

## **Strength & Weakness Situations**

Describe a situation where an aspect of fitness was a weakness?

- My opponent kept playing the shuttle to the front and then back of court
- Opponent kept making me move around court
- I cam became tired & out of breath
- Slower getting to shuttle
- Less time to prepare for shot, decide on what shot was best to play
- Returning shuttle rather than attacking
- Forced error occurred

Describe a situation where an aspect of fitness was a strength?

- Opponent attempted an Overhead clear
- Shuttle only went to mid court
- Power in legs allowed me to jump high
- Smash shuttle down at steep angle
- The power in my arms gave a fast racket speed
- Shuttle travelled faster
- Speed and angle of shuttle made it difficult to defend against