

Each section is worth 10 pts—  
Total of 70 completed-To be  
collected the day of the exam.

Name: \_\_\_\_\_  
Hour: \_\_\_\_\_

# TEAM UP REVIEW PACKET

## SOFTBALL

1. List the 10 defensive positions

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.

2. How many innings in a regulation slow pitch game?

3. Define:

- a. Force out:
- b. Tagging up:
- c. Foul Ball
- d. Strike:

4. List some game situations where you would be "safe" or "out".

## **FLAG FOOTBALL**

1. What are the 3 ways you can score and point value for each?
2. Define the following terms:

Downs:

Huddle

Penalty-Examples and yards-

Eligible receivers:

Fumble:

First down:

Forward Pass:

## **SPEEDAWAY**

1. What are the 4 positions, their jobs, where can they go on the field, how many players at each position?
  - a.
  - b.
  - c.
  - d.
3. What are some of the skills you can do in the game of Speedway? Ex. All can punt the ball.

4. Name the 3 ways to score and point value for each in the game of Speedway.

a.

b.

c.

4 .Define the following terms :

Goal Kick:

Free Kick:

Corner Kick:

Conversion:

Ground Ball:

Aerial ball:

## **PICKLEBALL/BADMINTON**

1.What is the double bounce rule? (pb)

2.What is the non- volley zone? (pb)

3.What are the types of shots you would use in the game (Badminton) and when would you use them? (pb) ex. Smash: When the defense is playing back.

4. List 3 serving rules? (pb)

5. Games played to and must win by? (pb and bad)

6. Define the following terms (badm):

Smash:

Let:

Clear:

Ace:

Drive:

Drop:

Fault:

## **BASKETBALL**

Define the following terms:

Foul:

Violation:

Alternate Possession:

Technical Foul:

Bonus Free Throw:

Double Bonus:

3 Second Violation:

5 Second Violation:

10 Second Violation:

Field Goal:

3 Point Field Goal:

## **VOLLEYBALL**

1. Define the following terms:
  - a. Ace:
  - b. Foot fault
  - c. Forearm pass
  - d. Side out
  - e. Rally scoring
  - f. Rotation--How do you rotate in VB?
2. Volleyball Games are played to \_\_\_\_\_ must win by \_\_\_\_\_

## **FITNESS:**

List and explain what the letters of the FITT Principle stand for.

F

I

T

T

List and give examples of the 5 Components of Health Related Physical Fitness

1.

2.

3.

4.

5.