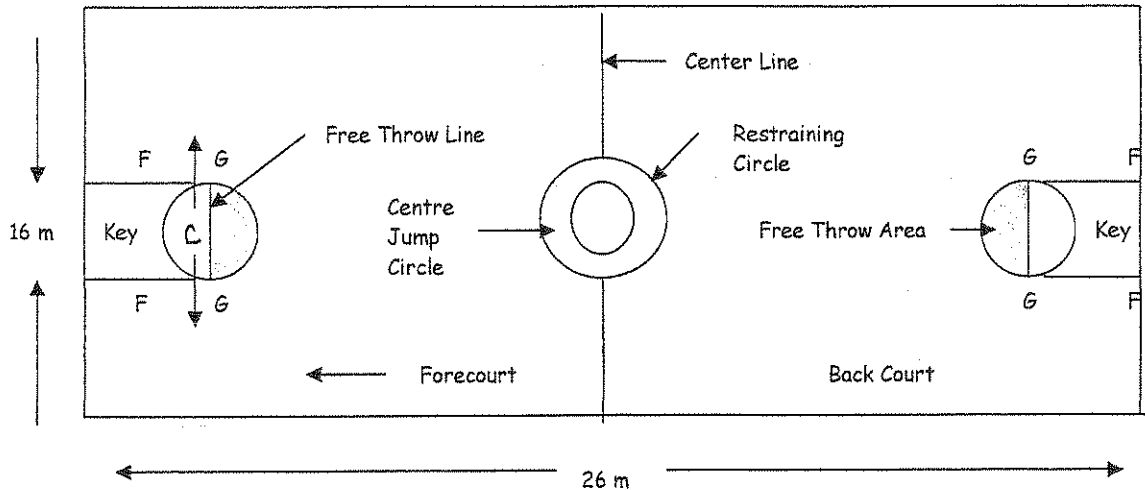


Basketball Handout

THE COURT



TERMS AND RULES

- 1) Fore Court - that half of the court in which the team with the ball is attempting to score (see diagram).
- 2) Back Court - that half of the court that includes the basket that a team is defending (see diagram).
- 3) Center Line - the line on the court which is halfway and divides the court into the fore court and back court.
- 4) Forward - there are two forwards on one team who are positioned closest to the basket when attempting to score a basket and on zone defense. forwards face their centerman on a jump ball.
- 5) Guard - there are two guards on one team who are positioned farthest from the basket when attempting to score a basket and on zone defense. Guards look at the back of their center on a jump ball.
- 6) Center - the member of the team who jumps for the ball at the start of each quarter. The center is positioned in the center of the key on offense and zone defense.

- 7) double dribble a violation in which a player:
a) dribbles with 2 hands
b) dribbles once, stops, then dribbles again

8) fouls

#1: Technical foul: called due to unsportsmanlike conduct. On the second technical the player is ejected from the game.
#2 Personal foul: Body contact occurs between 2 or more players:

Blocking: when a player uses their body position to prevent their opponent from advancing.

Charging (Elbowing): When an offensive player runs into a defender who has an established position.

Reaching In, Hand Check: When attempting to steal the basketball, the defender extends their arm and hand and makes contact with the ball handler.

Tripping: When a player uses their foot or leg to cause their opponent to fall or lose their balance.

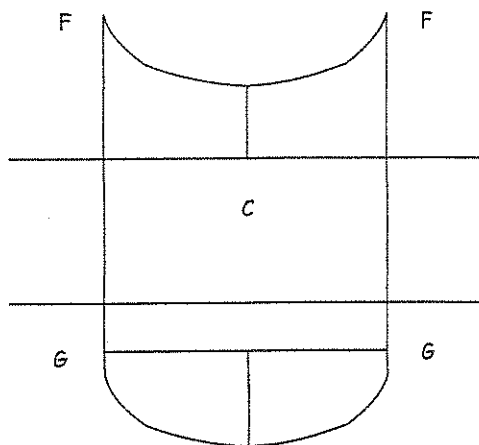
**each player is allowed to get 5 personal fouls before to be out of the game.*

- 9) Double foul 2 opponents commit personal fouls against each other at the same time.
- 10) Field goal a basket made from the court, which counts 2 points
- 11) Free throw a free shot that is taken from the free throw line, while other players line up on the side of the key.
- 12) Fast break the defensive team suddenly gets possession of the ball through an interception or rebound, and one player breaks away down the court to attempt a lay-up.

