

Badminton Self-rating System

	Service	Technique	Footwork	Bird Trajectory	Strategy
LEVEL 1 Experienced, tournament player	My service disturbs my opponent. I often score when I have the service.	Powerful forehand, placed drive, efficient smash in forehand.	Anticipation of trajectories, systematic use of sideways steps, balanced and replaced position. I can react fast to intercept the bird and target the corners.	Horizontal trajectories directed towards the corners, sometimes downward and fast trajectories. I can accelerate and be precise, and smash to end the point.	I make my opponent move with varied trajectories to create a free area to score directly.
LEVEL 2 Intermediate player	I can vary my targets (e.g., fore court and back court, left and right side).	Strong forehand, clear in centre court, drop in forehand, sometimes drop in backhand.	Almost balanced stance, recovery in the center of the court I can aim at four large areas: front, back, right, and left.	Horizontal trajectories directed towards the sidelines. I can accelerate the bird sideways.	I can use a free area my opponent doesn't protect.
LEVEL 3 Beginner, social player	My target is the service area.	Forehand mainly, weaker backhand, weak clear, mainly underhand strokes.	Off-balance stance. I can return but not always make a precise shot.	Mainly parabolic trajectories, some horizontal trajectories but not precise. I need time to play the bird.	I can avoid placing the bird in the opposite centre court. I can just protect my court.