

Players: In our games during physical education class, we play a sideline version of basketball. We play 4 on 4 and sometimes 3 on 3. Before we begin to play, players “**match-up**”. “Match-up” means that each player declares who he or she is guarding.

1. **Match-up:** We do this before we begin our games. This is when we say who we are guarding.
2. **Turn-over:** A turn-over occurs when a team loses the ball for any reason. When a turn-over happens, the other team gets the ball and goes on offense.
3. **Sideline Pass:** When a team gets the ball from the opponent, they must make a sideline pass.
4. **Pass to all players:** The offense must pass to all players before attempting to shoot.
5. **Travel/Double dribble:** Players may not travel or double dribble with the basketball.
6. **Stealing/Blocking shots:** Players may not steal the dribble or block shots. It’s ok to intercept passes.

TURN-OVERS: These turn-overs cause a change of possession. That is, when a turn-over happens, your team (defense) gets the ball from the other team (offense.)

7. **Traveling:** Traveling is when a player has the basketball and takes more than 2 steps while holding the ball. A player walks with the ball.
8. **Double Dribble:** Double dribble happens two ways:
 - A. Player dribbles, stops dribbling, and then dribbles again.
 - B. Player dribbles with two hands at once.
9. **Thrown away pass:** When you pass the ball to a teammate and s/he doesn’t catch it in the air or on 1 bounce.
10. **Rebound:** You shoot the ball and miss and it bounces back to you from the rim or backboard.
11. **Offense:** When you and your teammates **have the ball** and you are **trying to score**.
12. **Defense:** When you and your team **do not have the ball** and you are trying to **stop** the other team from scoring.

Bio-Mechanics: GRADE 6- ANGLE OF REBOUND

THE ANGLE OF REBOUND IS WHEN A BALL WILL REBOUND AT AN ANGLE _____ .
-EQUAL-

TO THAT AT WHICH IT HITS A SURFACE.

EXAMPLES IN BASKETBALL: LAY-UP AND BOUNCE PASS