

## Bowling Study Guide

### Terms:

Foul – Touching or going beyond the foul line while delivering the ball.

Frame – One-tenth of a game. Each square on a score sheet is one frame.

Headpin – The number 1 pin

Lane – the 60 foot area between the foul line and the head pin.

Perfect game – A 300 score; twelve strikes in row.

Spare - Knocking all the pins down on the 2<sup>nd</sup> try.

Strike – Knocking down all the pins down on the 1<sup>st</sup> try.

Turkey – 3 strikes in a row.

## Basketball Study Guide

- Traveling: when you are moving with the ball or your feet are moving and you are not dribbling.
- Double dribble: when you are dribbling with 2 hands at the same time or you are dribbling and stop and then start dribbling again.
- Offense: when your team has the ball and you are trying to score.
- Defense: when your team does not have the ball and you are trying to get it.
- Foul: when you touch or run into someone you are guarding and the other team will get the ball.
- Pivot: moving around on one planted foot without dribbling
- A basket is worth 2 points.
- A free throw is worth 1 point.

### Important parts of any **PASS**

- appropriate starting position
- summation of forces by turn hands inside out, and stepping
- follow through towards target
- use the correct pass for the situation:
  - Bounce Pass = closely guarded
  - Overhead Pass = someone tall is under the basket
  - Baseball Pass = fast break
  - Chest Pass = you and the receiver are open