

Basketball Study Guide

I. Skills

A. Dribbling:

1. Technique - Guide ball with fingers, don't slap.
 - Watch the ball out of the corner of your eye, don't stare only at the ball.
 - Bounce ball waist high.
2. Violations -
 - a. Travelling = holding the ball and running with it.
 - b. Double dribbling = dribbling, then stopping and holding the ball, then dribbling again.
 - c. Double dribbling = dribbling with two hands on the ball.
 - d. Palming (or carrying) the ball
 - * The opponent will receive the ball out-of-bounds to throw-in if there is a dribbling violation.

- B. Pivot: While holding the ball, a player may pivot by keeping one foot in place while moving the other foot in any direction.

C. Passes:

1. Chest pass = The basic pass in basketball. Two hands push out from chest.
 2. Bounce pass = One bounce to teammate. Use when closely guarded.
 3. Two-hand overhead pass = Pass begins with ball over your head.
 4. Two-hand underhand toss = Used when your teammate is close by.
 5. Baseball throw = Used when teammate is far away.
- * For all passes, the target is your teammate's stomach or chest. Move your body into the pass by stepping towards your teammate.

D. Shots:

1. One-hand Set Shot = The basic shot in basketball. It is taken from a stationary position. Bring the ball up to your forehead and shoot with one hand. Put backspin on the ball by "waving good-bye" to the ball.
2. Lay-up Shot = A shot used while driving towards the basket (on the move). The target is the backboard. You are in the air as the ball is released. If approaching from the right, your right knee and right arm go up towards the basket.

II. Basic Rules

- A. Two points for a field goal.
Three points for a basket made from behind the 3-point arc.
One point for a free throw.
- B. If the ball touches the line it is out-of-bounds. If the player with the ball is on the line, it is out-of-bounds.
- C. Five players on a team: one center, two forwards, and two guards.
- D. "Take-it-Back" rule: When playing with only one basket, if one team shoots and the ball touches the backboard or the rim, the opposing team must take the ball back behind a certain line before shooting.

III. Throw-in Rules

- A. Five seconds to throw the ball in.
- B. Cannot step on or over the line.
- C. You get three feet of space.
- D. The opponent cannot reach over the plane of the line.

IV. Jump Ball Rules

- A. A jump ball is taken:
 - 1. to start the game.
 - 2. when two opponents tie up the ball.
 - 3. when two opponents knock the ball out-of-bounds at the same time.
 - 4. for a double violation on the free throw.
 - 5. when a player with the ball is closely guarded for five seconds.
 - 6. when the ball is stuck between the rim and backboard.
- B. The jumper:
 - 1. can use only one hand.
 - 2. may tap the ball once or twice.
 - 3. may not catch the ball.
 - 4. may not tap the ball until it reaches its highest point.
 - 5. must not play the ball until another player touches it.
- C. The players around the jump ball circle:
 - 1. must hold their positions around the circle until the referee tosses the ball.
 - 2. may not stand on or over the circle.
 - 3. must alternate spots around the circle if desired (red-blue-red-blue...).

V. Free Throw Rules

- A. If a player is fouled while dribbling, no free throw is awarded.
If a player is fouled while shooting and makes the basket, one free throw is awarded.
If a player is fouled while shooting and misses the basket, two free throws are awarded.
- B. Shooter's rules:
 - 1. The shooter has 10 seconds to shoot.
 - 2. The shooter cannot step over or on the line until the ball leaves her hands.
- C. Rules for the players on the lane:
 - 1. They may not step on or over the lane lines or space dividers until the ball leaves the shooter's hands.
 - 2. If the RED player is shooting, the BLUE team gets both spots under the basket.
 - 3. If RED is shooting, and a RED player goes over the line, a good basket is cancelled.
 - 4. If RED is shooting, and BLUE goes over the line, the shooter will receive another free throw if the first one failed to go in.
 - 5. On a double violation, a jump ball will be given.

VI. Defense

- A. Man-to-Man Defense: A defense in which each player guards a specific opponent and follows him around.
- B. Zone Defense: Each player guards a certain area on the floor.

Basketball

Passing – quickest way to move up the court

- 1) Two-hand chest into the post ↗
- 2) Two-hand bounce around perimeter ↺
- 3) Two-hand overhead skip pass
- 4) Baseball used for long fast break

Dribbling

- 1) Flex at knees
- 2) Keep weight on balls of feet in the forward position
- 3) Bend forward at waist in crouch position
- 4) Keep head up
- 5) Keep wrist limp and cup hand slightly
- 6) Dribble with finger pads, not palm
- 7) Never bounce higher than waist
- 8) Use non-dribble hand to protect ball against defenders

Right-handed lay-up

- 1) Approach basket at an angle
- 2) Dribbling with right hand
- 3) Take two steps before shooting
- 4) Right leg comes up with the right arm ↗
- 5) Jump off left leg
- 6) Lay it off the backboard (no finger roll)

Left handed lay-up

- 1) Approach basket at an angle
- 2) Dribbling with left hand
- 3) Take two steps before shooting
- 4) Left leg comes up with the left arm
- 5) Jump off right leg
- 6) Lay it off the backboard (no finger roll)

Jump Shot

- 1) Square the body toward basket
- 2) Bring ball slightly above and in front of head.
- 3) Cock wrist and point elbow toward the basket.
- 4) Shoot at the top of the jump while focusing on the basket and snap wrist downward in the follow-throw to develop backspin on the ball.

Free Throws

- 1) Positive affirmations off line
- 2) Line up foot with the middle of the rim
- 3) Perform routine in mind
- 4) Feet shoulder width apart – heel to instep
- 5) Knees bent
- 6) Shooting hand spread
- 7) Shooting elbow in
- 8) Non-shooting hand on the side of the ball
- 9) Shoulders relaxed
- 10) Deep breath, relax
- 11) Execute shoot
- 12) Same routine every time