# TEAM SPORTS

**FRAYER MODEL TEST 1**

**STUDY GUIDE**

1. The work and activity of a number of persons who individually contribute toward the efficiency of the whole group. **TEAMWORK**

1. Has control of the ball. **POSSESSION**
2. One that takes an opposite position, the other team. **OPPONENT**
3. Conduct becoming to one participating in a sport (fairness, respect for one’s opponent, and winning or losing graciously). **SPORTSMANSHIP**
4. A strong mind, toughness, purveyance, never gives up attitude. **MENTAL STRENGTH**
5. Repeatedly, controlled stretches that do not force the muscle past a comfortable range of motion, often incorporated in a warm up. **DYNAMIC STRETCHING**
6. The means or method of attacking or of attempting to score.  **OFFENSE**
7. Feet are shoulder width apart, hands are up, and knees are slightly bent. **READY POSITION**
8. Means of defending or protecting one’s goal, one’s team, or being scored on.  **DEFENSE**
9. Breaking the rules, a violation, or a foul**. INFRACTION**