

1. Having a strong foundation of basic skills are what makes a great player of sports and activities. True or False?

2. Learning the fundamentals of an activity is the first and most important part of being a great player. True or False?

3. Full body wraps are what?

- a. Dribbling the ball in circles.
- b. Wrapping up your body with a blanket.
- c. Rotating the ball in circles around your body.

4. Better ball control and defensive (protective) handling is done with the ball away from the body. True or False?

5. The cross-over is the simplest ball handling move to create space away from your opponent. True or False?

6. A zig-zag dribble goes in what direction?

- a. Circle left and circle right.
- b. In a V style formation.
- c. In a Z style formation.



7. In order for you to be good at stopping the other team from scoring you must be good at handling the ball. True or False?

8. Layups make up what percentage of baskets made in a game?

- a. The least amount.
- b. The highest amount
- c. Equal percentage to all shots.

9. Layups are shots that are done jumping from one leg or two legs. True or False?

10. To make a good shot at making the basket the arm and ball should be...

- a. over head with arms at 45degrees to shoulders.
- b. eye level and arms in an "L" shape.
- c. chest height and arms ready to push the ball.

11. Double handed passes are best for power. True or False?

12. A bounce pass is easy to steal. True or False?

13. Stepping into the pass will generate (make) more power. True or False?

