

Basketball Unit Review Sheet

Rules

- **Foul:** Making contact such as pushing or tripping will result in a foul.
- **Double-Dribble:** This is when an offensive player stops dribbling and starts again, or dribbles with both hands.
- **Traveling:** This is when an offensive player takes more than two steps with the ball, or lifts their pivot foot.
- **Scoring:** After a team is scored upon they must in-bound the ball from behind the backline before play can resume.
- **Jump Ball:** Only the jumpers can be in the jump circle before the tip-off.
- **Players:** A regulation basketball game is 5 vs. 5 players on the court at the same time.

Skills

- **Dribbling**
 - ✓ Dribbling with your dominant hand means dribbling with the hand you are more comfortable or proficient with.
 - ✓ Dribbling with your non-dominant hand means dribbling with the hand that you find a little more challenging.
 - ✓ A cross-over or “V” dribble is when you dribble the ball from one hand to the other. This is effective when trying to change directions.
 - ✓ Dribbling should be done with your finger pads, not the palm of your hand. The ball should be dribbled at waist level, with good wrist flexion.

- ✓ When you finish dribble you can use a pivot foot. One foot stays in place and you can turn on that foot.

- **Passing**

- ✓ **Overhead Pass**

- The offensive player passes the ball from above their head using both arms.

- ✓ **Bounce pass**

- The offensive player passes the ball by bouncing it off the floor to their teammate. A good pass to use when a defender is in between you and your teammate.

- ✓ **Chest/Direct pass**

- When an offensive player passes the ball directly to their teammate. The ball does not make contact with the floor.

- **Set Shot**

- ✓ The player wants to make sure that their feet are facing towards the basket with good knee flexion.
 - ✓ The player wants to make sure their eyes are looking at the target before shooting the ball.
 - ✓ The player needs to put their shooting hand behind the ball and guide hand on the side, to help the ball stay on course.
 - ✓ Most of the power in a set shot comes from the legs

- ✓ B.E.E.F.
 - ✓ B= Balance
 - ✓ E= Eyes on target
 - ✓ E= Elbow under the ball
 - ✓ F= Follow through

- **Bank Shot**

- ✓ A Bank Shot relies on the ball bouncing off the backboard and into the basket. It is frequently used for mid-range shots from around a 45° angle including lay-ups.

- **Lay-Up**

- ✓ A basketball shot made with one hand from a position under or beside the basket (and usually banked off the backboard)
- ✓ A right handed Lay-Up requires the player to raise the right arm and knee.
- ✓ A left-handed lay-Up requires a player to raise the left arm and knee.

- **Rebounding**

- ✓ The player must “box out” their opponent to establish the best position to rebound the ball.
- ✓ The player must get the ball at its highest point.
- ✓ A team that does well rebounding the ball, will have more scoring opportunities.

- **Defense**

- ✓ Man to man- each player is responsible to cover one person on the opposing team
- ✓ Zone defense- each player is responsible for an area of the basketball court

Anatomy of a Basketball Hoop

- ✓ **Backboard:** The square surface that enables the basketball to bounce off of during a bank shot or lay-up
- ✓ **Target Box:** This is a small box located on the Backboard just above the rim. This is used as a guide or target when performing a Bank Shot.
- ✓ **Rim:** This is the circular object attached to the backboard which is designed for the ball to go into.
- ✓ **Net:** The net hangs from the bottom of the rim to help indicate whether or not the ball has gone through.

