**Basketball Study Guide – (Cook)**

**BASKETBALL**

* A dribble is when a player bounces the ball on the floor with one hand.
* The team on defense is trying to gain possession of the ball.
* A foul is when a player holds, pushes, or trips another person on the other team.
* An example of a double dribble is when a player uses both hands simultaneously to dribble the ball.
* A pass that strikes the floor before it gets to the receiver is called a bounce pass.
* A basket is worth 2 points if shot is made from inside the three point line.
* B.E.E.F. is an acronym used in basketball to explain shooting technique.
* The B in B.E.E.F. stands for balance.
* There are 5 players on the court on a basketball team
* When trying to pick teams in our basketball unit, we always focus on equal ability teams.
* The proper technique to complete a successful chest pass is step into the pass.
* The space directly in front of the basket is the lane or the key.
* A player on offense may not stay in the lane longer than 3 seconds.
* Traveling occurs when a player runs or walks with the ball without dribbling.
* Games start with a jumpball at center court.
* Bouncing the ball with either the right or left hand is called dribbling.
* A free throw is worth 1 point.