

Basketball Study Guide

Five Players on Each Team:

#1 Player – Point Guard: Good ball handling skills. Will bring ball up the floor. Good passing ability.

#2 Player – Off Guard: Good outside shooter. Positioned near the top of the lane.

#3 Player – Forward: Good rebounder and shooter from inside and around the lane. Positioned near the bottom of the lane.

#4 Player – Power Forward: Good rebounder and shooter from inside the lane. Positioned near the bottom of the lane.

#5 Player – Post player of center. Taller player with strong rebounding and inside moves. Positioned near the lane for close range shooting.

Scoring:

Field goal – Beyond the arc = 3 points
Inside the arc = 2 points

Free throw = 1 point

Terms:

Baseline – The endline

Blocking Out – (Boxing Out) – A player's position under the backboard, which prevents an opposing player from getting good, rebounding position.

Bounce Pass – Short distance pass used to avoid a deflection or steal when a player is being closely guarded.

Chest Pass – The most commonly used pass. Released and received chest high.

Cut – A quick offensive move by a player trying to get free for a pass.

Field Goal – A basket scored from the field while the ball is in play

Foul – An infringement of the rules.

Free throw – An unguarded throw for a goal by a player from a position behind the free throw line.

Lay-up – A shot for a player to use when close to the basket and driving the lane on a fast break.

Pick – A special type of screen where a player stands so the defensive player slides to make contact, freeing an offensive teammate for a shot or drive.

Rebound – A term usually applied when the ball bounces off the backboard or basket.

Violations – Infringement of the rules but less serious than a foul. Ball is put in play from out of bounds.

Violations:

3-second lane violation – Player without ball remains for 3 seconds in the free throw lane while her team is in possession of the ball.

Kicking the ball

Striking the ball with fist
Traveling
Double Dribble
Over and Back
Jump Ball
Holding the ball for more than 5 seconds out of bounds
Holding the ball for more than 10 seconds on a free throw
Stepping on the free throw line during a free throw

Fouls:

Personal fouls

Blocking – Personal contact, which impedes the process of an opponent with or without the ball.

Charging – Personal contact against the body of a defensive opponent by a player with the ball.

Hacking – Striking the wrists or forearms of an opponent in an attempt to stop a pass or block a shot.

Pushing – Touching an opponent which impedes their position.

Tripping – Personal contact of an opponent's footwork.

Offensive Fouls – Team with the ball commits a foul

Technical Foul – A foul by a player, team or coach for unsportsmanlike conduct, bad language, or failure to abide by the rules.

Double Foul – Both the offensive and defensive players commit a foul.