

# Basketball Study Guide

## General Information

Official game – 5 players on the court

Length of game – (4) 8 minute quarters in a high school game

Tie game – Overtime of 4 minutes

1 time out per team

Scoring – 2 points for a field goal

1 point for a free throw

3 points for a shot made behind the perimeter

Bonus Free Throw – A second free throw awarded after a team has committed 7 fouls in a half and the opponent has made the first free throw.

Offensive foul – Foul by team with possession of the ball.

Technical foul – Foul given for unsportsmanlike conduct.

Front court - From end-line (by your basket) to mid-court line.

Back court – From end-line (by opponent's basket) to mid-court line.

## Dribbling

When dribbling a basketball, you should:

- \* Use your fingertips, not the palm of your hand.
- \* Keep your head up, don't look down at the ball.
- \* Keep the ball low with bent knees.

## Passing

When passing, you should:

- \* Both hands are located on the sides of the ball.
- \* Step forward, with the ball, in the direction of the throw.
- \* Extend your fingers to the target.

There are three passes in basketball.

1. Bounce Pass - The pass should bounce on the floor approximately 2/3 of the way to the target.

2. Chest Pass – The ball should stay parallel to the floor. The ball should be passed from your chest to your teammate's chest.

3. Overhead Pass – The ball should start behind your head. As you throw the ball, it should go over your head and released in the air to your teammate. This pass is used when trying to pass the ball over an opponent's head.

## **Lay-ups**

The lay-ups are performed on both the left and right sides of the basket.

When performing a lay-up, you should:

- \* Dribble with the proper hand. ( Ex. Left handed lay-up from the left side of the basket, Right handed lay-up from the right side of the basket).
- \* Step with the proper foot. (Ex. Left handed lay-up: step with the right foot, Right handed lay-up: step with the left foot).
- \* Drive up with the knee while shooting. (Ex. Left handed lay-up: drive up with left knee and shoot with left hand, Right handed lay-up: drive up with right knee and shoot with right hand).
- \* Aim at the corner of the square on the backboard.

## **Shooting**

When performing a foul shot, you should:

- \* Be shooting from the foul shot line. This line is 15 feet from the basket.
- \* Use one hand as the shooting hand and the other hand as a guide. The shooting wrist should be cocked back and slightly under the ball. The guide hand should be on the side of the ball.
- \* Be square to the basket, knees bent, feet shoulder width apart.
- \* Be looking at the basket.
- \* Have elbows bent at 90 degrees. Hold elbow close to the body and keep elbow under the hand.
- \* Extend your legs, arm and hand into the basket. Look for the back spin.

## **Violations**

Double Dribble – A player picks up their dribble, then dribbles again. The team loses possession of the ball.

Walking – A player travels more than one step without dribbling the ball. The team loses possession of the ball.