

R185 | PERFORMANCE AND LEADERSHIP IN SPORTS ACTIVITIES

TOPIC AREA 1

Key components of performance

Skills and Techniques

Technique

The way in which a skill is performed.

Skills

Ability to use a combination of movements to produce a co-ordinated action.

Badminton techniques and skills:

- The grip
- Serving (backhand & forehand)
- Footwork/Stance
- Drop shot
- Clearing (backhand & forehand)
- Smash (backhand & forehand)

Stance

- Watch the shuttle
- Arm point to shuttle
- Knees slightly bent
- Racket up

Backhand serve

- Pinch shuttle
- Stand sideways
- Drop shuttle
- Flick racket

Creativity

Creativity

This is the ability to generate or react to a certain situation in a particular way. A performer's creativity will depend on what physical activity or sport is being performed. For example:

Creativity in badminton

Within badminton a player could be creative in games by changing the speed or direction of specific moves including disguise shots such as an overhead clear disguised as a drop shot. This can also mean a performer doing something different or unexpected. For example, a badminton player changing a way a shot is played by playing it across the court by a slight flick of the wrist rather than hitting it down the line.

Disguise overhead clear to a drop shot



Tactics/Strategies

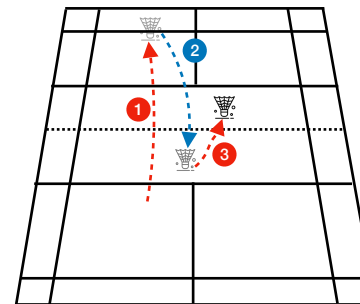
Tactic/Strategy

A tactic/strategy is an overall plan of how you'll win the game.

Movement pressure

This is a strategy that moves the player around the court to apply pressure in order for you to win the point.

For example:



1. Force your opponent to the back
2. They play a drop shot
3. You play a net shot to force them to the front

Other tactics in badminton

- Hitting the corners
- Deception
- Hitting an opponent's weakness

Decision making

Decision making

This requires the performer to choose the correct skill for a chosen situation. For example, a badminton player may choose to play a drop shot as they have seen the opponent at the back of the court.



Manage/Maintain

Ability to manage/maintain own performance

Performers will need to manage their emotions and anxiety levels during a performance as this will lead to poor performance. E.g. a badminton player losing a key point or a golfer missing an important putt. The player can get over anxious and angry during a performance.



Key Terms

- **Technique** - The way in which a skill is performed.
- **Skills** - Ability to use a combination of movements to produce a co-ordinated action.

- **Creativity** - This is the ability to generate or react to a certain situation in a particular way.
- **Tactics/Strategy** - A tactic/strategy is an overall plan of how you'll win the game.

- **Disguise** - Pretending to play one shot but then playing another.

- **Decision Making** - The performer choosing the correct skill for a chosen situation.

- **Maintaining/Managing performance** - The ability to control emotions throughout the game so that performance isn't affected.

10 KEY QUESTIONS

Topic area 1 | Key components of performance

- 1 What is the definition of a skill?
- 2 What is the definition of a technique?
- 3 Name 5 skills in badminton.
- 4 What are the teaching points of the stance and the back hand serve.
- 5 Describe how to be creative in badminton.
- 6 What is a tactic or strategy?
- 7 Describe movement pressure.
- 8 Can you name and describe other tactics in individual sports?
- 9 What decision would you have to make as a badminton player?
- 10 Describe how a performer in an individual sport can maintain/manage their performance.