

Name: _____

Date: _____

Answer Key: Elite Tactical Plays for Grade 11 Team Sports

Deconstruct complex offensive schemes and defensive rotations used in high-level collegiate and professional gameplay to refine your strategic intuition.

1. In elite-level Rugby Union, which tactical adjustment is most effective for a team facing a 'drift' defense that prioritizes lateral coverage over line speed?

Answer: B) Executing an 'unders' line to attack the inside shoulder of a drifting defender

An 'unders' line forces a drifting defender to halt their lateral momentum and commit back toward the ball, often creating a mismatch or a gap in the defensive line.

2. In advanced Water Polo, a 'stunt' refers to a defender momentarily leaving their assigned player to pressure a ball carrier before recovering to their original mark.

Answer: A) True

Stunting is a high-level defensive tactic used to disrupt the rhythm of the offense and force a hesitated pass without committing to a full double-team.

3. In a sophisticated 4-2-3-1 soccer formation, the 'Double Pivot' consists of two central midfielders whose primary responsibility during the transition from attack to defense is:

Answer: C) Screening the back four to prevent vertical passes through the center

The double pivot provides defensive stability by clogging the 'Zone 14' area and protecting the center-backs from direct runs.

4. Which principle of biomechanics is most critical for a Lacrosse defender when executing a 'poke check' without losing their center of gravity?

Answer: C) Base of support and weight distribution on the balls of the feet

Maintaining a wide base of support ensures that the defender can recover quickly if the check misses, preventing them from being 'burned' by the attacker.

5. In professional Field Hockey, the 'self-pass' rule allows a player who has been awarded a free hit to immediately resume play by dribbling the ball themselves.

Answer: A) True

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The self-pass was introduced to increase the speed of the game and reward fouled teams by allowing them to maintain momentum.

6. When a Cricket captain sets an 'Aggressive Leg-Side Field' for a fast bowler, they are likely employing a 'Bodyline' tactic intended to:

Answer: B) Induce a catch by targeting the batter's torso and cramping their movement

Bowling at the body with a packed leg-side field forces the batter into defensive, often awkward, reactions that results in catches to close-in fielders.

7. In high-level Handball, the '7-on-6' strategy involves substituting the goalkeeper for an extra court player. What is the primary risk of this offensive tactic?

Answer: B) Vulnerability to a long-distance shot into an empty net upon turnover

While it creates a numerical advantage in the attack, any loss of possession allows the opponent to score easily before the goalkeeper can be substituted back in.

8. In American Football, a 'Cover 0' defense is considered the most conservative scheme because it utilizes deep safeties to prevent long passes.

Answer: B) False

Cover 0 is an aggressive blitzing scheme with no deep safety help, leaving defenders in one-on-one 'island' coverage with no margin for error.

9. In competitive Australian Rules Football (AFL), 'The Corridor' refers to the central strip of the ground. Attacking through the corridor is high-risk because:

Answer: B) A turnover there results in the most direct path to goal for the opponent

While the corridor offers the shortest route to the goal for the attacking team, losing the ball in the center allows the opponent to attack the heart of the defense immediately.

10. In Ultimate Frisbee, the 'Horizontal Stack' offense is specifically designed to create space for which of the following?

Answer: C) Large deep-space cutting lanes for athletes with high speed

The horizontal stack spreads the players across the field, opening up massive vertical lanes for 'hucks' and deep sprints that are harder to defend than in a vertical stack.