

## Basketball Handout

- I. Shooting
  - A. Technique
    - 1. Body balanced
    - 2. Eyes on target
    - 3. Elbow under the ball
    - 4. Finger tip placement
    - 5. Extend and follow through toward target
  - B. Jump Shot
    - 1. Shoot ball at top of jump
    - 2. Step-step-shot
  - C. Set Shot
    - 1. Both feet set on floor
    - 2. Little or no jump to shot
  - D. Free throws
    - 1. Shooting foot directly in front of rim
    - 2. Rhythm-relaxation-concentration
    - 3. Use same technique as for jump or set shot
  - E. Lay ups
    - 1. Right hand, right foot
    - 2. Two big steps
    - 3. Lay ball up softly off the square
    - 4. Hand behind the ball
- II. Passing
  - A. Chest Pass
    - 1. Step toward the target
    - 2. Elbows out away from the body
    - 3. Thumbs pointed down and inward when pass is completed
    - 4. Follow through
  - B. Bounce pass
    - 1. Ball bounces  $\frac{3}{4}$  of way between passer and receiver
    - 2. Everything the same as chest pass
- III. Dribbling
  - A. Technique
    - 1. Head up
    - 2. Use fingertips to control the ball
    - 3. Stay low, keep body between ball and defender
    - 4. Keep ball close to body when closely guarded
- IV. Rules
  - A. Traveling-moving both feet without dribbling the ball.
  - B. Double Dribble – bouncing the ball legally, then touching the ball with both hands and dribbling again.

- C. Palming the ball – when dribbler carries the ball by getting dribbling hand under the ball then pulling ball back down to continue dribbling.
- D. 3 second violation – no player on offense may stand in the lane area for 3 seconds or longer. The player must stay on the move through the key.

#### V. General Information

- A. As a player you should always move toward the ball when it is passed to you.
- B. Deception is a major part of basketball. The use of pass fakes, ball fakes and shot fakes gives the offensive team an advantage.
- C. The three basic fundamentals of basketball. are shooting, dribbling, and passing.
- D. There are two basic types of defense for the game of basketball: Zone and man to man.
- E. A field goal scores two points, and a free throw scores one point.
- F. The game is started with a jump ball.
- G. Boys and girls play by the same set of rules with the exception of the size of the ball.
- H. A regulation game consists of five players per team, four quarters that are eight minutes in length.
- I. A player is eliminated from the game on their fifth foul.
- J. The basic defensive philosophy is to stay between you opponent and the basket
- K. As a shooter you should always follow you shot for a rebound.
- L Moving around one stationary foot is known as pivoting.
- M The ten second line divides the basketball court into halves. The offensive team has ten seconds to move the ball from their opponents end of the floor to their end of the floor.