- 13) Jump ball When 2 or more players from opposing teams have possession of the ball at the same time, players involved will participate in a jump ball from the nearest jump circle.
- 14) Overtime In the event of overtime, the first team that scores 4 points in a 5 mins overtime period will be the winner.
- 15) Referee There are 2 referees who are in complete control of the game and call all rules.
- 16) Game consists of 4 quarters, each 10 minutes long
- 17) Out of bounds If a player or the ball touches the boundary lines, or anything outside them, the other team will get possession of the ball on the sideline.
- 18) Substitute A player who replaces another who is on the court can only come in when the referee blows the whistle (dead ball).
- 19) 10 sec. rule a) a team with the ball has to move the ball from their back court and over the centre line into their fore court in 10 sec.
b) a player shooting a foul shot must shoot within 10 secs
- 20) 5 sec. rule when throwing the ball in from the sideline, a player has 5 seconds to throw the ball in.
- 21) 3 sec. rule a violation where a player who is attempting to score a basket remains 2 or more secs within the offensive key. If a shot is taken, then the referee restarts counting.
- 22) Travelling a violation where a player with the ball:
a) moves his/her first foot (pivot foot)
b) takes steps without dribbling the ball
c) takes more than 2 steps on a lay-up
d) jumps up and comes down with the ball

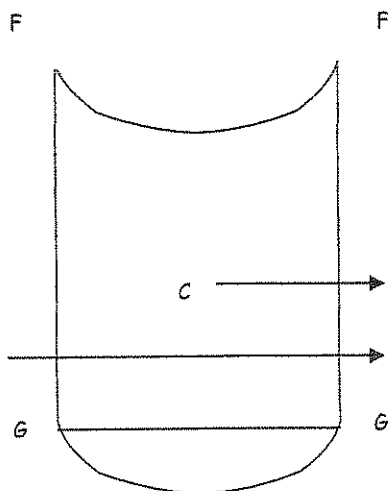
23) Zone Defense

- a defense in which players are responsible for defending a particular area of the court rather than a specific player. If a player with the ball comes into your area of the court you are responsible to guard that person.



24) Offense

- a team has possession of the ball and is trying to score a basket



25) Over and Back

- when a player crosses the centre line with the ball and either passes or dribbles the ball back into his own back court.

BASKETBALL SKILLS

| SKILLS | |
|--------------|---|
| 1. Dribbling | Controlled dribble with knees bent , head up, fingers spread, pushing motion, and elbow extension. Executed while dribbling: fast, slow, both hands, cross-over, reverse, and weaves all under control. |
| 2. Passing | Knees bent, fingers spread, and arm extension. Passes should be ahead of target and catchable at the proper height. Demonstrated passes include: chest, bounce, baseball, overhead, and one hand push. |
| 3. Shooting | B.E.E.F. (BALANCE, ELBOW UNDER BALL, EYE ON TARGET, FOLLOW THROUGH), proper ball rotation, and success. Shots performed: free throw, set shot, and jump shot. |
| 4. Lay-ups | Proper footsteps and take off, use of backboard, hand above head, and success. Lay ups performed: right, left, reverse, and power. |
| 5. Game play | See Basketball Rubric |

BASKETBALL RUBRIC

| | |
|-----------------------------|---|
| <p>OUTSTANDING</p> <p>4</p> | <ul style="list-style-type: none"> • Proper positional play/moves towards open spaces/moves toward the ball. • Skills appear effortless, consistent and of high ability. • Understands and uses rules, strategies and skills during games. • Consistently performs to a high level of their ability. |
| <p>GOOD</p> <p>3</p> | <ul style="list-style-type: none"> • Movements present with concentration and some prompting. • Attempts to use skill and strategy in games. • Skill's main features are present with some refinement required. • Positional play requires few reminders. • Performs well during a game situation. |
| <p>DEVELOPING</p> <p>2</p> | <ul style="list-style-type: none"> • Moves toward the ball and open spaces with reminders. • Attempts at skills begin to look alike. • Able to play a game with functional skill level and understanding. • Positional play requires frequent reminders. • Performs to their ability during drills and modified games. |
| <p>LIMITED</p> <p>1</p> | <ul style="list-style-type: none"> • Little or no movement toward the ball. • No attention to or limited understanding of rules and positional play. • Virtually no control of skills and accidental successes. • Performs below their ability in both drills and games. |