**Grade 7 and 8 Study Guide for Test #1**

**Ultimate Frisbee**

**Types of Throws**

* Backhand Throw
* Forehand Flick
* Hammer Throw

**Ways to Create Space on Offense**

* When the person holding the Frisbee is covered they can **pivot or fake** to create space for a pass
* When the person trying to receive a pass is covered they can **move quickly to open space or make a cut** to create space

**Rules of Play**

* Game starts with a throw-off
* A team loses possession of the Frisbee when an attempted pass hits the ground or it goes out of bounds
* A player who is holding the Frisbee is not allowed to take any steps with it
* To score a pass must be completed to a player in the end zone

**Field Hockey**

**Types of Dribbles**

* Drag Dribble- dragging the ball along the ground with the ball staying on your stick
* Aerial Dribble- hitting the ball up in the air repeatedly
* Indian Dribble- dribbling the ball back and forth across your body using the reverse stick
* Control Dribble- hitting the ball repeatedly along the ground at a slow pace
* Speed Dribble- hitting the ball repeatedly along the ground at a fast pace

**Types of Passes/Shots**

* Push- pushing the ball along the ground with the ball starting on the stick and not making a sound
* Scoop- lifting the ball slightly into the air
* Flick- similar to a wrist shot, the ball is lifted into the air and is then propelled forward by the player turning over their wrists quickly
* Slap- striking the ball with hands separated
* Drive- striking the ball with hands together at the top of the stick

**Types of Dodges**

* “Y” Dodge- as player approaches a defender a pass is made on the defender’s non-stick side and the player pass the defender on the stick side
* Scoop Dodge- as player approaches the defender the ball is scooped over the defenders stick
* Reverse Stick Dodge- as player approaches the defender they attack the stick side and then use an indian dribble to go around the defender on the non-stick side

**Types of Tackles**

* Stick Side Tackle- defensive player places their stick on the ball from their opponent’s stick side with the stick in their left hand
* Non-Stick Side Tackle- defensive player places their stick on the ball from their opponent’s non-stick side using a reverse stick with the stick in their left hand
* Head-on Tackle- defensive player places their stick on the ball while facing their opponent with stick in left hand

**Violations**

* **Advancing**- when the ball is kicked or hits your foot
* **Stick violation**- playing the ball with the wrong side of the stick
* **Obstruction**- when you place your body between the ball and an opposing player

**Rules of Play**

* Game starts with a **center pass**
* If a violation occurs the other team gets a **free hit**
* If the ball goes out of bounds on the sideline it is put back into play with a **side-in**
* If the ball goes out of bounds over the end line off of the offense it is put back into play with a **sixteen yard hit**
* If the ball goes out of bounds over the end line off of the defense it is put back into play with a **corner**
* After a goal is scored the opposing team starts play with a **center pass** at mid-field

**Fitness Assessment**

* FITNESSGRAM uses the “Healthy Fitness Zone” to help students understand their levels of fitness
* The mile run and pacer assess cardiovascular endurance
* The pushup test assesses muscular strength and endurance in upper body muscles
* The curlup test assesses muscular strength and endurance in your abdominals
* The sit and reach is a test of flexibility