



# Badminton Levels

Open to all This offering does not require a specific level of ability and is open to all Unisport participants. Previous experience of racket sports is recommended.

N1 Players have little knowledge of badminton-specific shot and movement techniques but can easily serve the shuttlecock and exchange a few shots in a rally. Topics such as changing the grip, clear, backhand, split step and lunge are still difficult. Players are unfamiliar with singles and doubles tactics. Players know the rules of singles.

N2 Players have an intermediate to advanced level. They know the core elements of all basic shots (clear, drop, smash, lob, smash defense, serve, net play, drive, backhand) and can play shot sequences such as "short-short-long" from the middle of the court without making an error. Players use the rotation system in doubles and are familiar with the rules of the game.

N3 Players have advanced to competitive level. They draw on an extensive repertoire of shots and can make complex shots and movements across the whole court without making errors. The players use an efficient movement technique (split-step, jumps) and can implement certain tactics with a specific goal in mind.