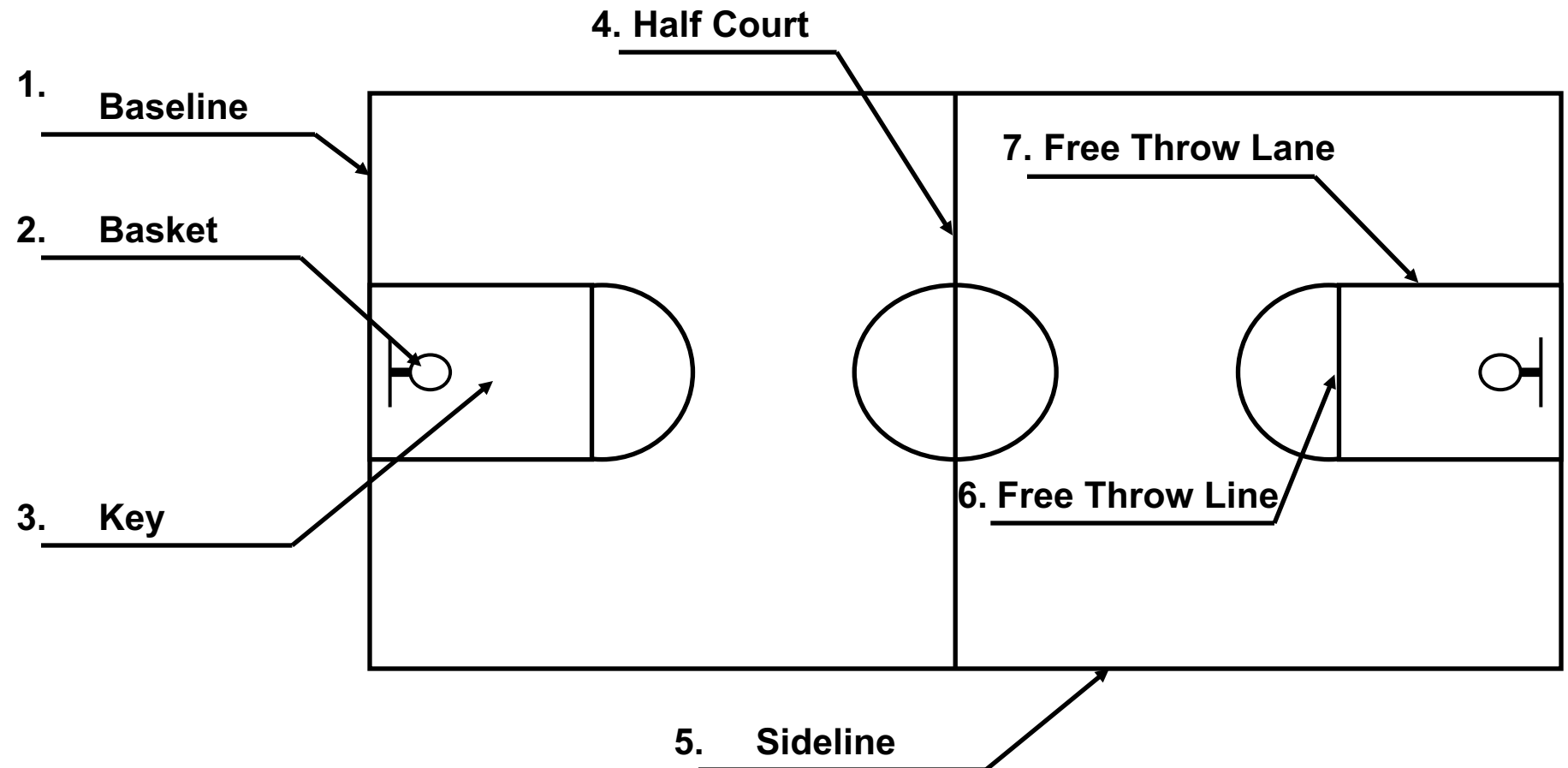


Basketball Notes



Basketball Notes

Court Diagram:



Basketball Notes

Team/Scoring:

8. A regulation basketball team consists of five players.

9. Field goal = two pt(s).

10. Free throw = one pt(s).

11. Three point field goal = three pt(s).

Basketball Notes

Violations: *breaking a rule of the game.*

12.Traveling - *moving your pivot foot without dribbling.*

13.Double Dribble - *Dribbling with two hands or dribbling with one hand after you have already dribbled and stopped.*

14.Out of Bounds - *when the ball or a person goes beyond the boundary line.*

15.Three Seconds in the Key - *When an offensive player remains in the key for more than three seconds.*

Basketball Notes

Fouls: *contacting another player to gain an advantage.*

16.Hacking/Reaching - *when a defensive player hits the arm or hand of an offensive player with the ball.*

17.Holding - *a player holds an opponent with or without the ball.*

18.Blocking - *when a defensive player gets to a position after an offensive player and contact occurs.*

Basketball Notes

Fouls:

19.Charging - *when a defensive player gets to a position before an offensive player and contact occurs.*

20.Shooting Foul - *when an offensive player is fouled as he/she is shooting the basketball. This results in two free throws.*

Basketball Notes

Other Terms:

21.The **offensive** team is the team with possession of the basketball.

22.The **defensive** team is the team without possession of the basketball.

23.A defensive system where each player guards an assigned player is called **man to man** defense.

Basketball Notes

Other Terms:

24. A defensive system where players cover/guard an assigned court area is called **zone** defense.

25. A **dead ball** is when the ball is no longer in play because of a violation or foul.

26. The loss of possession of the ball through **error** or a **violation** is called a **turnover**.

Basketball Notes

Other Terms:



27.Tie ball - *when two players from different teams both have the ball.*

28.Rebounding - *catching the basketball after a missed shot.*

29.Jump Ball - *to start a game and after a tied ball.*


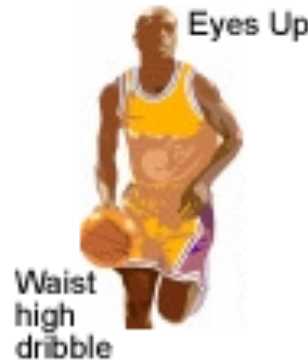
Basketball Notes

Skills Used:

30. Basketball Shooting			
1	Triple Threat Position – (feet shoulder width apart, knees bent)	<p>Triple Threat Position</p> 	 <p>Snap wrist</p> <p>Eyes on target</p>
2	Find the seams – (non dominant thumb on cross/dominant hand against seams)		
3	Eyes on target (back of rim)		
4	Use legs for power		
5	Snap wrist and follow through to basket		

Basketball Notes

Skills Used:

31. Basketball Dribbling			
1	Triple Threat Position – (feet shoulder width apart, knees bent)		
2	Running forward with eyes up		
3	Palms down and use “finger pads”		
4	Waist high dribble		
5	Two foot jump stop and pivot		

Basketball Notes

Skills Used:

32. Defensive Slides			
1	Defensive stance – (knees bent, shoulder width apart, and back straight)		
2	Shuffle feet		
3	Front hand down and back hand up		
4	On balls of feet		
5	Hustle		