

7th 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. Know the difference between offense and defense?
2. When a team is shooting at a basket, are they in the **front court** or **back court**?
3. When a team is defending a basket, are they in the **front court** or **back court**?
4. Know the difference between **man-to-man** defense and **zone** defense
5. What is **alternate possession** and when does it occur on the court?

II. VIOLATIONS--breaking a rule of the game

1. What are two ways a player can **double dribble** in a game?
2. What is **traveling**?
3. How many seconds can an offensive player stay in the **key**?
4. If a player has the ball and is being closely guarded, how many seconds does he/she have to shoot or pass the ball?
5. How many seconds does the offense have to bring the ball from the ***BACK COURT to the FRONT COURT?***
6. What are two ways you can receive a technical foul?

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

1. What does B.E.E.F stand for?
2. What are **four** key concepts to follow when dribbling the basketball?
3. What are the two main passes taught at OOJH? Be able to describe each with at least two concepts.
4. What is pivoting?
5. What is rebounding?
6. What is the difference between **screening** an opponent and **blocking** an opponent?