

THE **TEAMDUNGY**  
**SPORTS FUN  
PLAYBOOK**



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TRENTWOOD



TIGERS

TRENTWOOD



TIGERS

# AUSTIN'S AWESOME FOOTBALL WORD SEARCH

AUSTIN  
BRICE  
CARSON  
FOOTBALL

FLAG  
HONEST  
HUDDLE  
PLAY FAIR

PROUD  
REFEREE  
SIDELINES  
THROWING

TIGERS  
TONY  
TOUCHDOWN  
WINNING

Y T C N P W J  
E F V B H D C R V W Y D F  
B A U H L W C B N O R W N I D Y  
I R M J O V A X T O U C H D O W N T  
O Y Z K R M S O G N N D T O Y O W V F D  
G R H U D D L E V X J X F Q N Q N I P B T O  
J X K E V O A U U E F U B W E T D E C W H H Q  
O F D W E W A P J J P W Q Z B S Q M M U F C N L  
G O L C L H N G V U P M J F J T R B F A U Q P N  
B I O I Z H G B R I C E I M M Y W H Z A K S B X N D  
J T T C H L F M Z Z N A G S C K T T E W P N S Z T A  
J G B F N K U B U C Z J R Z C P Q H A M R H I N M E  
E H A C K M Z W O N I K U S R E F E R E E L D A G K  
N P L K B R W I N N I N G H O L D L D O Y N E K F N  
K L X I Q B E L A H U V B E N C Z B A W B L U B  
R V A N N J X B M J G S B M N C V L M Y I I N D  
F T I G E R S D L T Z E T O B P U L H F N T E  
D S G N Y P Y T X V O T Q L I N A G I X E G  
W M A A M Z Q I Y J O D N G E U B I X S  
Q N F U Y J H M F N R S A U S T I N  
U I F S Q O F Y R D W N X U E  
Z L P K Y U V M M Z R  
N L G E E

