

NAME _____ PERIOD _____ SCORE _____

SOFTCROSSE QUIZ

Read each question carefully. Write “T” for true or “F” for false on the line next to the question.

1. _____ The game of softcrosse is started with a jump ball.
2. _____ Players can run the full length of the field while in possession of the ball.
3. _____ When scooping the ball from the ground it is best to get low and keep the stick parallel to the ground.
4. _____ It is a good offensive strategy to throw the ball and stay where you threw it from.
5. _____ To get good distance on your throw, be sure the basket is facing down.
6. _____ At OOJH, to score in softcrosse a player needs to run with the ball in his/her basket across the goal line.
7. _____ Most of the running done in the game of softcrosse, is when you are **NOT** in possession of the ball.
8. _____ Softcrosse is most similar to floor hockey.
9. _____ When guarding an opponent you must keep one stick length between the two of you.
10. _____ At OOJH, to score in softcrosse a player needs to successfully catch the ball while standing beyond the goal line.

EXTRA CREDIT:

How do you restart an out of bounds ball?
