

Name: _____ Date: _____

Answer Key: Strategy Playbook: 8th Grade Team Sports Tactical Review

Identify core communication patterns and offensive structures in popular athletics to sharpen your court and field awareness before high school competition.

1. In Ultimate Frisbee, what is the term for the defensive player who counts the 10 seconds a thrower has to pass the disc?

Answer: B) Marker

The 'marker' is the defender responsible for the stall count, which is a unique rule requiring active verbal communication in this team sport.

2. In Water Polo, players are allowed to touch the bottom of the pool to help them jump higher during a shot on goal.

Answer: B) False

In competitive water polo, players must tread water (using the eggbeater kick) and are not permitted to touch the floor of the pool.

3. Which of these is a defensive strategy where each player is assigned to guard a specific opponent regardless of where they move on the field?

Answer: C) Man-to-Man Defense

Man-to-man (or player-to-player) defense relies on individual accountability and movement tracking rather than guarding a specific area.

4. In Field Hockey, if a defender commits a foul inside the striking circle, the attacking team is often awarded a _____ corner.

Answer: A) Penalty

The 'penalty corner' (or short corner) is a major strategic set-play in field hockey resulting from fouls in the defensive circle.

5. In Flag Football, a 'blitz' occurs when the defense sends additional players to rush the quarterback immediately after the snap.

Answer: A) True

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A blitz is a strategic move designed to disrupt the offense's passing rhythm by applying immediate pressure.

6. Which skill is most critical for a 'Libero' specialist in a high-level Volleyball match?

Answer: C) Defensive Passing (Digging)

The Libero is a defensive specialist who wears a different colored jersey and excels at receiving serves and digging hard hits.

7. In Lacrosse, when a player uses their stick to knock the ball out of an opponent's stick, it is known as a _____.

Answer: D) Check

A 'stick check' is a fundamental defensive skill used to regain possession of the ball by impacting the opponent's stick.

8. In Baseball or Softball, what strategy is used when a batter intentionally hits a short ball to advance a runner, even if the batter gets out?

Answer: B) Sacrifice Bunt

A sacrifice bunt is a prime example of teamwork dynamics where an individual accepts an out to benefit the team's overall scoring chance.

9. In Handball, a player is allowed to take up to five steps with the ball before they must dribble, pass, or shoot.

Answer: B) False

The '3-step rule' is the standard in Handball; taking more than three steps without dribbling results in a turnover.

10. When a Rugby player drops the ball forward or passes it forward with their hands, the referee calls a _____.

Answer: C) Knock-on

A 'knock-on' is a common rule violation in Rugby because the ball must only be passed laterally or backward.