

Basketball

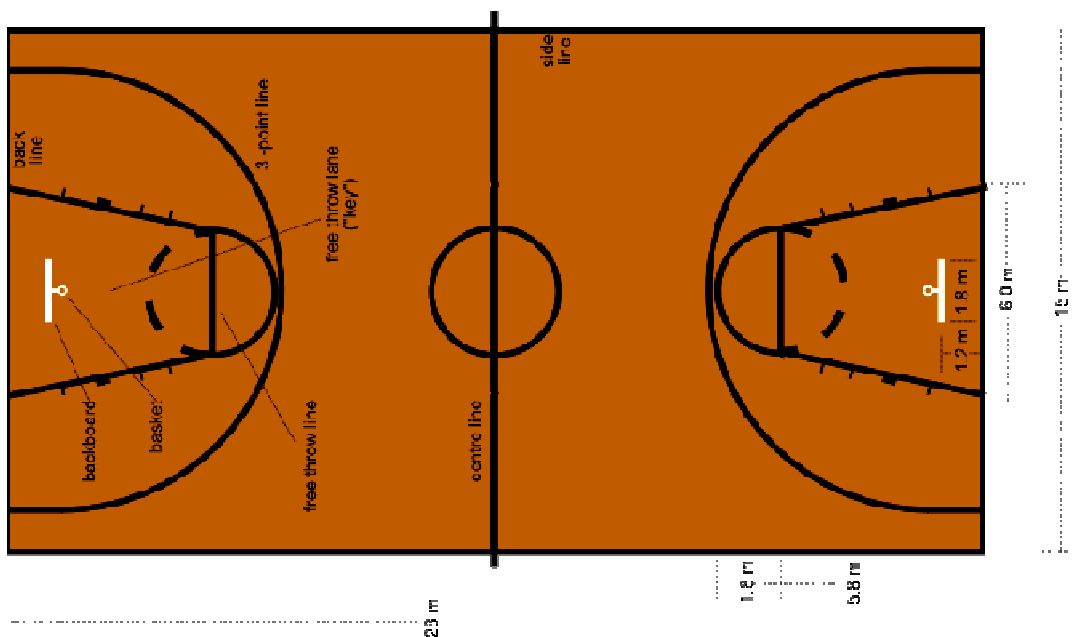


diagram for at: http://en.wikipedia.org/wiki/Basketball_court

6th & 8th grade information = green + diagram above

Additional information = red

Vocabulary:

Alternate possession – when the ball is held by players on both teams, possession is given to the team who did not win the jump ball and keeps alternating with each jump ball

Baseball pass - one handed pass used to move the ball beyond half court

Blocking – defender stepping in the path of an offensive player but not in time to plant their feet

Blocking out - getting position on the shot where the rebounder is between the opponent and the basket

Bounce pass – pass used by the offensive team from one player to another and the ball hits the floor before it gets to the other player

Charge - an offensive player running into a defensive player who has position (feet are planted)

Chest pass – pass thrown to another player starting at chest level

Crossover dribble – dribble in front of the body from one side to another (v shape)

Defense – team without the ball who's trying to keep the team from scoring

Double dribble – dribble – stop- dribble or dribbling with two hands at the same time

Fast break – moving the ball up the floor quickly when offense outnumbers the defense

Field goal - successful shot = 2 points or 3 points

Fouls – interference with another player

Free throw – free shot given to a player who has been fouled

Jump shot - shot where shooter leaves the floor

Key – aka. Lane

Lay-up – shot made close to the basket using the backboard

Man to man defense –each person is responsible for a specific person

Offense – team with the ball trying to score a basket

Overhead pass- two hand overhead pass

Rebound – catching the ball from the backboard after a missed shot

Traveling – taking more than one step with the ball without dribbling

Triple threat position – holding the ball in a position where the player can either; dribble, pass or shoot

Violation – infractions of rules which causes a loss of possession (traveling, double dribble)

Zone – defense where a player guards anyone who comes into a specific area

Rules:

1. 5 players on the court: 2 guards, 2 forwards, 1 center
2. Four 6 minute quarters for middle school, HS 8 minute quarters and college two 20 minute halves
3. Game starts with a jump ball then an alternate possession will kick in
4. Players have 10 seconds to bring the ball across the center line (back court violation)
5. Offensive players may only be in the lane for 3 seconds
6. Players have 5 seconds to inbound the ball
7. Players have 5 seconds to get rid of the ball if they are being closely guarded
8. Each player is allowed 5 personal fouls per game
9. If a team accumulates 7 fouls per half, the other team is awarded a bonus shot (one on one)
10. Any foul occurring during a missed shot, two free throws are awarded, if the shot is made one free throw is awarded.
11. Any foul occurring during a missed three point shot will be awarded three shots
12. A free throw must be taken from behind the free throw line and must be taken within 10 seconds
13. Any shot inside the 3 point line is worth 2 points and beyond the 3 point line is 3 points.

Practice test: True or False

1. The last person touching the ball is responsible for the ball going out of bounds.
2. Fouling someone in the act of shooting and making them miss, gives the shooter 2 free throws.
3. To dribble, stop and dribble again is a violation called double dribble.
4. A player who catches a pass while in the air and comes down with the ball is considered traveling.
5. Blocking is contact by an offensive player with the ball and moves into the defensive player whose position is established.
6. Man to man defense is where a player is responsible for another player from the opposing team.
7. A jump ball is used to begin the game.
8. Players have 5 seconds to get the ball across half court.
9. If a violation occurs on the team with the ball, they will lose possession of the ball.
10. Any shot inside the 3 point line is worth 2 points.

1. T 2. T 3. T 4. F 5. F 6. T 7. T 8. F 9. T 10. T