

Basketball Study Guide

Terminology

Field Goal -Any made basket except a free throw.

Bankshot -A shot that hits the backboard first and then bounces into the basket

Three point field goal-A shot made behind the 19'9" arc .

Free throw- A shot given as a result of a foul or technical foul. Free throws are unguarded shots from 15 feet. They count as one point. A person is awarded 3 shots if fouled behind 3-point line and original shot does not go in. On a made basket and a foul- they are awarded 1 shot.

Layup-Shot taken on the run.

Rebound-Recovery of the ball off the backboard or basket.

Defense-The team without possession of the ball.

Offense -The team with possession of the ball

Charging-Running into a defensive player by an offensive player (type of foul.)

Violation-An infraction of the rules in which the other team is given the ball out of bounds.

Foul-Illegally pushing, tripping, holding, blocking, or charging. These are personal fouls.

Three Seconds-Standing in the free throw lane near your basket for three seconds or longer (a violation).Only the team on offense can not be in the lane area for three seconds. There is no time limit for the defense.

10 second rule-The offense has 10 seconds to advance the ball to the halfcourt line. This occurs in the team's backcourt.

Double Dribble-Touching the ball with both hands at the same time on a single dribble or dribbling, picking up the ball, and dribbling again.

Turnover-The offensive team's loss of the ball to the defending team.

Traveling-Moving with the ball in your hands without dribbling properly also called walking.

Jump Ball- The ball is tossed up between two players of opposing teams to start the game.

Lane-The area from the baseline to the free throw line that is underneath the basket. The offensive player may only be in this area a maximum of three seconds. The defense has no limitations on time spent in the lane.

Movement Concept

Pivot-When a player places both feet on the ground he/she may pick one foot up and move around as long as the foot on the ground remains stationary. The foot on the ground is called the pivot foot. The pivot foot may not leave the ground unless the player dribbles the ball or the player shoots the ball.

Screen-A legal method of blocking a defensive player by an offensive player.

Agility-is the aspect of physical conditioning needed in playing defense, making quick stops, jumping and sprinting.

Game Strategies

Moves in a One on One situation: jab step, pass fake, shot fake, beat them on first dribble, shoot if cushion and drive then pull up for a shot.

Aspects of the game to incorporate in Two on Two through Five on Five: Screens, Give and Go, Pick and Roll, all one on one moves, Help side defense, Double team

Pick and Roll-A legal screen of a defensive player by an offensive player after which the offensive player moves to the basket.

Give and Go-Player A passes to Player B then Player A cuts towards the basket and receives the pass from Player B.

V-cut/L-Cut-When a player on offense tries to create separation from a defending player they may use these moves to do so.

Man to man defense-Is where you guard a player one on one. You should always stay between your player and the basket.

Zone defense-This is a defensive technique used by teams as an alternate to man to man defense. In a zone defense each of the five players is responsible for guarding an area of the court and the player who is in that area. You do not follow your man around while playing a zone defense. You will let a teammate pick up your man he cuts through your designated area.

The difference between ballside and helpside defense is:

Ballside is the half of the court where the ball is. When playing ballside defense you must play between the person you are guarding and the basket. The court is divided down the middle of the floor. Helpside is the half of the floor away from where the ball is. The helpside defender should be in the lane defending both the ball and his/her player.