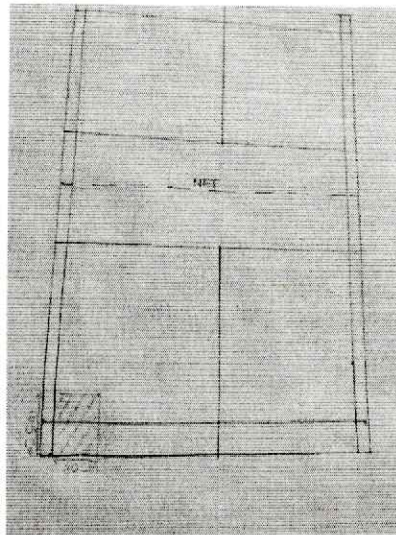
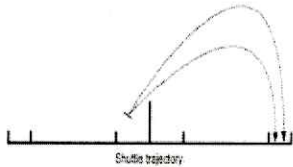
*High
Serve*

Low

BADMINTON SKILL TEST (19-21 yrs)

4. Forehand Straight high lob clear

- (a) Participant is required to move to receiving position from center towards the forehand corner (near to net).
- (b) Participant hit the shuttle underhand by forehand grip.
- (c) The trajectory of the stroke will be upward angle with maximum height and landing area of shuttle will be given in diagram.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke (high lob clear).

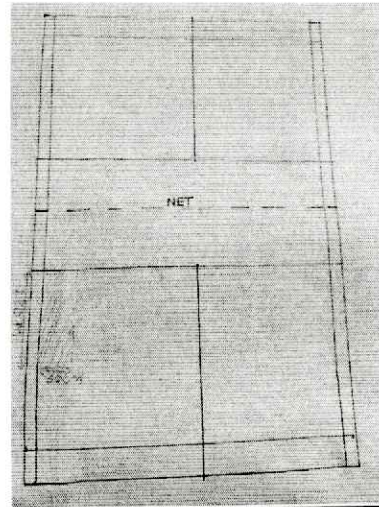
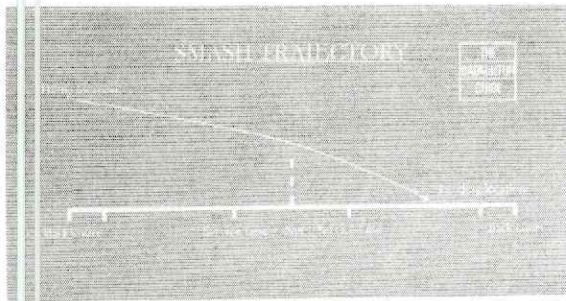


High *Shuttle* *Clear*

BADMINTON SKILL TEST (19-21 yrs)

5. Forehand Straight Smash

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent near to single side line .
- (c) The trajectory of the stroke will be downward angle with maximum speed.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(smash).

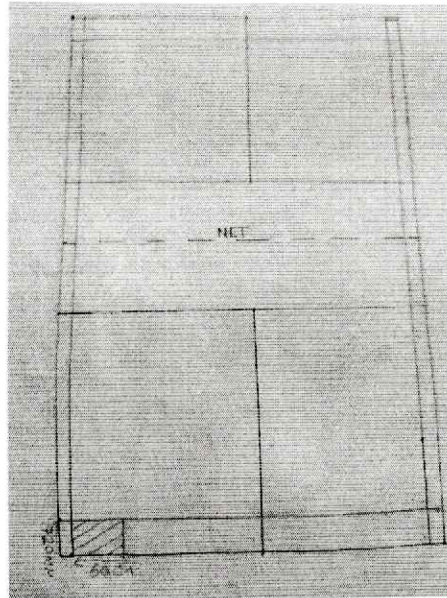
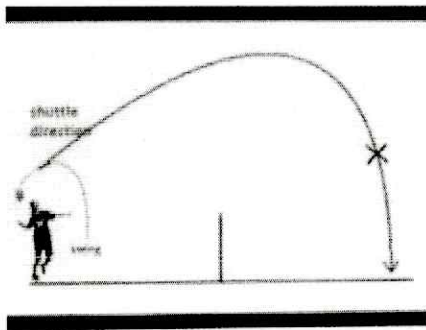


Amish *Amish* *Amish*

BADMINTON SKILL TEST (19-21 yrs)

6. Forehand Straight Toss

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent back court area.
- (c) The trajectory of the stroke will be highest.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(toss).

