**BASKETBALL STUDY GUIDE**

**OBJECTIVE**

Basketball is simply a game of keep-away with the additional challenge of trying to shoot the ball into the basket. The team with the most points wins.

**HOW TO START GAME**

The game starts with a jump ball usually between the two centers of both teams. The jump ball is taken from the center court circle.

**PLAYERS**

Each team has 5 players: usually 2 guards, 2 forwards, and 1 center.

**SCORING**

* A basket is worth 2 points
* Free throw – 1 point
* A shot behind the 3 point arc is worth 3 points

(After a successful made basket the ball is then taken out by the other team.)

**VIOLATIONS**

* A violation is a minor rule infraction, which does not involve personal contact with an opponent.
* When a violation occurs the ball is turned over to the opposing team.

***When a player is in-bounding the ball, the player may NOT:***

* Leave the spot where the referee gives you the ball
* Take longer than 5 seconds to make and inbound throw
* Carry the ball on the court

***Most Frequent Violations called are:***

* Traveling – a player running with the ball without dribbling
* Offensive player being in the lane fro more than 3 seconds.
* Double Dribble – a player dribbling the ball with both hands at the same time or dribbling the ball, then stopping to pick the ball up and then continuing to dribble again.
* Kicking the ball

**FOULS AND PENALTIES**

* A foul is an *infraction* that involves *personal contact* with an opponent.
* *Unsportsmanlike* conduct is also a foul.
* You are allowed *5 fouls* per game and when a player receives their fifth foul they are not allowed to play in the game anymore.

***The most common fouls are:***

* Holding – using hands, arms to restrict the movement of an opponent.
* Charging – a dribbler or shooter moving into an opponent who has established defensive position.
* Blocking – a defensive player impeding the progress of an opponent by extending an arm, leg, knee, hip or other part of the body.
* Pushing – using the hands, arms or body to push an opponent.

**B.E.E.F. Shooting Techniques**

BALANCE: Dominant foot slightly ahead of the other foot and it is centered towards the basket.

EYES: Eyes focused on the rim or backboard depending on what type of sot you take (layup or jump shot).

ELBOWS: Shooting elbow is tucked under the ball and is in line with the dominant foot.

FOLLOW THROUGH: Extend elbow towards the basket, snap wrist and pretend to stick hand inside of the basket.

**TYPES OF DEFENSE**

Man-to-Man – Where players guard a certain player from the other team.

Zone Defense – Where a player is responsible for defending an area on the court.

**TYPES OF PASSES**

Chest Pass

Bounce Pass

Overhead (least used during basketball game)