

## BASKETBALL STUDY GUIDE

### **Basketball Skills**

#### Passing

1. Chest Pass – used when close to a teammate
  - Start ball at chest
  - Step forward
  - Follow through towards partner
  - Elbows and palms should face outward
2. Bounce Pass – used when close to a teammate
  - Form should look same as chest pass, but follow through towards floor
  - Bounce should occur closer to partner
3. Two-hand Overhead Pass – used to get ball over the heads of defense and throw somewhat longer distances (a good in-bounds pass)
  - Start ball behind head
  - Step forward
  - Pass should be quick and straight (not a rainbow pass)
  - Follow through towards partner
4. Baseball Pass – one-handed pass used to throw long distances
  - Stand sideways to partner
  - Start ball behind ear
  - Throwing arm at a 90 degree angle
  - Step forward
  - Rotate upper body
  - Release ball when arm is pointing straight at partner
  - Snap wrist down and let ball roll off of fingertips last

#### Dribbling

1. General Components
  - Keep eyes up
  - Use fingertips to dribble ball
  - Knees bent/stay low
  - Dribble ball at a diagonal – about 45 degrees(out in front, but off to side)
  - Keep ball below waist
2. Types
  - Control Dribble – used when under defensive pressure
  - Speed Dribble – used in a fast-break situation
  - Crossover Dribble – used to switch the ball from one hand to the other in order to go around a defender

## Shooting

### 1. Set Shot

- Stand square to basket
- Feet shoulder width apart
- Knees bent
- Dominant hand under ball with fingers spread
- Keep elbow directly under ball
- Non-dominant hand used as a guide and placed on side of ball
- Push upward with shooting hand and allow non-dominant hand to fall off of ball
- Use legs for power
- Follow through straight up in the air with shooting arm (elbow locked and wrist bent)
- Ball leaves fingertips last with back spin

### 2. Lay up

- Dribble at an angle towards the basket
- Plant (take-off of) non-dominant foot
- Lift same knee as shooting hand
- Aim for top corner of the square above the basket
- Follow through with arm straight and wrist bent

### 3. Jump Shot

- Use same technique as set shot
- Jump straight up into the air
- Release ball at peak (highest point) of jump
- Land in same spot you took off from

## **Basketball Terms**

1. Traveling/Walking – occurs when a player takes more than one step with the ball without dribbling; results in a loss of possession
2. Double Dribbling – occurs when a player continues to dribble after stopping their dribble; results in a loss of possession
3. Personal Foul – illegal physical contact with a player of the opposing team; can result in the other team taking possession of the ball or a free throw (foul shot) depending on the situation
4. Rebound – a missed shot attempt; after a missed shot players attempt to catch the ball as it comes off of the rim or backboard
5. Man-to-man defense – a type of defense in which player are assigned specific players to guard
6. Boxing Out - a term used to describe the situation where a player turns their back to an opponent after the shot has been taken in order to keep them from getting a potential rebound