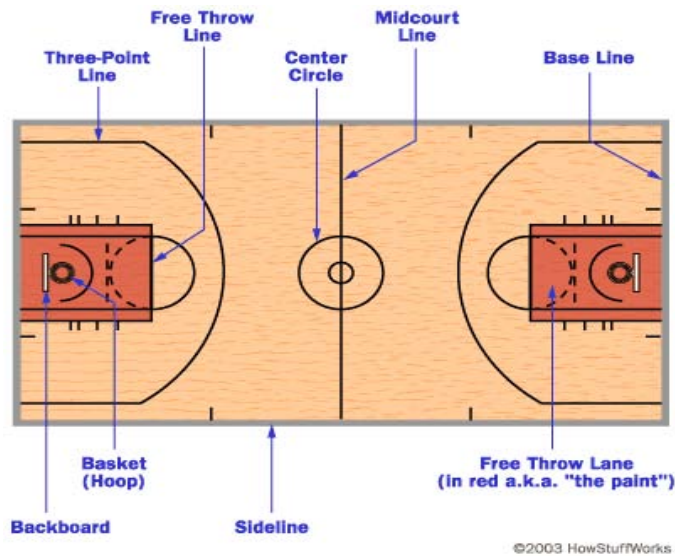


BASKETBALL STUDY GUIDE

A regulation basketball game consists of five players on a team. This high pace, fast moving game's objective is for a team to score baskets, by shooting at their opponents' basketball hoop and defending their own. You score by making Field Goals (baskets). These are either 2 or 3 points. You may also shoot free throws for 1 point.



I. BASKETBALL VOCABULARY

JUMP BALL: the procedure for starting a game. The official tosses the ball between two opponents positioned at the center court circle; the two players jump up and attempt to tap the ball to a teammate.

FRONT COURT: the half of the court (divided by the center line) that contains the offensive team's basket; the offensive half of the court.

BACKCOURT: The half of the court that is opposite a team's offensive basket; the half of the court a team is attempting to defend.

KEY: also called the "free throw lane" or "lane," the area measuring 12 feet in width and extending from the free-throw line to the base line.

OUT OF BOUNDS: when the ball has moved past the boundary lines or a player in possession of ball has stepped on the line → restarts are taken with a throw in where the ball went out of bounds.

INBOUND: throwing the ball in from out of bounds after a violation has been called.

TIE (HELD) BALL: formerly called a “jump ball”; when two players on opposite teams are in joint control of the ball. This violation is handled by using the alternate possession rule.

ALTERNATE POSSESSION: When a jump ball or tie ball is called, teams take turns throwing the ball in from out of bounds to restart the action.

II. FUNDAMENTALS OF BASKETBALL

1. DRIBBLING- One way to advance the basketball down court. A good dribbler...

- moves the ball by bouncing it using either the right or left hand.
- has the ball under control at all times.
- keeps the ball low to the ground and off to the side of the body.
- keeps a loose wrist while absorbing the dribble and uses the pads of the finger tips to contact the ball.
- dribbles with the head up, looking towards teammates, not at the ball.

RULES RELATED TO DRIBBLING:

1. *Double Dribble:* Players may not dribble, stop and dribble again.
2. *Double Dribble:* Players may not dribble with both hands at the same time.
3. *Carrying or Palming:* Allowing ball to come to rest during a dribble.
4. *Traveling:* Illegal moving in any direction while in possession of the ball.

2. PASSING- The quickest way to advance the ball down court. A good passer...

- uses both hands while passing.
- will be able to use all types of passes.
- plays with their head up and is more likely to see an open teammate.
- CHEST Pass—bring ball to chest and extend arms out to release pass; Fingers should be pointed out and thumbs down
- BOUNCE Pass—same mechanics as a Chest Pass, but now you are releasing the ball towards the ground using the same release.

RULES RELATED TO PASSING:

1. *Traveling:* a player may not take two or more consecutive steps while in possession of the ball.

3. CATCHING – skill used to receive passes or grab rebounds. A good player...

- catches the basketball using good hand-eye coordination.
- always keep hands up and ready to catch a ball and provides a target for the passer.
- absorbs the force of the pass.

4. SHOOTING – two types of shots we want you to focus on at OOJH:

- a. **THE SET and JUMP SHOT**—Set shot, both feet in contact with ground; jump shot, both feet off ground

Use the B.E.E.F. acronym to be successful using good mechanics

- B- **Balance** stance; square up to the basket (feet shoulder width apart).
- E- **Elbow** of the shooting arm aligns with the basket; elevate ball overhead.
- E- **Eye** on target; aim shot for back of rim.
- F- **Follow** through; use one hand to shoot ball and the other placed at side of ball to guide it.
- Bend legs and extend with the follow through.

- b. **THE LAY-UP**— a shot taken from close range to the basket where the player banks the ball off the backboard; players are usually dribbling to the basket and need to avoid traveling when executing the lay up shot.



