



Basketball Study Guide

TERMS

Set Shot- To square up to the basket with feet shoulder width apart and knees bent, one hand under the ball with elbow directly underneath ball, wrist flexed back, opposite hand on side to guide ball, aim and follow through with shooting hand finishing to the basket like a goose neck.

Lay up shot- A Back board shot from close range using one hand and opposite foot take off. (Approach from right side of the basket = right hand shot/left foot take off.) & (approach from left side of the basket = left hand shot/right foot take off.)

Chest pass- A good skill for moving the ball short distances when no one is guarding you.

Bounce pass- A good skill to use when some one is guarding you closely.

Overhead pass- A good skill to use when moving the ball around the outside perimeter of the basket, or to get the ball to a post player.

Baseball pass- A good skill to move the ball down the court quickly, especially used on a fast break by a teammate toward their basket.

Double dribble- This is a violation in basketball when you stop your dribble and then dribble again without passing or shooting. This also occurs when you have both hands on the basketball while dribbling.

Traveling- This is a violation in basketball when you walk or run without dribbling the ball.

Pivoting- When you stop your dribble you have this option to look for a teammate to pass to. Planting the foot you stopped on and rotating the other foot around it without moving the planted foot on the floor.

Over and back- This violation occurs when the same person takes the ball over the center line and then goes back over with the ball again without the opponent touching the ball.

Free throw- This shot is worth 1 point and occurs after a shooting foul.

Angle of rebound- When the ball rebounds at an equal angle to that which it contacts a surface. Angle shot to backboard is equal to the angle it rebounds from the back board.

Propelling- This is the theme area in physical education that the basketball most relates to.

Defense- Staying between the basket and your opponent to prevent them from scoring.

Basketball Hoop/standard - Regulation height for the basketball hoop is 10 feet.

Foul- Occurs when a player makes physical contact with another player. E.g. bumping into them, slapping their hand or arm when they shoot, or slapping their hand when trying to steal the basketball.