

## **Basketball Study Guide 2015**

- Field Goal**-----Any made basket except a free throw.
- Rebound**-----Recovery of the ball off the backboard or basket.
- Pick and Roll**-----A legal screen of a defensive player by an offensive player after which the offensive player moves to the basket.
- Charging**-----Running into a defensive player by an offensive player.  
(type of foul.)
- Double Dribble**---Touching the ball with both hands at the same time on a single dribble or dribbling, picking up the ball, and dribbling again.
- Turnover**-----The offensive team's loss of the ball to the defending team.
- Traveling**-----Moving with the ball in your hands without dribbling properly also called walking.
- Jump Ball**-----The ball is tossed up between two players of opposing teams.
- Screen/Pick**-----A legal method of blocking a defensive player by an offensive player.
- Three Seconds**----Standing in the free throw lane near your basket for three seconds or longer (a violation).Only the team on offense can not be in the lane area for three seconds. There is no time limit for the defense.
- Foul**-----Illegally pushing, tripping, holding, blocking, or charging. These are personal fouls. High School and college players are disqualified on their fifth foul.
- Offense**-----The team with possession of the ball
- Defense**-----The team without possession of the ball.
- Layup**----- -Shot taken on the run. When on the right side of the basket you shoot with the right hand and jump off the left foot. When on the left side of the basket you shoot with the left hand and jump off the right foot.
- Bankshot**-----A shot that hits the backboard first and then bounces into the basket.
- Backcourt**-----The half of the court that contains the basket of the team on defense.
- Frontcourt**-----The half of the court where your team is on offense and shoots the ball.
- Violation**-----An infraction of the rules in which the other team is given the ball out of bounds.
- Three point field goal**—A shot made behind the 19'9" arc . You get three points for this made shot.
- Free throw** A shot given as a result of a foul or technical foul.  
free throws are unguarded shots from 15 feet. They count as on point.
- Lane** The area from the baseline to the free throw line that is underneath the basket. The offensive player may only be in this area a maximum of three seconds. The defense Has no limitations on time spent in the lane.
- Agility** Is the aspect of physical conditioning needed in playing defense, making quick stops, jumping and sprinting.
- 10 second rule** The offense has 10 seconds to advance the ball to the half court line. This occurs in the team's backcourt.

**Pivot** When a player places both feet on the ground he/she may pick one foot up and Move around as long as the foot on the ground remains stationary. The foot on the ground is called the pivot foot. The pivot foot may not leave the ground unless the player dribbles the ball or the player shoots the ball.

**Give and Go (aka-pass and cut).** This is a great offensive concept to score. The ball handler passes the ball to a teammate and cuts toward the basket. The teammate then throws the ball back to the original ball handler.

**Advancing the ball:** The ball may be thrown, rolled or tipped to advance the basketball.

**Man to man defense.** Is where you guard a player one on one. You should always stay between your player and the basket.

**Zone defense** This is a defensive technique used by teams as an alternate to man to man defense. In a zone defense each of the five players is responsible for guarding an area of the court and the player who is in that area. You do not follow your man around while playing a zone defense. You will let a teammate pick up your man he cuts through your designated area.

**B.E.E. F.** Balance- the feet of the shooter should be shoulder width apart.

E- The elbow should be underneath the basketball. It should never be sticking out.

E- Eyes. The shooters eyes should focus on the rim as your target. Most people prefer to aim at the front of the rim.

F- Follow through. After the shooter released the shot, the shooting hand should be on a 65 degree angle and the hand should go towards the rim. "hand in the cookie jar". A shooter should never have a two handed follow through. It should always be a one handed follow through.

**Time:** High school games consist of four-eight minute quarters.

**Pick and Roll** An offensive player sets a screen for the person with the basketball. The person with the Basketball dribbles and the person who set the screen rolls toward the basket and tries to keep the defensive player on the backside to post up.

**Shooting:** When shooting off the dribble you should pivot on the inside foot to square up as you shoot.

When shooting off the catch of a pass and you are **not** facing the basket, (cutting across the lane or cutting away from the basket) you should also pivot on the inside foot.

When shooting off the catch and facing the basket, use the 1,2 step. Right handed players should have their left foot step first and the right foot should step second. When the right foot hits the floor, the player jumps up. Left handed players should step with the right foot first and left foot second.

**Dr. James Naismith** invented the game of basketball. The game originated in Springfield, Mass.

The difference between ballside and helpside defense is:

**Ballside** is the half of the court where the ball is. When playing ball-side defense you must play between the player you are guarding and the basket. The court is divided down the middle of the floor. **Helpside** is the half of the floor away from where the ball is. The helpside defender should be in the lane defending both the ball and his/her player.

**Guidelines for maintaining and improving cardiovascular endurance.**

**Frequency-** How often should you do cardio? 3-5 times per week

**Intensity-** How hard (vigorous) should cardio exercise be? 60%-85% of you max HR

**Time-** How long should workouts last? 20-60 minutes

**Progression-** a gradual increase of frequency, intensity, and time as a person's fitness level improves, workout intensity increases.