- Use one hand to shoot and place the other on the side of the ball to guide the shot.
- When shooting, player is taking off with the opposite foot that they are shooting with. (see picture)

5. REBOUNDING-the act of jumping to get possession of the ball after a shot. A good rebounder...

- will time their jump from the floor so that they are at the peak of their jump with completely outstretched arms when catching the ball.
- learns how to “read” the ball; the ball may be bouncing off the backboard or rim, it may take a long bounce or short one.
- attempts to rebound ANY missed shot, whether on offense or defense.
- when on offense, always looks to shoot their rebound or when on defense, looks for open teammates to make a quick pass.

6. PIVOTING-the act of keeping one foot on the ground while moving the other foot to adjust the position of the body to screen the ball from a defensive player or square up to shoot the ball.

- When a player pivots, rise on the ball of the foot and spin or turn.
- Once you have chosen a pivot foot, you may not pivot on the other foot.

III. OFFENSE AND DEFENSE

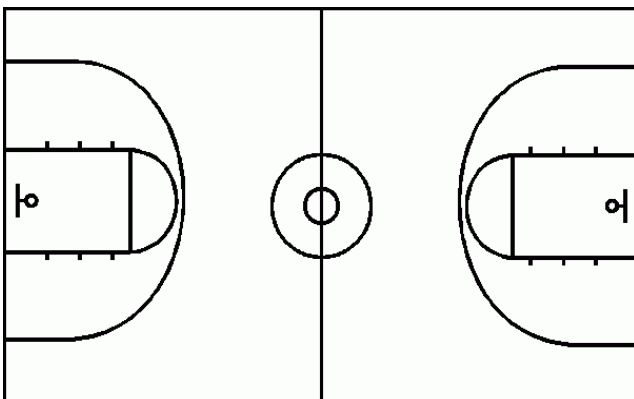
1. OFFENSE-the team in possession of the ball

- Good offensive players will keep themselves moving.
- They will know how to cut to the basket and how to get open or away from the defense.
- The player will know how to set screens and execute picks and rolls (thus helping a teammate get open.)
- The player will be able to execute a fast break play-(the act of moving the ball quickly from backcourt to frontcourt to score)
- The player will inbound the ball successfully.
- **SCREEN (PICK):** the act of establishing a position in order to stop an opponent, allowing your teammate to get away from them so they can either shoot openly or drive to the basket.

2. DEFENSE-the team that is NOT in possession of the ball and whose objective is to keep the opponent from scoring.

- Defensive players are always moving on the court with the goal of stopping the offense from scoring and making passing, dribbling, and passing hard for their opponents.
- Good athletic stance needed and arms should always be up ready to try and block, steal and/or making it hard for the offense to execute any type of play
- Steals or Blocks—attempts to get the ball back; when trying to attempt either of these, remember a defender must play the ball and not the offensive players arm or hand. Making contact can result in a Personal Foul Violation
- **PRESS:** closely guarding offensive players the full length of the court
- Two defensives you should know: **ZONE AND MAN TO MAN:**

- Zone—each player defends a specific part of the backcourt where the offense is trying to score*
- Man to Man—each player defends one player from the opposing team*



The “X’s” around the free throw lane show where players would stand when playing a 2-3 zone defense.

IV. VIOLATIONS— an infringement (breaking) of the rules; the penalty for a violation is the awarding of the ball to the opposing team

1. FOULS—Fouls you should know at OOHJH:

a. PERSONAL-Physical contact made with another player. Examples include:

- **Blocking**-stepping in the path of an opponent when your feet are not set
- **Charging**-offensive foul; moving into an opponent who is established
- **Reaching In**-contact made while attempting to *steal* ball from opponent
- **Hacking**-hitting the wrist or forearm of the opponent
- **Holding**-using your hands to keep opponent from moving
- **Pushing and Tripping**

b. TECHNICAL-to maintain integrity of the game;

- Unsportsmanlike conduct and/or behavior (i.e.: aggressively disagreeing with referee, using foul language)

2. FREE THROWS—are awarded for fouls committed in the act of shooting or when a team is in the bonus.

- ***Act of Shooting***—player is fouled by physical contact while shooting the basketball; number of free throws awarded depends on whether field goal (shot) was made or not→**missed 2 point field goal=2 free throws, missed 3 point field goal=3 free throws, made shot=1 free throw**
- ***Bonus***—bonus free throws are awarded to a team, when opponent has accumulated a certain number of fouls, regardless if it is an act of shooting foul or not
- Free throws are taken at the free throw line which is located in the key of the basketball court (SEE DIAGRAM o Page 1)

3. TIME RULE VIOLATIONS—Time rules you should know at OOHJH

- **3 seconds in the lane/key**
 - When the ball is in your front court, offensive players may not stay in key for more than three seconds
- **5 seconds Violations:**
 - ***Closely Guarded***—when an offensive player has the ball and is being defended, that player must pass or shoot the ball within 5 seconds
 - ***Inbound Pass***—when a player needs to throw-in ball from out of bounds, that player has 5 seconds to pass the ball in
- **Backcourt Violations:**
 - when playing a full court game, offense has 10 seconds to move ball from back court to front court
 - dribbles or passes the ball into the back court **after** it has been taken into the front court

4. OTHER COMMON VIOLATIONS

- Kicks the ball
- Strikes the ball w/fists
- Stepping on boundary line while in position of ball