

1ºY Basketball 2: Basic Vocabulary and rules

A) BASIC VOCABULARY:

Actions:

To bounce: botar

To dribble: botar avanzando *To pass:* pasar

To shoot: tirar

To slam: machacar

To defend: defender

To attack: atacar

To score: anotar

Elements of the game:

The ball: la pelota

The court: la cancha

The hoop: el aro

The backboard: el tablero

The lines: las líneas

The key: la zona

A tie: un empate

Fouls and violations:

Personal foul: falta personal

Offensive foul: falta en ataque

Technical foul: falta técnica

Traveling: pasos

Double dribble: dobles

3/5/8/24 seconds violation: falta

de 3/5/8/24 segundos.



B) BASIC RULES:

- Basketball players play with a ball on a court dribbling, passing, and shooting.

-There are two teams of five players on the court.

-They score points when a player shoots the ball through the hoop.

-A basket (or field goal) counts two or three points, and free throws count one point each.

-A basketball game has four quarters.

-The length of each quarter has 10 minutes.

- Each team has a number of time-outs per half.

If a game ends in a tie, teams usually play overtime periods until one team wins.

Basketball 2: The court, violations and fouls

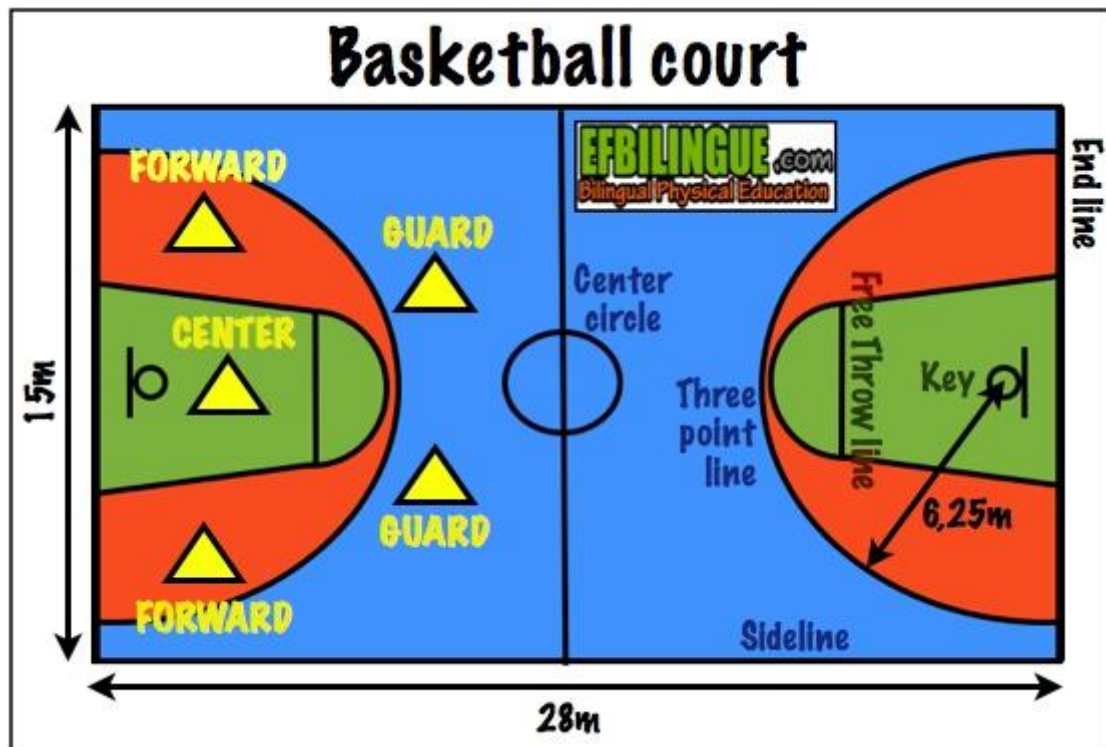
A) THE COURT AND PLAYERS' POSITIONS:

-Each player is assigned a position when playing. This position is usually determined by the height of the player.

-Teams usually have: two guards, two forwards, and one center.

-The tallest person usually plays "center", while the medium size ones play "forwards".

-The shortest players then play "guards".



B) VIOLATIONS:

-A violation occurs when the player infracts the rules of Basketball.

-A violation results in the awarding of the ball to the opponents.

-It happens when the player takes more than two steps without bouncing the ball on the floor. This is called **Travelling**.

-Another violation is when a player stops dribbling and then starts dribbling again or bounces the ball with its two hands at once. We call this a **Double Dribble**.

-You can also commit a violation if you twist your hand , when in contact with the ball, pass the vertical. This is called **Carry**, as the hand must always remain on the top of the ball.

C) FOULS:

-A foul is an illegal action that can commit a player from one team to a player from the adverse team.

-Basketball is generally a non-contact game. If, in particular occasion this is not respected, a foul is committed.

-There are two types of fouls:

The first ones are called **defensive fouls**. They occur when the offensive player is being fouled by the defender. Defenders should not block, push, trip, strike or hold the player in possession of the ball.

