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**What stroke is used to return a shot on the dominant side of the body?**

**What kind of shot is described as high and deep?**

**3**

**4**

**51**

**2**

**1**

**The ability to change body position and direction quickly and efficiently is called\_\_?**

**The stroke used to put the shuttle into play at the start of each rally is called\_\_?**

**What shot is described as a soft hit that just crosses over the net?**

1. Smash
2. Clear
3. Drop
4. Serve

**6**

**A plan of action for achieving a goal is called\_\_\_?**

1. Placement
2. Positioning
3. Timing
4. Strategy
5. Smash
6. Clear
7. Drop
8. Serve

**7**

1. Agility
2. Balance
3. Power
4. Speed

**8**

**What shot is described as the most powerful?**

* 1. Underhand
  2. Overhand
  3. Backhand
  4. Forehand

1. Smash
2. Clear
3. Drop
4. Serve

**What stroke is used to return a shot on the non-dominant side of the body?**

* 1. Smash
  2. Clear
  3. Drop
  4. Serve

1. Underhand
2. Overhand
3. Backhand
4. Forehand