

Basketball Study Guide

Double Dribble: Dribbling the ball consecutively with two hands, or dribbling the ball then picking it up

Carry over: Taking your hand underneath the Northern Hemisphere of the ball when dribbling

Traveling: Taking more than two steps with the ball, **or** picking up your **pivot foot** once it has been established

Passes:

Chest- standard pass

Bounce- pass used when pass in the air is not available

Overhead – used when defender is up close, and passes under the shoulder are not available

Baseball- (longer pass) used when defender is up close, and passes under the shoulder are not available

Lay Ups: Near the hoop, jump off the opposite foot from shooting hand

Shooting:

Balance

Elbow at target

Extend knees and elbow

Follow through with hand pointing down

Shooting Games:

Around the World – (shot order) 1st shot block, 2nd middle outside key, 3rd Elbow, 4th free throw line, 5th 3 point line, 6th free throw line, complete other side of the key, and come back around

Golf – 1st shot from where ever the initial shooter chooses

If a miss occurs the next shot is from where ever the individual retrieves their shot