

Basketball Study Guide

- A player CANNOT intentionally kick the ball for the team's benefit.
- In a regulation basketball game, the game starts with a jump ball in the center of the court.
- If your team has the ball, you are on offense.
- A defensive strategy where everyone guards an area on the court is called a zone defense.
- In man to man defense you guard one offensive player at a time.
- When the offensive team makes a violation their team loses possession and the defensive team gets the ball.
- When shooting a right handed lay-up you jump off your LEFT leg.
- Carrying also referred to as palming is a violation. It occurs when the dribbling player continues to dribble after allowing the ball to come to rest in their hand.
- A charge occurs when a dribbler pushes into a defender who has already established a good defensive position.
- Gaining possession of the ball, after a missed shot hitting the basket is called a rebound.
- A traveling violation is called when a player moves more than two steps without dribbling the basketball.
- The defense attempts to prevent the opposing team from scoring a basket.
- A lay-up shot has the highest percentage of going in the basket.
- A violation occurs when a player breaks the rules in a way that does not involve contact.
- In basketball a double dribble occurs when a player stops their dribble and then dribbles again.
- A screen is a blocking move by an offensive player, by standing beside or behind a defender, to free a teammate to shoot, receive a pass, or drive in to score.



