

Basketball Study Guide

- Number of players allowed on the court at one time per team is 5.
- A game is started with a jump ball (In our games we did rock/paper/scissors).
- If both players have possession of the ball at the same time the result in a real game of basketball is an alternate possession/Jump Ball (In our games we gave it to the defensive team).
- After a team scores a basket, the opposing team must bring the ball inbounds from outside the out of bounds line under that team's basket.
- The three second lane is the rectangle area around the basket where an offensive member may only remain for up to three seconds.
- Double dribbling & Traveling are considered violations and result in the loss of the ball to the defensive team.

Double Dribble – Dribbling with two hands on the ball or taking two turns

Traveling – Take more than two steps or running while holding on to the ball.

- A foul is committed anytime a player comes in physical contact with another player.
Examples are;
1.) Pushing 2.) Tripping 3.) Hitting 4.) Slapping
- A foul that is committed on a player shooting a shot results in free throws for that player.
- **No pressing** is allowed in our games of basketball (Cannot guard your person until the ball crosses the half court line).
- Three types of passes that can be thrown include;
1.) Chest Pass – two hands from the chest and step when you throw.
2.) Bounce Pass – two hands from the chest and skip the ball on the floor.
3.) Overhead/Skip Pass – two hands from above the head - aim for head of target.
- Pivoting is a way that you can move with the basketball after you have finished your turn dribbling. It is done on one foot and you can go forward or backwards.
- A Rebound is when any player gains possession of the ball after a missed shot.

- Right handed layup
 - 1.) Shoot the ball with your right hand.
 - 2.) While shooting this type of shot the player should take off with the left foot on the ground.
 - 3.) The player should use the backboard when shooting this type of shot.

- Left handed layup
 - 1.) Shoot the ball with your left hand.
 - 2.) While shooting this type of shot the player should take off with the right foot on the ground.
 - 3.) The player should use the backboard when shooting this type of shot.

- When dribbling in basketball you should concentrate on;
 - 1.) Keeping your head up while on the move.
 - 2.) Pushing the ball to the floor with your finger tips - not slapping at it with an open palm.
 - 3.) Moving at a controlled speed to maintain control of the ball.
 - 4.) Protecting the ball at all times from the defensive player who is guarding you.

- When shooting the ball you should;
 - 1.) Keep your elbow in the shape of an “L”.
 - 2.) Place the basketball on the shooting hand with palm up to the sky and fingertips in a cupped position.
 - 3.) Have your knees bent.
 - 4.) Jump when you shoot.
 - 5.) Make sure that you have rotation on the ball.
 - 6.) Follow through with your hand in the cookie jar once the ball has left your hand.

