

BASKETBALL STUDY GUIDE

I. THE GAME RULES

The playing area is called the **court**. There is a basket at each end of the court with the rims **10'** above the court. There are **five** players from each team on the court at one time. Play begins with the **referee** tossing the ball up (**jump ball**) in the center circle between two opposing players who try to tap the ball to a teammate. Players advance the ball down the court by dribbling or passing until they are in position to shoot the ball. **Two or 3 points are given for a field goal** and **one point for a free throw**. The try for the free throw must be made within **10 seconds** after the official gives the shooter the ball. A player has **5 seconds** to get the ball in play, and each team gets **10 seconds** to get the ball across the centerline.

II. SKILLS

Passing

1. Chest pass - Use thumb and finger pads – not palms
 - Keep elbows close to body
 - Step in direction of receiver
 - Use quick snap of wrists with the palms facing floor at finish
 - Pass to teammates chest
2. Bounce Pass
 - same basics as chest pass
 - should bounce more than half way to the receiver
3. Overhead Pass
 - short stride position with the ball overhead
 - use forceful wrist and fingers

Catching

Move toward the pass with fingers spread and relaxed. “Give” with the ball.

Dribbling

- knees and trunk slightly flexed, head up
- use finger pads of a cupped, relaxed hand
- push ball to floor; don't slap at ball
- use both hands

Pivot

- feet shoulder width apart, knees bent, weight on balls of feet
- idea - make believe foot is nailed to floor – move by swinging free leg around. Swing away from defender to protect the ball.

Shooting

- toes and shoulders should face the basket with weight evenly distributed.
- Use a comfortable grip, fingers well spread using finger pads –on the side of the ball
- Fix the eyes on the rim
- Note - the ball, wrist, and elbow should be in a straight line with the basket
- cock wrist, follow through with a slight backspin

Lay-up Shot

- dribble in with your outside hand keeping your head up
- drive the outside knee up carrying the ball with both hands and then shifting to the outside hand for the final push
- lay the ball high (softly) of the backboard with minimum spin
- jump high – not long

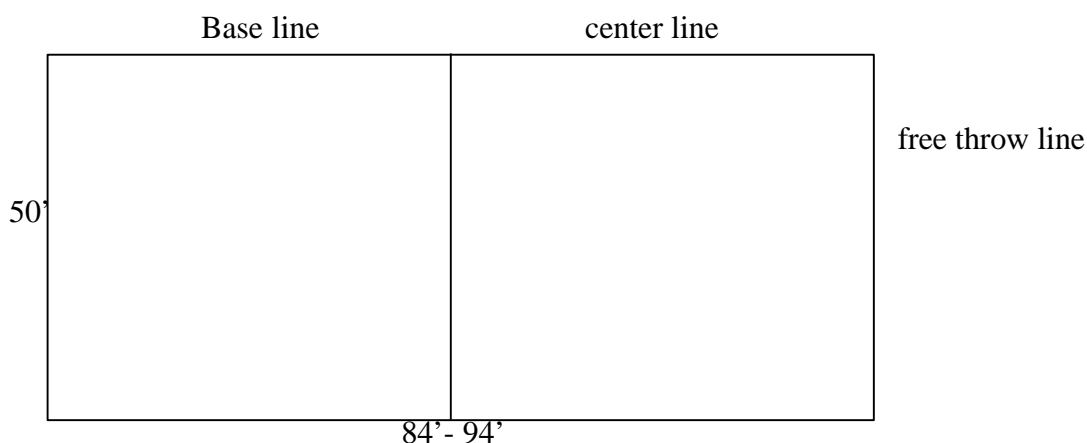
Defense

- keep knees slightly bent about three feet away when opponent is without the ball and arms length away when opponent has the ball
- watch opponents belt line and stay between your man and the basket

BASKETBALL TERMS

1. Assist – A pass to a teammate that leads to a score.
2. Ball Handler – Player who usually brings the ball from her back court to the front court and initiates the attack.
3. Base Line – The end boundary line.
4. Charging – An individual foul involving contact resulting from a player with the ball moving her body or the ball into an opponent whose position is set.
5. Defense – Team that does not have the ball.
6. Double Dribble - A violation which occurs when a player continues dribbling after grasping the ball with both hands.
7. Fast Break – Offensive strategy in which a team attempts to bring the ball into scoring position before the defense can set up.
8. Foul – An infringement of the rules in which one or more free throws may be given.
9. Free Throw – An unguarded throw for a goal by a player from a position behind the free throw line.
10. Goal – A ball that passes through the basket.
11. Jump Ball – A method of putting the ball into play by tossing it up between two opponents in one of the three restraining circles.
12. Key – The free throw line and the circle around it.
13. Man to Man Defense – Each person on defense being responsible for guarding an individual on the opposite team.
14. Offense – The team with the ball.

15. Pivot – The person with the ball may move one foot and keep the other foot on the same area of the floor using it to pivot on or around.
16. Screen – Legal method of blocking a defender without contact. Teammates may use a screen to shoot over an opponent.
17. Ten Second Violation – The basketball must be moved across the centerline 10 seconds after being touched by the offense.
18. Over and Back – Once the ball has been brought over the centerline by the offense they may not return into the back court or recross the line.
19. Pick – Similar to a screen: used to free you from your defender.
20. Three Second Lane Violation – A player without the ball remaining for more than three seconds in the free throw lane while her team has possession of the ball. The ball will be given to the other team.
21. Turnover – Any loss of possession of the ball.
22. Traveling – Walking while you are holding onto the ball.
23. Violation – An infringement for which the ball is put in play from out of bounds. The penalties for all violations are taken at the sideline opposite where it occurred.
24. Zone Defense – A defense system in which players cover an assigned court area, rather than a specific individual.



The rim of each basket is **10'** from the floor.