

BASKETBALL STUDY SHEET

The game: 2 teams of 5 people each on the court at one time
Played in 4 quarters
Jr. High game has 6 minute quarters
High school game has 8 minute quarters

Shooting: Use the heel toe method to square your shoulders
The guide hand should form a T with the two thumbs
The ball should have rotation on it

Dribbling: Bouncing the ball to the floor using only one hand at a time
Lower the dribble the better
Your eyes should be on the all around play on the floor
Fingers push the ball
Double dribble is when you put 2 hands on the ball and continue to dribble
You can not stop dribbling and start again

Passing: Types: Bounce, chest, overhead and baseball
Passing is better than dribbling (as far as being able to move ball around faster)
Step forward with the opposite foot for more power

Pivot: Turning by moving one foot while keeping the other foot on the same spot on the floor

Traveling: Running with the ball
Drag the pivot foot

Rebound: Grab the shot ball off of the basket

Defense: The team in a zone or man to man guarding position
Does not have the ball

Zone: You have an area to guard, hands should be up. It starts at the top of the key.

Man to man: You have a person to guard. Stay between the person and the basket.

Offense: Team with the ball
Can be in the lane only 3 seconds

Violations: 3 sec. in the lane
Double dribble
Traveling

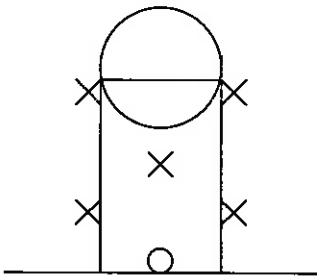
A minor infraction of the rule. The ball is awarded out of bounds to the opposite team.

Fouls: Pushing
Hitting
Tripping

Physical contact or poor sportsmanship. Free throws are awarded.

General rules: 5 sec to inbound the ball
5 sec. to create play
Ball touching the line is out

2-1-2 Zone



1-2-2 Zone