# MARIA'S SUPER SOCCER WORD SEARCH

COACH  
COURAGE  
FOOTWORK  
KEIKO

KICK  
LAUGHING  
LAUREN  
MARIA

PLAY  
PLAYERS  
PRACTICE  
SOCCER

SUMMER  
SWIMMING  
TRENTWOOD  
WHISTLE

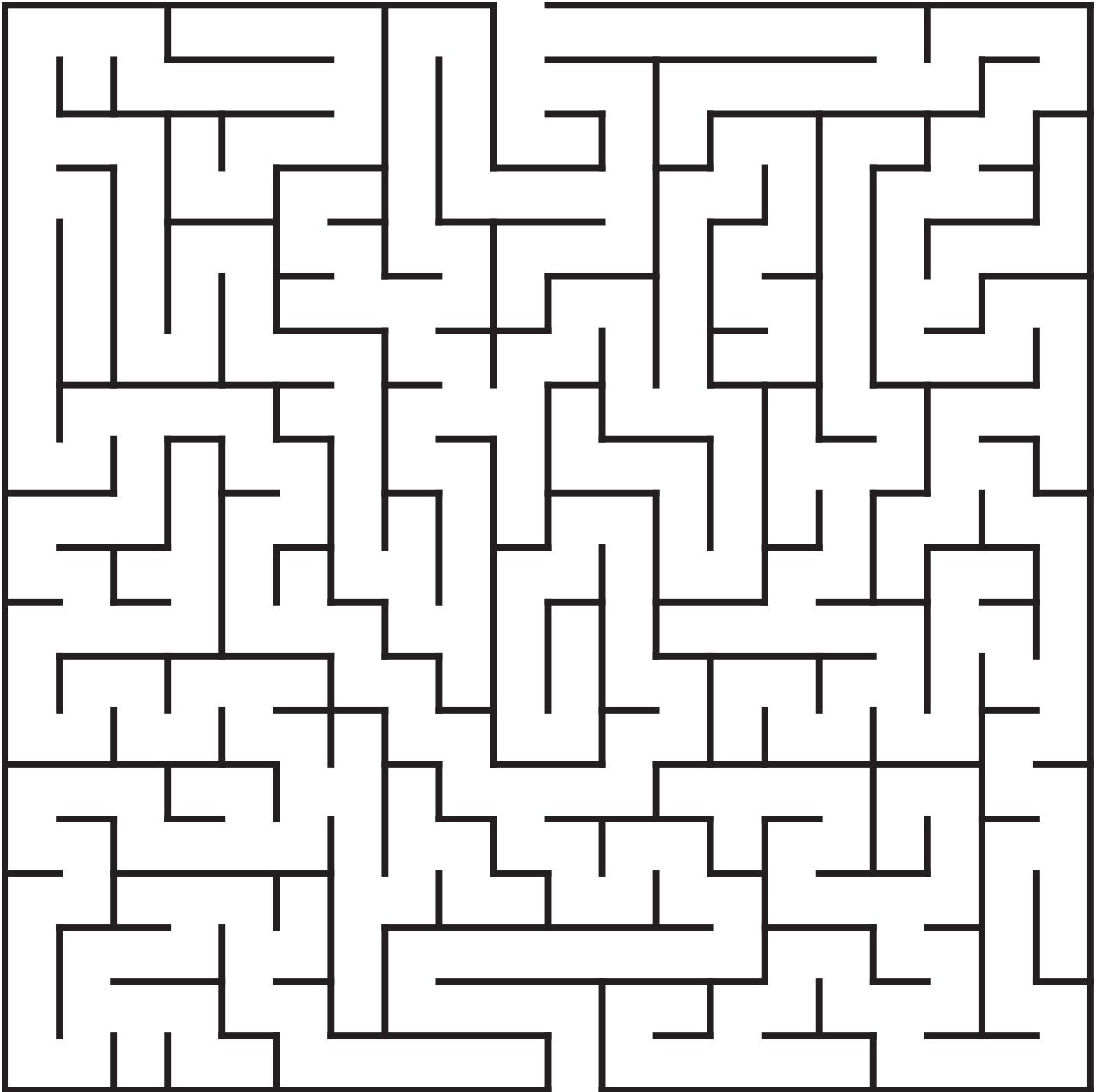
T S X L B W D  
T R E N T W O O D K Z L  
O N T D M M F B P L W N X L O U  
I G J V E Y G D D H R S D T Q I G V  
D R J G D C P L A Y Q P N W Z L A W Q S  
A J G Z N T S B A O P G M R X W F A H L O R  
T Q S Y U E T I L A O V U I S A J N W B L C Y P  
E V Z S C Q G G N E L X K Q S E C Z W H K C Y N  
K C T M S R C D A V B I F T H J I T I S K E W S  
C Z O L H F U R G G C F K V P A T C T I C E R D I M  
D N U L X M X M S W I M M I N G U D H I C E B G E C  
D J R S V K F G M P J G A A X H U D K C U E L C C Y  
V K A Z V E I N Q E O I F Q R O E V Z L R K K F V N  
O N G Q U D C O C X R V K S M F O O T W O R K Y C E  
J E O B B U M E A L B D K E N Q K Z Q Z E C M N  
L W M T L R M D A C H X I W S Z F W X F Z V K  
O A C I R R R Z U O A F X H N T Q I M O N O  
A E U I V X N O G A V I N I O P L A Y E R S  
E O R Z J E K H C Y Q S S F W G B O F L  
W I E Z P Q I H W X R T E M O W T E  
O N E Q N O S Q N L Y G J G Z  
Z G G Y O U K E I K O  
K D A U N



# MARIA'S SOCCER SKILL DRILL

Help Maria kick her ball all the way through this A-MAZE-ING obstacle course!

**START HERE**



**FINISH HERE**

# THINK YOU KNOW FOOTBALL?

SCORE BIG ON THIS QUIZ!