-The second ones are the **offensive fouls**. For example a player in offense commits an offensive foul when charging into a stationary defender.

D) PENALTIES:

-Play stops on all rules violations.

-The opponent gains possession of the ball after a violation.

-After a foul is committed and depending on which type of foul it is, one of two things will happen:

-The opposing team gains possession of the ball, or

-The fouled player shoots free throws.

Basketball 2: Basic Skills

A) THE TRIPLE-THREAT POSITION:

-This is the first thing to learn.

-After receiving a pass, you want to get into the "triple-threat" position so you can quickly dribble , shoot or pass.

-The ball must be far from the defender, so he can not steal it easily.

-Look at the basket and put the ball in one side of your chest. Turn your body so your body is between the ball and the defender.

-Keep your head up, centered over your body and your eyes on the hoop, but also seeing the entire floor.

-Be sure your shoulders are facing the basket with your knees bent and weight spread evenly.

-Your feet should be shoulder-width apart.

-Now you're ready to shoot, pass or dribble!



B) THE DRIBBLING:

The dribble is a push-pull movement of the arm.

- Your fingers must form a cup to adapt to the ball. Fingers and wrist must be relaxed.
- As the ball bounces back up, meet it with your fingers. Control the ball with your fingers, not the palms.
- Raise your non-dribbling hand up for protection.
- Control is the key. Practice dribbling with your hand the following areas of the ball: directly on top, in front, behind, right side and left side.

Control, or Low Dribble:

Use this when you're closely guarded.

- Keep your body between the ball and the defender.
- Dribble the ball at knee level or lower so it's harder for the defender to touch it.
- Keep your free hand up to protect the ball. Keep your dribbling arm close to your body.
- If you keep your head up and eyes off the ball, you'll be able to see open teammates.

Speed, or High Dribble:

- Use it when you need to run with the ball quick: fast breaks after a steal, for example.
- Keep your body nearly erect, leaning forward slightly. Extend your dribbling arm completely, pushing the

ball out in front of your body.

- Keep the ball near waist level or higher to help maintain maximum speed.
- Develop your confidence in doing this technique without looking at the ball.

C) THE PASS:

Two-Handed Chest Pass:

- This is the most effective pass you can use.
- Use this pass whenever possible because it's the fastest way to advance the ball to teammates.

Fundamentals:

- Place each hand on either side of the ball and spread the fingers evenly.
- Fully extend your arms as you push the ball out from your chest.
- Be sure the pass is thrown with enough strength, with the ball parallel with the floor.
- You want the pass to arrive at your receiver above the waist and below the shoulders.



Image: www.zimbio.com

Two-Handed Bounce Pass:

- This type of pass is good to miss the defender's hands, but it is the slowest one.
- Use the same grip and motion with this basketball pass as you did with the chest pass.
 - The ball must hit the floor about two-thirds of the way to the receiver.

Two-Handed Overhead Pass:

- This type of pass is easy to control and helps you keep the ball away from your defender.
- Position your hands on the sides of the ball with your fingers pointed up. Your thumbs should be on the back of the ball and pointing in toward one another.
 - Bring the ball up above your head (be sure your hands go straight up, not up and back over your head).
 - It's usually good to make a step forward with the foot of your strong arm side when you throw the ball.

Baseball Pass:

Effective for long passes.

- Place the ball high above the side of your head with the passing hand behind the ball while the other hand is in front of and slightly under the ball.

D) THE SHOOT:

Basic position:

-Your feet should be shoulder width apart with. Weight should be slightly forward on your toes, knees bent slightly, hips relaxed.

-If you're right-handed, place your right foot slightly ahead of the left (if left-handed, place your left foot slightly ahead of the right).

A good basketball shooting starts with the correct balance and your power for the shot comes from the legs, not arms.

Ball Placement:

-Hold the ball close to your chest and just below your chin. Your shooting hand should be positioned a little under the ball and a little more toward the back. Non-shooting hand should be cupped, slightly under the ball and a little more toward the front.

Your fingers and thumb must be well spread and your thumbs and index fingers forming a "W"

-The ball should touch your entire hand except for your palm.

Prepare to shoot:

Lock your wrist and tilt it back.

-Your hand, forearm, elbow, knee and foot should be in a straight line.

-Don't let your elbows stick out at your side. Keep the elbow pointed at the basket and closer to the basket than your wrist. This prevents you from "pushing" the ball at the hoop.

-Keep your head up. Your weight should still be slightly forward on the balls of your feet, knees bent slightly, hips relaxed. Focus on the front of the rim before, during, and after your shot. Don't look away to watch the ball in flight.



E) THE UNDERHAND LAY-UP:

-If you are right-handed, approach the basket from the right side.

-The left hand is used to protect the ball. Keep the ball close to your body on the way up.

-Your shooting hand should be in front of and under the ball with the fingers pointed up.

-Don't release it after you begin coming down. Don't put any spin on the ball. Just let it hit softly off the backboard and into the net.

