

# 6<sup>th</sup> Grade Basketball Review Sheet

The following materials will help you study for the test:

1. P.E. Review Sheet
2. Basketball Study Guide available on the OOJH Website (go to Physical Education→Handouts→Study Guides)
3. Instruction given in class

## I. OFFENSE AND DEFENSE

1. When is a team on **offense**? What are they trying to do?
2. When is a team on **defense**? What are they trying to do?
3. What is the **front court** and **back court**?
4. Know the difference between **man-to-man** defense and **zone** defense
5. What is a tie ball? How do you determine who gets to in-bound the ball?

## II. VIOLATIONS--breaking a rule of the game

6. What are two ways a player can **double dribble** in a game?
7. What is **traveling**?
8. If a player either double dribbles OR travels during a game, how is the game restarted?
9. What is the key? How many seconds can an offensive player stay in the key?
10. If a player has the ball and is being closely guarded, how many seconds does he/she have to shoot or pass the ball?
11. How many seconds does the offense have to bring the ball from the ***BACK COURT to the FRONT COURT?***
12. What are two ways you can receive a technical foul?
  - 1.
  - 2.

### III. FUNDAMENTALS—passing, dribbling, shooting and other skills to know

#### A. SHOOTING

13. B.E.E.F . is an acronym we use to describe proper shooting technique. Use the chart and fill in what each letter stands for.

B:

E:

E:

F:

#### B. DRIBBLING:

14. List four concepts for proper dribbling technique.

1.

2.

3.

4.

#### B. PASSING:

15. What are the two types of passes taught at OOJH?

16. Why is it good practice to pass with your head up?

17. How should your hands be placed when *releasing* a pass?

#### C. OTHER SKILLS TO KNOW:

18. Define pivoting.

19. Define rebounding.

20. Where do you ideally want to rebound the ball?