

Basketball Study Guide

Skills	
Dribbling	Purpose: To move the ball into position for a pass or a shot
	Key points: <ul style="list-style-type: none"> • Dribble with _____ • Keep head / eyes up (_____) • Dribble below your _____ • On _____, keep ball near your body and protect with non-dribbling arm • On _____, push ball out and sprint to move down the court
	Rules: <ul style="list-style-type: none"> • _____: moving with the ball (not including pivoting) while holding the ball • _____: dribbling; stopping your dribble; and dribbling again • _____: palming, carrying the ball by allowing the ball to rest your hands while dribbling
Passing	Purpose: To move the ball down the court (faster than a dribble) To move the ball to an open teammate
	Key points: <ul style="list-style-type: none"> • _____ into pass • On _____ - - - ball should contact the ground 2/3rd to 3/4th of the way towards your target • On _____ - - - aim for your teammate's chest • On a chest pass --- start with your thumbs up and step into the pass while rotating thumbs down to create _____. • Use _____, trickery, when passing • Be quick
	Rules: <u>Traveling</u> (see above)

Shooting	Purpose: To score
	Key points: <ul style="list-style-type: none"> • _____ to the basket • Keep your _____ on the target • Place feet _____ apart with knees bent • If shooting right handed, the _____ foot is slightly forward • If shooting left handed, the _____ foot is slightly forward • Use dominant hand to shoot; non dominant hand to _____ ball • Shooting elbow should form a “C” (_____) • Shooting elbow should be lined up with the _____ • Ball should rest on _____, not the palm • Lift up with entire body; shooting arm reaching high on follow through • Follow through high and snap your wrist to create _____
	Rules: <ul style="list-style-type: none"> • _____: stepping on the free throw line or into the free throw zone in the act of shooting a free throw • _____: making illegal body contact with a player on the opposing team in the act of shooting
Lay-ups	Purpose: To score on a drive to the basket
	Key points: <ul style="list-style-type: none"> • Approach the basket at a _____ angle • Take off on the _____ leg into a _____ jump • Pretend a “string” attaches your shooting elbow to your outside knee to achieve maximum lift • Aim for the _____ corner of the rectangle on the backboard • On the right side, dribble and shoot with your _____ hand • On the left side, dribble and shoot with your _____ hand
	Rules: <u>Traveling</u> (see above)

Defense	Purpose: To prevent the offense from scoring
	Terms: _____: When the player with the ball still has the option to dribble defender should maintain distance of arm's length (or greater if guarding a fast player) _____: When the player with the ball does NOT have the option to dribble defender should move in close to the ball to deflect pass or shot
	Key points: <ul style="list-style-type: none"> • Bend at the knees and stay _____ • Maintain position between the offensive player and the _____ • Move laterally (side to side) by _____ feet • Use _____ to interfere with the ball
	Rules: Personal foul – illegal contact with opponent (Blocking, Holding, Hacking, Reaching).
Screen & Roll	Purpose: Offensive move to free a teammate from the defense
	Key points: <ul style="list-style-type: none"> • Use a _____ to set the screen • Keep _____ firmly planted and _____ slightly bent • Position the screen so that the screener's body will block the defender • When rolling, _____ so that you are _____ the ball • Screens can be set <u>Ball</u> and <u>Ball</u>
	Rules: Personal foul: _____ screen, illegally moving to maintain a screen after setting the screen