

Name: _____ Date: _____

Answer Key: Tactical Awareness and Transition Play: 7th Grade PE Quiz

Analyze 10 complex scenarios focusing on defensive rotations, offensive spacing, and spatial dynamics beyond basic motor skills.

1. In a competitive Ultimate Frisbee match, a team employs a 'Force Home' defensive marker. What is the primary tactical objective of this positioning?

Answer: B) To dictate the direction of the pass toward a specific sideline

A 'force' is a defensive strategy designed to limit the thrower's options, funneling the play toward one side of the field to make the defense more predictable and easier to coordinate.

2. In Field Hockey, a self-pass allows a player to immediately restart play after a foul without waiting for a teammate to touch the ball.

Answer: A) True

The self-pass rule was introduced to increase the speed of the game, allowing the fouled player to maintain momentum by dribbling directly from the spot of the infringement.

3. When a Lacrosse team is playing 'Man-Down' defense due to a penalty, they often utilize a _____ formation to cover the most dangerous scoring areas.

Answer: D) Rotation-heavy Zone

In man-down situations, teams switch to a zone defense because they lack the numbers for individual marking; success depends on rapid rotation to the ball carrier.

4. In Water Polo, what is the specific purpose of the 'Eggbeater' kick during offensive setup?

Answer: B) To provide a stable, vertical base for passing and shooting

The eggbeater kick is a sophisticated skill that allows players to keep their upper body high and stable out of the water, which is critical for accurate passing and powerful shooting.

5. In Rugby Union, the 'Lineout' is a set-piece used to restart play after the ball has gone into touch (out of bounds).

Answer: A) True

Name: _____ **Date:** _____

The lineout involves players from both teams standing in two parallel lines; it requires high-level coordination between the thrower, the jumpers, and the lifters.

6. In Team Handball, the most effective way to break down a 6-0 defense (where all defenders are on the 6m line) is through ____.

Answer: B) Long-range jump shots

Since a 6-0 defense stays very deep to protect the goal area, the offense must use jump shots from the perimeter (9m line) to force the defenders to move out and create gaps.

7. Which concept best describes 'Off-the-ball Movement' in a sport like Cricket or Baseball when tracking a fly ball?

Answer: B) Backing up a teammate

Backing up a teammate is a critical teamwork dynamic; players move to a position behind the person receiving the ball to prevent extra bases/runs if an error occurs.

8. In Softball, the 'Infield Fly Rule' is designed to prevent the defense from intentionally dropping a fly ball to get a double play.

Answer: A) True

The rule protects runners by declaring the batter out immediately on a routine fly ball with runners on base, so the defense cannot exploit the runners' need to stay near their base.

9. In Flag Football, a 'Hook' route is an offensive pattern where a receiver runs downfield and then ____.

Answer: C) Turns back toward the quarterback

The hook route exploits the space vacated by a defender who is retreating to cover a deep pass, requiring the receiver to stop abruptly and face the passer.

10. Compare two defensive styles: 'Player-to-Player' and 'Zone'. What is a major disadvantage of a Zone defense in a sport like Soccer?

Answer: B) Offensive players can find 'seams' or gaps between the covered areas

In zone defense, players guard space rather than people. A clever offense will position players in the boundaries between two zones to create confusion about who should provide the cover.