

# Sophomore Badminton

## Review Questions (44)

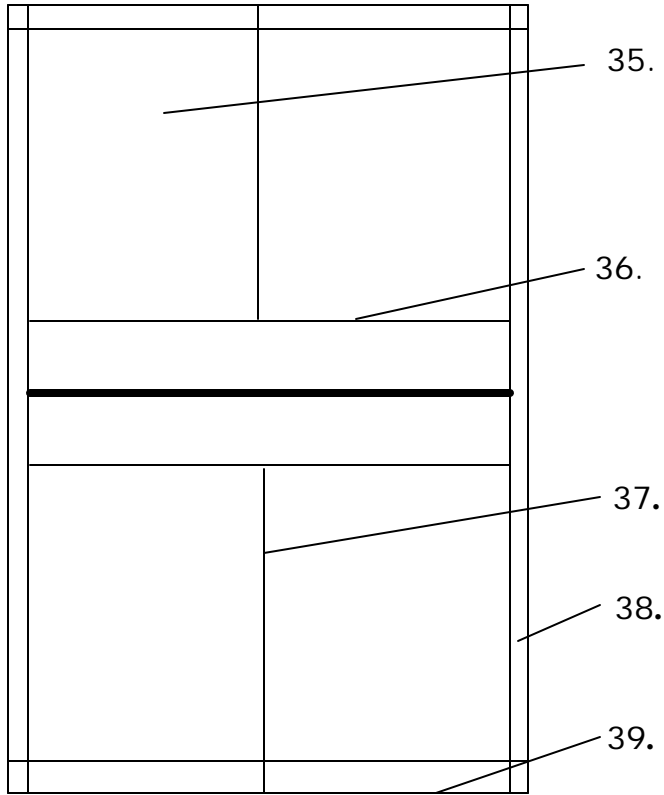
1. The singles service court is short and wide, while the doubles service court is long and narrow.
2. Skilled wrist action is the key to most successful shots in badminton (as opposed to the arm action of the tennis strokes).
3. The singles playing court is narrow and long, while the doubles playing area is long and wider.
4. Some part of both feet of the server must remain in contact with the ground in a stationary position until the serve is delivered.
5. The racket head must be below the hand on the serve.
6. A short underhand serve should be used in doubles a majority of the time.
7. A high, deep, overhead serve should be used in singles a majority of the time.
8. The service is considered legal if the shuttlecock is struck above the waist.
9. The team that is serving may only score points.
10. In singles play, when your score is an odd number, you should serve from the left side.
11. In doubles, when your team's score is an even number you and your partner should be on the sides of the court in which you started the game.

12. It is a point for the serving team, if during a rally in doubles, the receiving team returns the shuttle so that it hits the top of the net, and drops to the floor on the server's side.
13. It is a fault when the server, in attempting to serve, misses the shuttle.
14. It is a fault, if in doubles second service, the served shuttle goes into the wrong service court; therefore, service ends for that team.
15. In doubles, the team that reaches 15 points first and is ahead by two points is considered to be the game winner.
16. Team A serves the first serve of a game that hits the net, and doesn't cross the short service line. Team B (the opponent) serves next from the right service court.
17. If your opponent is in the far back corner of her court, your next stroke should probably be a drop shot, or an overhead smash.
18. It is a point for Team A, if during a rally in doubles (Team A is the serving side), the shuttle is completely missed by A, but her partner is able to return the shuttle with a clear which is missed by the opposing team.
19. The service in badminton is overhead, while the service in tennis is also overhead.
20. A team may only contact the shuttle once in making a return to the opponent.