- 1. THE PLAYER MAINLY RESPONSIBLE FOR THROWING THE BALL IS WHO?**
  - A. Linebacker
  - B. Defensive End
  - C. Quarterback
  - D. Wide Receiver
- 2. A STANDARD FOOTBALL FIELD IS HOW LONG?**
  - A. As long as your backyard will allow
  - B. 100 feet
  - C.  $\frac{1}{2}$  mile
  - D. 100 yards
- 3. THE NATIONAL FOOTBALL LEAGUE'S CHAMPIONSHIP GAME IS CALLED WHAT?**
  - A. The Super Bowl
  - B. The Football Fest
  - C. The Great Gridiron Game
  - D. The Touchdown Trophy
- 4. IN A STANDARD FOOTBALL GAME, WHAT DETERMINES WHICH TEAM GETS TO DECIDE IF THEY WANT THE BALL FIRST OR WANT TO KICK IT TO THE OTHER TEAM?**
  - A. The referee decides
  - B. The teams play rock, scissors, paper
  - C. Whomever can grab the ball first, gets it
  - D. A coin toss
- 5. AFTER A TOUCHDOWN IS SCORED, THE TEAM WHO SCORED IT CAN CHOOSE BETWEEN WHICH TWO THINGS?**
  - A. Trying to kick an extra point or going for a two-point conversion
  - B. Trying to throw the ball through the goal post or making your opponent do it
  - C. Getting ice cream or pizza
  - D. Doing a fun touchdown dance or spiking the ball
- 6. A REALLY LONG PASS TO TRY AND SCORE AT THE END OF THE GAME IS KNOWN AS A WHAT?**
  - A. Prayer for points
  - B. TD toss
  - C. Hopeful heave
  - D. Hail Mary
- 7. WHAT POSITION ON THE OFFENSE ISN'T TYPICALLY ALLOWED TO CATCH A PASS?**
  - A. Running Back
  - B. Offensive Guard
  - C. Tight End
  - D. Quarterback
- 8. IN TACKLE FOOTBALL, WHAT IS THE PROPER FORM FOR TACKLING**
  - A. Run forward, close your eyes and hope for the best
  - B. Keep your head and eyes up, lead with the front of your shoulder
  - C. Jump forward with both your feet and throw yourself at the target
  - D. Anything goes, just make sure you take the ball carrier down
- 9. WHAT IS THE MOST IMPORTANT THING IN FOOTBALL?**
  - A. Winning
  - B. Tackling the hardest
  - C. Being faster than the other team
  - D. Trying your best and playing the right way
- 10. IN MOST EVERY COUNTRY EXCEPT THE UNITED STATES, FOOTBALL IS UNDERSTOOD TO BE WHAT SPORT?**
  - A. Soccer
  - B. Hacky Sack
  - C. Rugby
  - D. Polo

# THINK YOU KNOW SOCCER?

YOU'LL GET A KICK OUT OF THIS QUIZ!

- 1. THE PLAYER WHO GUARDS THE NET IS CALLED WHAT?**
  - A. Soccer Blocker
  - B. Net Protector
  - C. Goalie
  - D. Ball Knocker-Downer
- 2. A STANDARD SOCCER BALL IS MADE UP OF WHAT COLORS?**
  - A. Rainbow colors
  - B. Black and white
  - C. Purple and Gold
  - D. Red, White, and Blue
- 3. WHAT SOCCER EQUIPMENT PROTECTS THE BOTTOM PART OF YOUR FRONT LEGS?**
  - A. Shin guards
  - B. Soccer Armor
  - C. Armadillo plates
  - D. Leg Logs
- 4. WHAT IS THE BIGGEST INTERNATIONAL SOCCER TOURNAMENT CALLED?**
  - A. The Big Kick Competition
  - B. The Soccer Showdown
  - C. The Grand Finals
  - D. The World Cup
- 5. WHAT PART OF YOUR BODY ARE YOU NOT ALLOWED TO USE IN SOCCER (UNLESS YOU'RE GUARDING THE NET)?**
  - A. Your ear
  - B. Your hand
  - C. Your head
  - D. Your shoulder
- 6. WHAT IS THE MAXIMUM NUMBER OF PLAYERS A TEAM CAN HAVE ON THE FIELD AT ONE TIME?**
  - A. 6
  - B. 9
  - C. 11
  - D. As many friends as you can find to play!
- 7. ON THE FIELD, WHO IS IN CHARGE OF THE SOCCER GAME?**
  - A. Coaches
  - B. The Referee
  - C. Parents
  - D. You!
- 8. TO KICK A SOCCER BALL AS HARD AS POSSIBLE, YOU SHOULD...**
  - A. Kick with your toes
  - B. Get an adult to kick it for you
  - C. Kick with the side of your foot
  - D. Kick with your shoelaces
- 9. TO BE A GREAT SOCCER TEAM, YOU NEED...**
  - A. Really cool uniforms
  - B. Great teamwork
  - C. To play rough
  - D. To have one or two great players
- 10. WHICH OF THE FOLLOWING IS NOT A POSITION IN SOCCER?**
  - A. Defender
  - B. Forward
  - C. Midfielder
  - D. Goal Kicker



