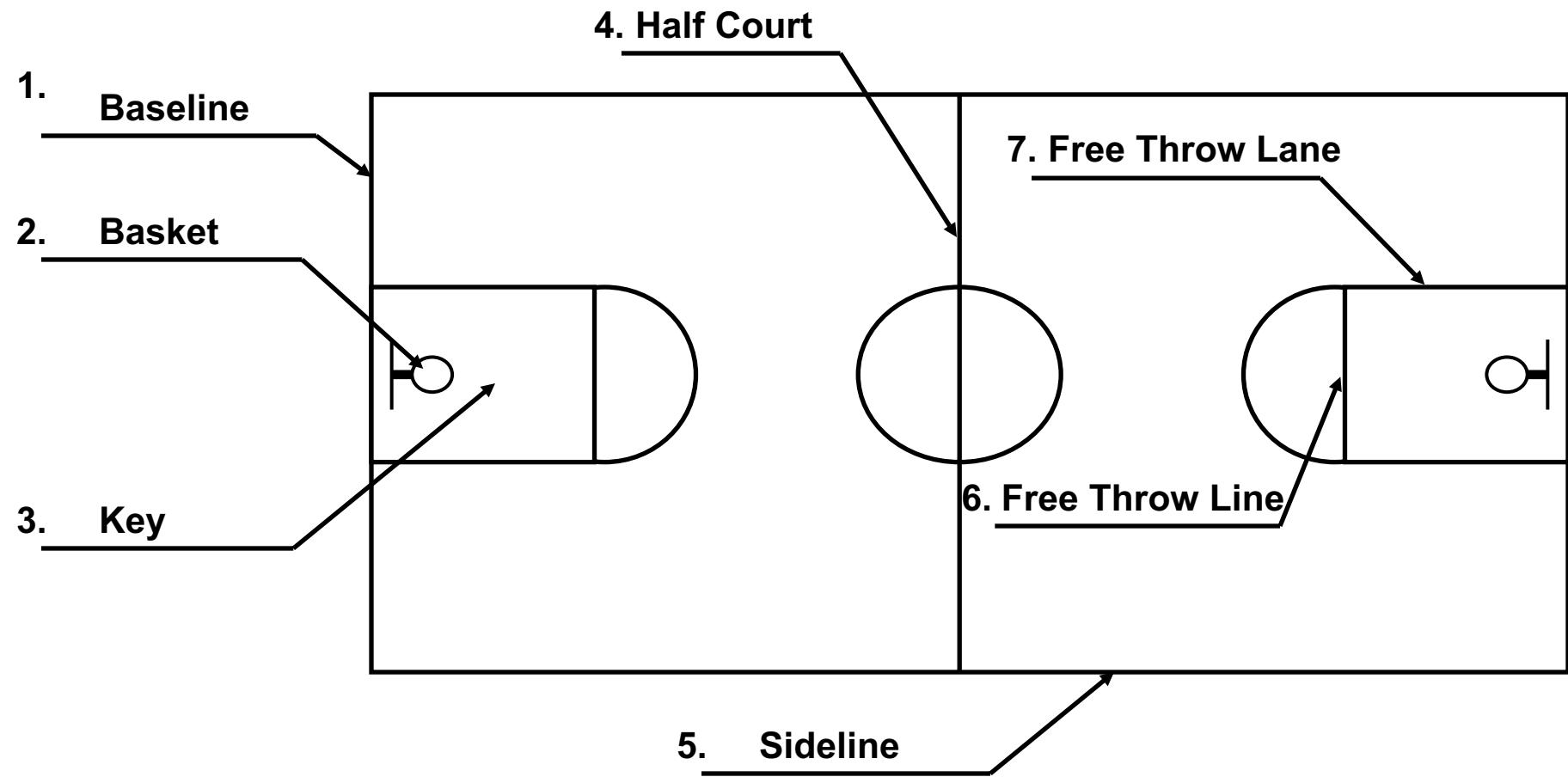


Basketball Notes



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)
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

Triple Threat Position

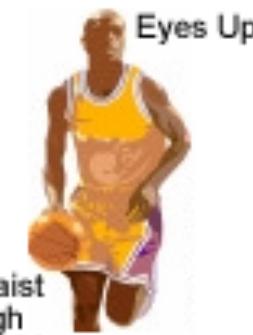
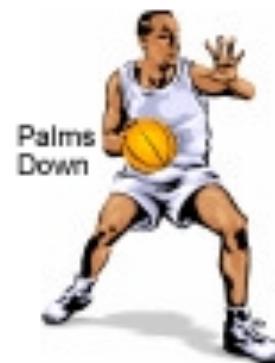


Basketball Notes

Skills Used:

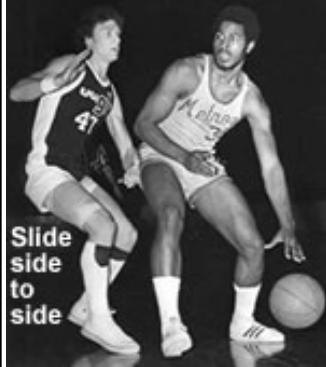
31. Basketball Dribbling

- 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		