

Basketball Study Guide

The Game

Basketball is simply a game of keep-away with the additional challenge of trying to shoot the ball into the basket. The game starts with a jump ball usually between the two **centers** of both teams. The jump ball is taken from the center court circle.

Players

Each team will have five players on the floor at one time. There are usually two guards, two forwards and one center.

Scoring

A made basket is worth two points.

A free throw is worth one point.

A shot behind the three point arc is worth three points.

After a successful made basket the ball is then taken out by the other team.

Violations

A violation is a minor rule infraction which does not involve personal contact with an opponent.

When a violation occurs the ball is turned over to the opposing team.

When a player is in-bounding the ball the player may **not**:

- Leave the spot where the referee gives you the ball.
- Take longer than five seconds to make and inbound throw
- Carry the ball on the court

The most frequent violations called are:

- Traveling: a player running with the ball without dribbling
- Offensive player being in the lane for more than 3 seconds.
- Double Dribble: a player dribbling the ball with both hands at the same time or dribbling the ball, then stopping to pick the ball up and then continuing to dribble again.
- Kicking the ball

Fouls and Penalties

A foul is an infraction that involves personal contact with an opponent. Unsportsmanlike conduct is also a foul. You are allowed five fouls per game and when a player receives their fifth foul they are not allowed to play in the game anymore.

The most common fouls are:

- Holding: using the hands, arms to restrict the movement of an opponent.
- Charging: a dribbler or shooter moving into an opponent who has established defensive position.
- Blocking: a defensive player impeding the progress of an opponent by extending and arm, leg, knee, hip or other part of their body.
- Pushing: using the hands, arms, or body to push and opponent.

A player is rewarded a free throw as follows:

- One free throw for a foul against the shooter whose shot goes into the basket.
- Two free throws for a foul against the shooter whose shot does not go into the basket.
- No free throws for a foul against a player who is not shooting.

Free Throw Rules

The shooter must shoot the ball within ***10 seconds*** of being handed the ball. The shooter may not make contact or cross the free throw line until the ball hits the rim. The players may not leave their positions until the ball hits the rim.

B.E.E.F Shooting Technique

Balance: Dominant foot slightly ahead of the other foot and it is centered towards the basket.

Eyes: Eyes focused on the rim or backboard depending on what type of shot you take (Layup or jump shot)

Elbows: Shooting elbow is tucked under the ball and is in line with the dominant foot.

Follow through: Extend elbow towards the basket, snap wrist and pretend to stick hand inside of the basket.

Terms

Lane: The twelve foot long area from the free throw to the endline.

Pivot: Moving the body by stepping one or more with one foot while the other foot is stationary.

Jump Ball: Is used to start the game. During the game when two opposing players secure a firm grip on the ball at the same time a jump ball is called and the teams alternate possession of the ball.

Offense: The team **with** the ball trying to score.

Defense: The team **without** the ball that is trying to stop the team from scoring.

Types of Defenses:

- Man to Man Defense: Where players guard a certain player from the other team.
- Zone defense: Where a player is responsible for defending an area on the court.

Types of Passes:

- Chest Pass
- Bounce Pass
- Overhead (least used during basketball game)

Name _____

Per. _____

BASKETBALL WORKSHEET

(1-5) Place your answers on the blank line before the number.

_____ 1. For one team, how many players should be playing during a game?

_____ 2. A _____ ball starts the game.

_____ 3. If a player dribbles a ball with both hands at the same time, what violation should be called?

_____ 4. You commit an infraction of the rules that involves personal contact. What is this called?

_____ 5. You should not take longer than ____ seconds to inbound the ball from the sideline.

(6-10) Multiple Choice – Circle the correct answer.

6. The team without the ball is called _____.

- A. Offense
- B. Defense
- C. Forward
- D. Guard

7. After a successful made basket.....

- A. The ball is taken out by the other team.
- B. The team that just scored takes the ball out.
- C. A jump ball is taken.
- D. You flip a coin for the ball.

8. If a player is fouled during the act of shooting and the ball goes into the basket, the player is rewarded with _____ free throw.

- A. 0
- B. 3
- C. 2
- D. 1

9. If a dribbler or shooter runs into an opponent who already has established their defensive position a _____ foul is called.

- A. Holding
- B. Charging
- C. Push
- D. Block

10. Zone defense is a type of defense in which.....

- A. A player defends a specific player from the opposing team.
- B. A player defends under the basket.
- C. A player is responsible for defending an area on the court.
- D. Players are responsible for defending a player that is about the same height.

(11-15) Match the term on the left side to the definition on the right side. Place the letter on the line provided.

- | | | |
|--------------------------------|-------|--|
| 11. Lane | _____ | A) A player running with the ball without dribbling. |
| 12. Jump Ball | _____ | B) Balance, Eyes, Elbow, Follow Through |
| 13. Pivot | _____ | C) 12 foot long area |
| 14. Traveling | _____ | D) 2 players secure a firm grip on the ball at the same time. |
| 15. B.E.E.F Shooting Technique | _____ | E) Stepping one or more times with one foot, while the other foot is stationary. |

(16-20) Write a T for True and F for False on the line.

- _____ 16. A made basket is worth two points.
- _____ 17. When in-bounding you may carry the ball onto the floor.
- _____ 18. While shooting, a player is fouled and the basket is **NO** good, the player will be allowed to shoot two free throws.
- _____ 19. One of the frequently called violations is traveling.
- _____ 20. A free throw counts for 3 points.