# CARSON'S FILL-IN-THE-BLANKS BASKETBALL CHALLENGE

TEST YOUR KNOWLEDGE OF BASKETBALL AS IN YOU FILL IN THE BLANKS

1. IN A STANDARD GAME OF BASKETBALL, THERE ARE \_\_\_\_ PLAYERS ON EACH TEAM.
2. WHEN A PLAYER MISSES A SHOT OFF THE RIM OR BACKBOARD, EVERYONE TRIES TO CATCH THE BALL TO GET THE \_\_\_\_\_.
3. PROFESSIONALS IN THE US PLAY IN THE NBA WHICH STANDS FOR \_\_\_\_\_.
4. IN AN ACTUAL GAME, WHEN A PLAYER PASSES TO A TEAMMATE WHO IMMEDIATELY SCORES A BASKET, THE PLAYER WHO PASSED THE BALL EARNS AN \_\_\_\_\_.
5. WHEN A FOUL IS COMMITTED AGAINST A PLAYER WHO WAS TRYING TO SHOOT THE BALL, THE PLAYER WHO GOT FOULED GETS TO SHOOT \_\_\_\_\_.
6. A BASKETBALL TEAM IS MADE UP OF PLAYERS WHO PLAY ONE OF THESE THREE POSITIONS. THESE ARE: \_\_\_\_\_, \_\_\_\_\_, AND \_\_\_\_\_.
7. AT THE BEGINNING OF THE GAME, THE REFEREE THROWS THE BALL UP IN THE AIR BETWEEN A PLAYER FROM EACH TEAM WHO EACH JUMP TO GET IT. THIS IS CALLED THE \_\_\_\_\_.
8. PLAYERS WHO AREN'T CURRENTLY IN THE GAME WAIT ON THE \_\_\_\_\_ UNTIL THEIR COACH PUTS THEM IN.
9. WHEN YOU TAKE MORE THAN TWO STEPS WITHOUT DRIBBLING THE BASKETBALL, YOU HAVE COMMITTED A \_\_\_\_\_ VIOLATION.
10. WHEN A PLAYER JUMPS UP HIGH AND PUTS THE BALL DIRECTLY IN THE HOOP WITHOUT ACTUALLY SHOOTING IT, THIS IS CALLED A \_\_\_\_\_.
11. THE LOS ANGELES \_\_\_\_\_ AND THE BOSTON \_\_\_\_\_ ARE TWO PROFESSIONAL TEAMS WHO PLAY IN THE NBA.
12. A \_\_\_\_\_ IS WHEN A PLAYER GETS AT LEAST 10 POINTS, 10 REBOUNDS, AND 10 ASSISTS IN A GAME.
13. WHEN A PLAYER'S SHOT IS DEFLECTED OR KNOCKED OFF COURSE BY AN OPPOSING PLAYER, CAUSING THE BALL TO MISS THE BASKET, THIS IS CALLED A \_\_\_\_\_.
14. WHEN A PLAYER MAKES A SHOT RIGHT BEFORE THE GAME CLOCK HITS ZERO, IT IS OFTEN CALLED A \_\_\_\_\_.
15. A PLAYER SETS A \_\_\_\_\_ BY STANDING IN THE WAY OF AN OPPOSING PLAYER, SO A TEAMMATE CAN GO AROUND THEM.

# 3 SUPER WAYS TO SHOOT HOOPS

TRY THESE FUN GAMES THAT CARSON AND HIS TRENTWOOD TEAMMATES LOVE TO PLAY

## H-O-R-S-E

The first player chooses a spot on the court and takes a shot. If they miss, the next person goes. As soon as a shot is made, the other person must take a shot from the same place, in the exact same way. If they miss the shot, they get a letter (H).

The process is repeated until one player receives all the letters to spell HORSE, meaning the other player wins!

Anything goes in this game. Take a wacky shot to try to eliminate players early. Or, work on fundamental shots like lay-ups, foul shots, etc. For a shorter game, spell PIG instead!

