

Possible physiological and psychological reasons the performers weaknesses

There are 3 physiological reasons that could account for the performers weaknesses in badminton

The performer doesn't display the characteristics of skill required to execute shots like a serve because it isn't consistent. However this is expected because he doesn't play enough on a regular basis to develop a more consistent swing.

The performer stood front ways on because he was too slow to recover to get in to the proper side ways on position. This could be due to natural reaction timing, fitness or flexibility.

The performer stood too far away from the net because when he recovered from a shot he didn't have enough time to get close to the net and be in the ready position.

There are 3 psychological reasons which could account for the performers weaknesses in badminton.

The performer has played lots of tennis in the past and has got a habit of not bending his wrist enough due to this, so he doesn't think to hold the racket at the end of the grip because he wants to keep his wrist straight as that's what he's used to.

The performer stood side ways on because he thought he would be able to aim better because if you stand front ways on then you swing across your self and so shuttlecock will not go where you want it to.

He stood too close to the net because he thought it would be harder for people to produce drop shots and then if they tried to lob him then the performer would have time to get into position because the shuttlecock would be hit high and so take along time to reach the back of the court