While the optimum contract is 3C on this board, the majority are in 2/3 Spades.
Let's look at the defence.

Most North's lead the AH and continued with the QH hoping their partner can ruff if declarer plays the King. West is relieved to find the KH works for a Diamond discard.

One defence is based on **forcing declaring to ruff hearts** at every opportunity. North's plan is to try and control the trump suit.

After winning the KH declarer will try to finesse the JS - this is helpful for the defence as North can now play a third heart forcing West to ruff, leaving 3 trumps with West equal with North.

West cashes the AK of trumps and starts to cash clubs (best to start with the 9 to keep the 3 as a way to get to dummy), it is important that North doesn't ruff the first Club - **WHY?**
North might be ruffing a Club loser. North should ruff the 2nd Club with their remaining trump and exit with a heart to avoid the possibility of being endplayed and leading away from the AD. If West ducks this heart and throws a Diamond instead, you have a sixth heart, ruffed by declarer's last trump.

If West now plays a third club and gives up the fourth to South (hoping that South holds the AD), North will have to discard the 10D and the QD, winning the final trick with the AD.

This defence is based on controlling trumps with the result that declarer only makes **7 tricks** -
4 Spades 1 heart, zero Diamonds and 2 clubs.

How does declarer make 8 tricks? *Don't start by playing trumps*…