## 21

This game is just a friendly game of 1-on-1. The first player to reach 21 points win! The first person with the ball tries to score while being defended by the second person. If they make a shot, they earn a point and the defender gets a try.

As the ball changes hands, it must always start at a designated spot—typically it is just beyond the 3-point line at the top of the key. But, you can make your starting point anywhere you choose.

## AROUND THE WORLD

The goal of this game is to take a series of shots from marked areas around the court. This game requires endurance and accuracy.

Start by marking five spots on the court from which the shots will be taken. You can use sidewalk tape or tape to make your marks. They can be any distance from the hoop that you want. Typically, a good starting point is right around the baseline area at the side of the hoop and spots continue in a circular pattern around the hoop.

The first person to make one shot from every spot in succession (meaning you can't miss any shots as you move between spots), wins the game!! If you miss, start from that spot on your next turn and keep trying until you make it!

**DO YOUR BEST  
PLAY FAIR  
AND  
FEEL PROUD**

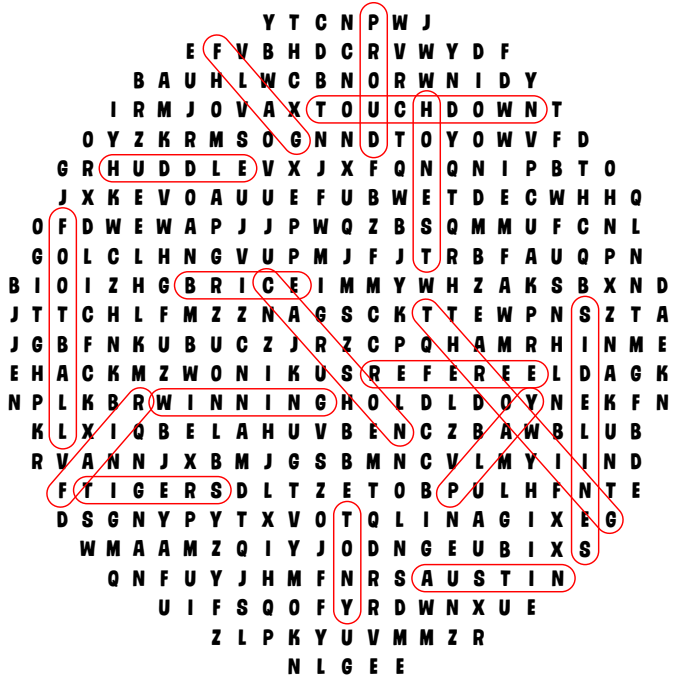


**FIND THE COURAGE  
TO TRY NEW THINGS**

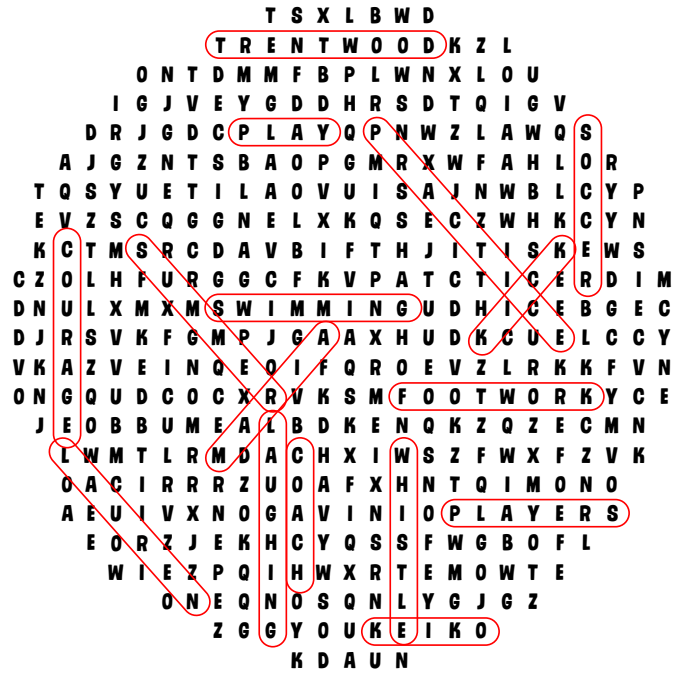