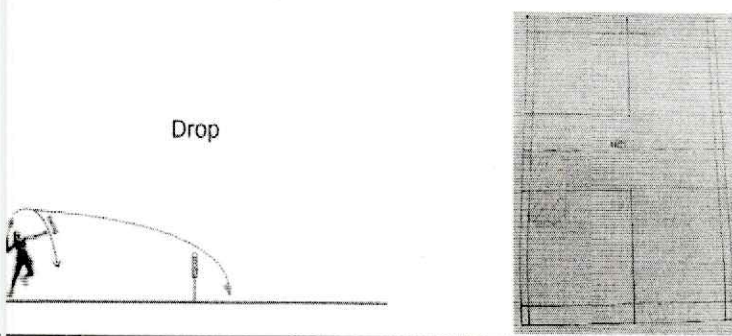


Push *Push* *Push*

BADMINTON SKILL TEST (14-17 yrs)

1. Forehand Straight Drop

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent near to short service line.
- (c) The trajectory of the stroke will be downward.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(drop).



Drop

Drop

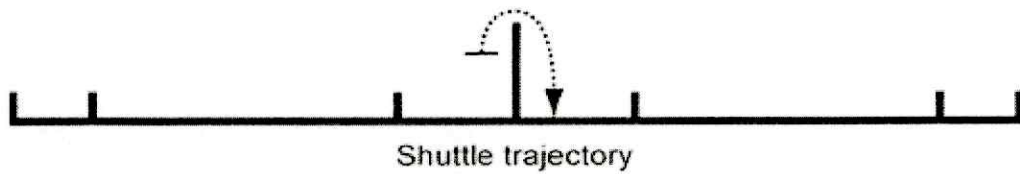


BADMINTON SKILL TEST (14-17 yrs)

2.Forehand straight net.

- (a) Participant is required to standing position on center point of the court.
- (b) Participant hit the shuttle underhand by forehand grip.
- (c) The trajectory of the stroke will be upward angle with close to the net tape and landing area of shuttle will be given in diagram.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(forehand straight net).

Net Shot

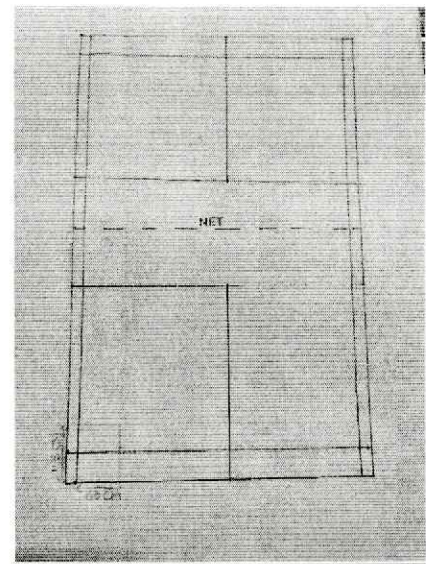


Pruthi *Pruthi*

BADMINTON SKILL TEST (14-17 yrs)

