

DHS Basketball**GRADING:**

NAME _____
 DAY/S _____ PERIOD _____

| | | | |
|---------------------------|--|-------------------------|--|
| PERS/SOC RESP/SAFETY (52) | | /5 /5 /5 /5 /5 /5 /5 /5 | |
| SKILL (12): | | APPLICATION 2 (4): | |
| APPLICATION 1 (4): | | APPLICATION 3 (4): | |
| KNOWLEDGE (6): | | | |
| TOTAL (82): | | | |

SKILL 1: Dribbling

- ☐ Dribble the ball waist high
- ☐ Contact: using finger tips/pads to dribble the ball
- ☐ While moving push the ball ahead

SKILL 2: Shooting

- ☐ B: Balance feet shoulder width apart
- ☐ E: Elbows in (by our side)
- ☐ E: Eyes of the target
- ☐ F: Follow through, wave the ball goodbye with your dominant hand

SKILL 3: Passing

- ☐ Step towards your teammate passing the ball firmly with your dominant hand.
- ☐ Utilize the correct pass in a game setting, chest pass or a bounce pass depending on the defensive player's position.

TOTAL SKILL: 12 pt

BASKETBALL TERMINOLGY/ RULES

- **Double dribble-** If you stop your dribble and dribble again or if you use both hands to attempt to dribble the ball.
- **Walking/Traveling-** Carrying the ball after you stop your dribble, or moving/sliding your pivot foot.
- **Field Goal-** Is a made shot attempt. Field goals are worth 2 points when the shot attempt is inside the 3 point line or 3 points when a shot occurs outside of the 3 point line.
- **Free throw/Foul shout-** unopposed attempts to score points from a restricted area on the court, the foul line. Generally awarded after a foul on the shooter by the opposing team. Only worth 1 point
- **Carrying/ Palming-** When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.
- **Defensive-** the team that does not have possession of the ball.
- **Offensive-** The team that does have position of the ball.
- **B.E.E.F.-**Balance, Elbows, Eyes, and Follow Through: The proper way to shoot a basketball
- **Jump Ball-** a ball put in play by the referee, who throws it up between two opposing players to start the game at center court.

GAME STRAIGHTIES:

- **Triple Threat-** When receiving the basketball you're in the triple threat position. You can pass, shoot or dribble the basketball.
- **Give and Go-** Pass the ball to a teammate and cut quickly to the basketball net
- **Backdoor Cut-** When the defense is over playing the pass you can cut towards the ball and quickly change directions and cut to the basketball net.
- **Man to Man-** Playing defense on a particular person.

- **Ball Screens-** Setting a screen for your teammate with the ball allowing them to dribble away from their defender
- **Screen and Roll-** Setting a screen and after teammate dribbles around the screen roll towards the basketball net.
- **V-Cut-** Moving deliberately towards the defender creating space and cutting back towards to ball to receive a pass from a teammate.
- **Defensive Position-** Always have yourself between the ball and the basket.

Fouls:

- **Foul-** is when a player trips or smacks another player.
- A foul shoot is worth 1 point.
- An offensive player can hold the ball when guarded for 3 seconds before they can dribble or pass the ball.
- A Player receives one foul shot when the other team has a total of 7 team fouls.
- Two foul shots are rewarded to player when the other team reaches 10 team fouls.