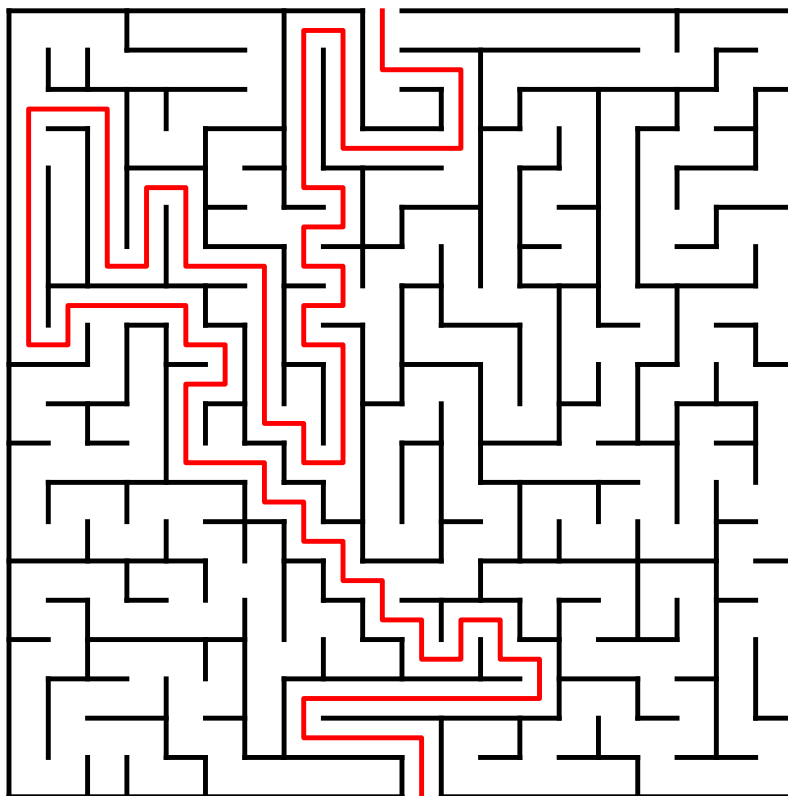
**AUSTIN'S AWESOME FOOTBALL WORD SEARCH:**  
**ANSWERS**



**MARIA'S SUPER SOCCER WORD SEARCH:**  
**ANSWERS**



**MARIA'S SOCCER MAZE:**  
**ANSWERS**



## THINK YOU KNOW FOOTBALL? ANSWERS

- 1. THE PLAYER MAINLY RESPONSIBLE FOR THROWING THE BALL IS WHO?**  
C. Quarterback
- 2. A STANDARD FOOTBALL FIELD IS HOW LONG?**  
D. 100 yards
- 3. THE NATIONAL FOOTBALL LEAGUE'S CHAMPIONSHIP GAME IS CALLED WHAT?**  
A. The Super Bowl
- 4. IN A STANDARD FOOTBALL GAME, WHAT DETERMINES WHICH TEAM GETS TO DECIDE IF THEY WANT THE BALL FIRST OR WANT TO KICK IT TO THE OTHER TEAM?**  
D. A coin toss
- 5. AFTER A TOUCHDOWN IS SCORED, THE TEAM WHO SCORED IT CAN CHOOSE BETWEEN WHICH TWO THINGS?**  
A. Trying to kick an extra point or going for a two-point conversion
- 6. A REALLY LONG PASS TO TRY AND SCORE AT THE END OF THE GAME IS KNOWN AS A WHAT?**  
D. Hail Mary
- 7. WHAT POSITION ON THE OFFENSE ISN'T TYPICALLY ALLOWED TO CATCH A PASS?**  
B. Offensive Guard
- 8. IN TACKLE FOOTBALL, WHAT IS THE PROPER FORM FOR TACKLING**  
B. Keep your head and eyes up, lead with the front of your shoulder
- 9. WHAT IS THE MOST IMPORTANT THING IN FOOTBALL?**  
D. Trying your best and playing the right way
- 10. IN MOST EVERY COUNTRY EXCEPT THE UNITED STATES, FOOTBALL IS UNDERSTOOD TO BE WHAT SPORT?**  
A. Soccer