3. Forehand high lob service.

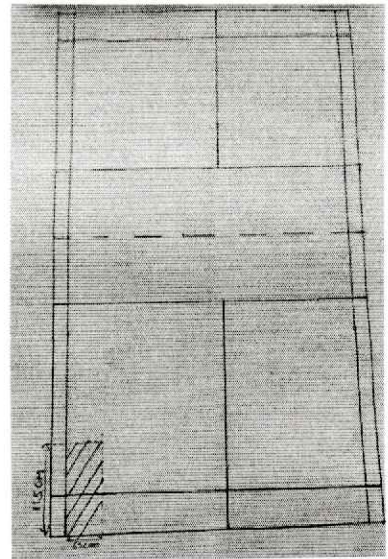
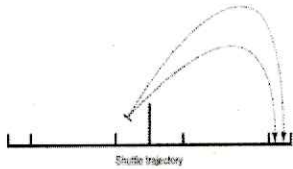
- (a) Participant is required to standing position near to centre line and behind the short service line without touching and cutting the line.
- (b) Participant will not lift the feet while serving.
- (c) Participant hit the shuttle underhand by forehand grip.
- (d) The trajectory of the stroke will be upward angle with maximum height and landing area of shuttle will be given in diagram.
- (e) Participant will get three attempts.
- (f) Equipments:- Racket, spot marker, Shuttle.
- (g) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (h) DIAGRAM:- Given diagram is for trajectory of the stroke(high lob service).



BADMINTON SKILL TEST (14-17 yrs)

4. Forehand Straight high lob clear

- (a) Participant is required to move to receiving position from center towards the forehand corner (near to net).
- (b) Participant hit the shuttle underhand by forehand grip.
- (c) The trajectory of the stroke will be upward angle with maximum height and landing area of shuttle will be given in diagram.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke (high lob clear).

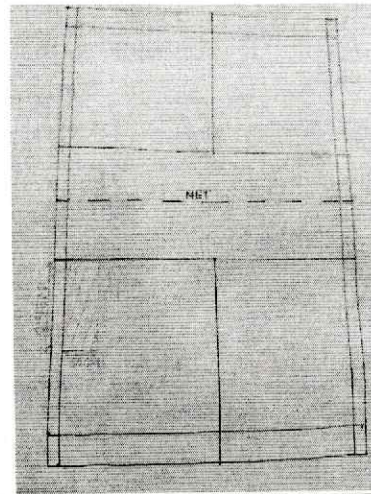
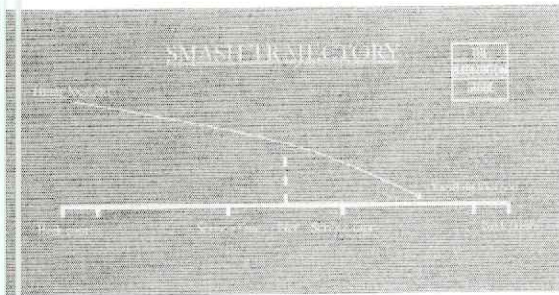


Byggs *Amir* *A*

BADMINTON SKILL TEST (17-19 yrs)

5. Forehand Straight Smash

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent near to single side line .
- (c) The trajectory of the stroke will be downward angle with maximum speed.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area= 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(smash).

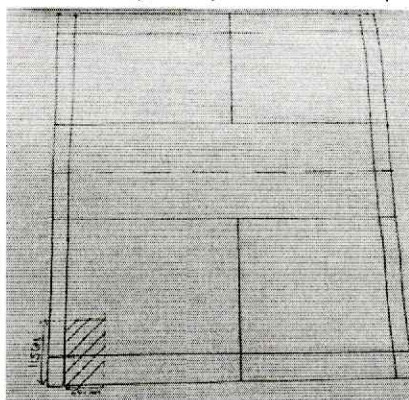
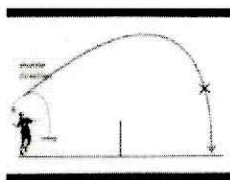


Smash *Smash* *Smash*

BADMINTON SKILL TEST (14-17 yrs)

6. Forehand Straight Toss

- (a) Participant is required to move to receiving position from center towards the forehand corner (back court area).
- (b) Participant hit the shuttle overhead with forehand towards the opponent back court area.
- (c) The trajectory of the stroke will be highest.
- (d) Participant will get three attempts.
- (e) Equipments:- Racket, spot marker, Shuttle.
- (f) Scoring:- 1 correct stroke in given area = 1 point
2 correct stroke in given area = 2 point
3 correct stroke in given area = 3 point
- (g) DIAGRAM:- Given diagram is for trajectory of the stroke(toss).



Bhish *Anish*