

## DHS Basketball

NAME \_\_\_\_\_

DAY/S \_\_\_\_\_ PERIOD \_\_\_\_\_

### 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.

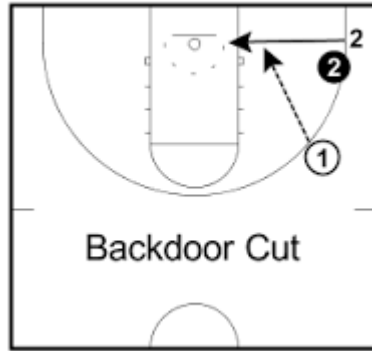
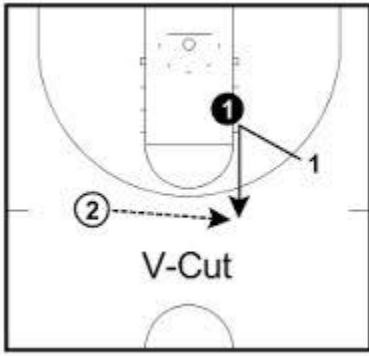
### GAME STRATEGIES

- **Triple Threat-** When receiving the basketball, you are 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 shot is worth 1 point.
- An offensive player can hold the ball when closely guarded for no more than 5 seconds.
- 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.

**Offensive Strategies:**



**Give- and - Go**



**Setting a Screen**



**Triple Threat Position**

