

Name: _____ **Date:** _____

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?

- A. Counter
- B. Marker
- C. Sticker
- D. Timer

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

- A. True
- B. False

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?

- A. Zone Defense
- B. Diamond Formation
- C. Man-to-Man Defense
- D. Lining

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

- A. Penalty
- B. Free
- C. Safety
- D. Power

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

- A. True
- B. False

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

- A. Spiking at the net
- B. Overhead Blocking
- C. Defensive Passing (Digging)
- D. Jump Serving

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

- A. Slap
- B. Poke
- C. Flick
- D. Check

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?

- A. Stealing
- B. Sacrifice Bunt
- C. Full Swing
- D. Double Play

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

- A. True
- B. False

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

- A. Touchdown
- B. Offsides
- C. Knock-on
- D. Fault