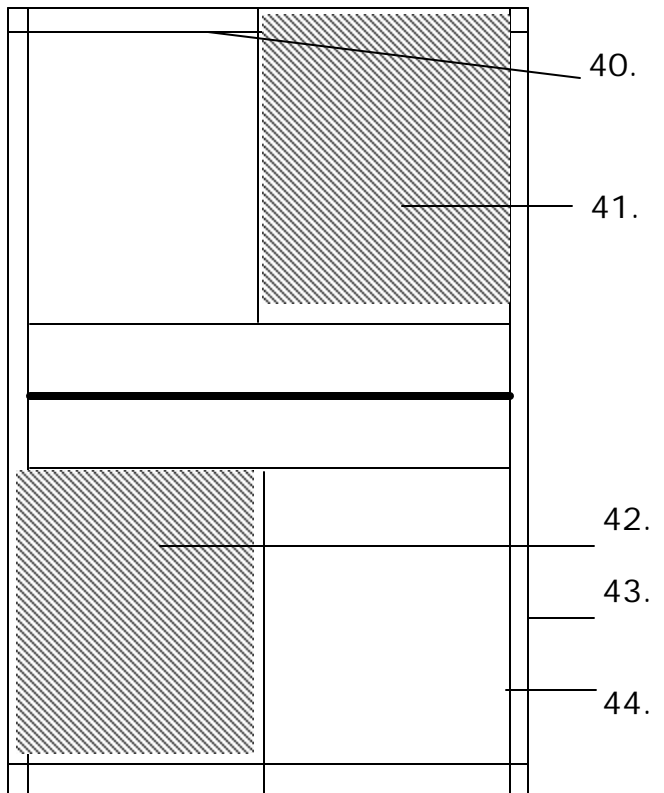
**Multiple -Choice: Select the best answer. Blacken in the correct choice on the Scantron answer sheet.**

21. In a doubles game, first service always begins from \_\_\_\_ service court.
- a. the left
  - b. the right
  - c. the odd
  - d. either
22. A \_\_\_\_ is a type of shot used to send the shuttle, deep and high, to the baseline area.
- a. drop
  - b. clear
  - c. drive
  - d. smash
23. A \_\_\_\_ is a type of shot used to send the shuttle on a sudden descent, landing close to the net.
- a. drop
  - b. clear
  - c. drive
  - d. Poona
24. A \_\_\_\_ is a type of shot used to send the shuttle downward with emphasis on a powerful "wrist snap."
- a. clear
  - b. drive
  - c. drop
  - d. smash
25. What is meant by second service?
- a. A player has missed the first serve and serves again.
  - b. A player is the second server in a game.
  - c. One player in a doubles game has lost his or her serve and their partner serves.
  - d. A serve hits the top of the net and is re -served.
26. If your opponent is in the front part of the court, your next shot should be:
- a. hairpin
  - b. clear
  - c. birdie
  - d. drop
  - e. none of the above

27. The proper grip used in badminton is the same forehand grip used in tennis. This includes:
- a. choking up on the racket
  - b. a two-handed approach
  - c. "shake hands" with the narrow edge of the racket grip (Eastern grip)
  - d. the fry-pan grip
28. During a rally in doubles, the server's partner returns the shuttle so that it touches the top of the net and drops over to the opponent's side, and lands on the floor. The result is:
- a. let, service is retaken
  - b. a point for the server's team
  - c. side-out for the server's team
  - d. a point for the receiver's team
29. The underhand serve in badminton is always delivered:
- a. diagonally
  - b. in a straight line
  - c. backwards
  - d. sideways
30. A match in badminton is defined as:
- a. one game of 10 points
  - b. winning two out of three games
  - c. one game of 15 points
  - d. one game of 21 points
31. When should the score be called out loud?
- a. At the end of the game.
  - b. At the end of each point.
  - c. When the score changes.
  - d. Before each serve.
32. The backhand side of a player is:
- a. the left side of a left-hander.
  - b. the left side of a right-hander.
  - c. the right side of a right-hander.
  - d. none of these
33. Badminton emphasizes development of:
- a. strength
  - b. muscular endurance
  - c. hand-eye coordination
  - d. agility
  - e. both c and d
34. **Life Lab Question:** If you are sixteen years old and working in 60-80% of your target heart rate range, you would be working within
- a. 111-121 bpm
  - b. 122-142 bpm
  - c. 145-175 bpm
  - d. 176-216 bpm



- a. right service court
- b. short service line
- c. center line
- d. alley
- e. baseline



- a. singles service court
- b. doubles sideline
- c. single sideline
- d. doubles service court
- e. long service line