

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/ Bounce and Chest (2 points each)

- 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:

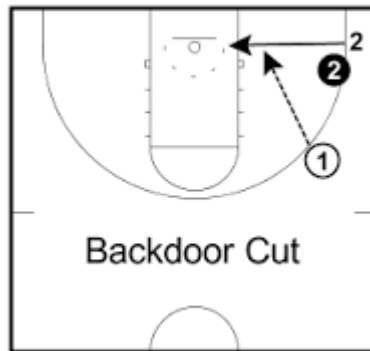
- **Triple Threat-** When receiving the basketball you're in the triple threat position. You can pass, shoot or dribble the basketball.
- **Give and Go-** Pass the ball to a teammate and cut quickly to the basketball net
- **Backdoor Cut-** When the defense is over playing the pass you can cut towards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

Offence Strategies:



Give- and - Go



Setting a Screen



Triple Threat Position