## THINK YOU KNOW SOCCER? ANSWERS

- 1. THE PLAYER WHO GUARDS THE NET IS CALLED WHAT?**  
C. Goalie
- 2. A STANDARD SOCCER BALL IS MADE UP OF WHAT COLORS?**  
B. Black and white
- 3. WHAT SOCCER EQUIPMENT PROTECTS THE BOTTOM PART OF YOUR FRONT LEGS?**  
A. Shin guards
- 4. WHAT IS THE BIGGEST INTERNATIONAL SOCCER TOURNAMENT CALLED?**  
D. The World Cup
- 5. WHAT PART OF YOUR BODY ARE YOU NOT ALLOWED TO USE IN SOCCER (UNLESS YOU'RE GUARDING THE NET)?**  
B. Your hand
- 6. WHAT IS THE MAXIMUM NUMBER OF PLAYERS A TEAM CAN HAVE ON THE FIELD AT ONE TIME?**  
C. 11
- 7. ON THE FIELD, WHO IS IN CHARGE OF THE SOCCER GAME?**  
B. The Referee
- 8. TO KICK A SOCCER BALL AS HARD AS POSSIBLE, YOU SHOULD...**  
D. Kick with your shoelaces
- 9. TO BE A GREAT SOCCER TEAM, YOU NEED...**  
B. Great teamwork
- 10. WHICH OF THE FOLLOWING IS NOT A POSITION IN SOCCER?**  
D. Goal Kicker

**CARSON'S FILL-IN-THE-BLANKS BASKETBALL CHALLENGE**  
**ANSWERS**

1. IN A STANDARD GAME OF BASKETBALL, THERE ARE 5 PLAYERS ON EACH TEAM.
2. WHEN A PLAYER MISSES A SHOT OFF THE RIM OR BACKBOARD, EVERYONE TRIES TO CATCH THE BALL TO GET THE rebound.
3. PROFESSIONALS IN THE US PLAY IN THE NBA WHICH STANDS FOR National Basketball Association.
4. IN AN ACTUAL GAME, WHEN A PLAYER PASSES TO A TEAMMATE WHO IMMEDIATELY SCORES A BASKET, THE PLAYER WHO PASSED THE BALL EARNS AN assist.
5. WHEN A FOUL IS COMMITTED AGAINST A PLAYER WHO WAS TRYING TO SHOOT THE BALL, THE PLAYER WHO GOT FOULED GETS TO SHOOT free throws.
6. A BASKETBALL TEAM IS MADE UP OF PLAYERS WHO PLAY ONE OF THESE THREE POSITIONS. THESE ARE: guard, forward, AND center.
7. AT THE BEGINNING OF THE GAME, THE REFEREE THROWS THE BALL UP IN THE AIR BETWEEN A PLAYER FROM EACH TEAM WHO EACH JUMP TO GET IT. THIS IS CALLED THE tip-off or jump ball.
8. PLAYERS WHO AREN'T CURRENTLY IN THE GAME WAIT ON THE bench UNTIL THEIR COACH PUTS THEM IN.
9. WHEN YOU TAKE MORE THAN TWO STEPS WITHOUT DRIBBLING THE BASKETBALL, YOU HAVE COMMITTED A traveling VIOLATION.
10. WHEN A PLAYER JUMPS UP HIGH AND PUTS THE BALL DIRECTLY IN THE HOOP WITHOUT ACTUALLY SHOOTING IT, THIS IS CALLED A slam dunk.
11. THE LOS ANGELES Lakers AND THE BOSTON Celtics ARE TWO PROFESSIONAL TEAMS WHO PLAY IN THE NBA.
12. A triple-double IS WHEN A PLAYER GETS AT LEAST 10 POINTS, 10 REBOUNDS, AND 10 ASSISTS IN A GAME.
13. WHEN A PLAYER'S SHOT IS DEFLECTED OR KNOCKED OFF COURSE BY AN OPPOSING PLAYER, CAUSING THE BALL TO MISS THE BASKET, THIS IS CALLED A block.
14. WHEN A PLAYER MAKES A SHOT RIGHT BEFORE THE GAME CLOCK HITS ZERO, IT IS OFTEN CALLED A buzzer beater.
15. A PLAYER SETS A screen BY STANDING IN THE WAY OF AN OPPOSING PLAYER, SO A TEAMMATE CAN GO AROUND THEM.