

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 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.

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

- A. To prevent long-distance throws by clogging the deep zone
- B. To dictate the direction of the pass toward a specific sideline
- C. To allow the offense easier access to the middle of the field
- D. To eliminate the need for downfield defenders to track their players

**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.**

- A. True
- B. False

**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.**

- A. Box-and-One
- B. Full-court press
- C. Diamond-and-One
- D. Rotation-heavy Zone

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

- A. To move as quickly as possible from one end of the pool to the other
- B. To provide a stable, vertical base for passing and shooting
- C. To splash water in the eyes of the opposing goalkeeper
- D. To signal to the referee that a foul has occurred

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

- A. True
- B. False

**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 \_\_\_\_\_.**

- A. Dribbling through the middle
- B. Long-range jump shots
- C. Waiting for the shot clock to expire
- D. Standing still at the 9m line

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

- A. Static observation
- B. Backing up a teammate
- C. Intentional grounding
- D. Linear acceleration

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

- A. True
- B. False

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

- A. Sprints toward the sideline
- B. Runs toward the endzone corner
- C. Turns back toward the quarterback
- D. Crosses the entire width of the field

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

- A. It requires less cardiovascular fitness than player-to-player
- B. Offensive players can find 'seams' or gaps between the covered areas
- C. Individual defenders are responsible for tracking one specific person
- D. The goalkeeper is not allowed to speak to the defenders