

BASKETBALL STUDY GUIDE

POSITIONS: There are five (5) positions that make up a basketball team. Most of the time a team consists of **forwards (2), guards (2)** and a **center (1)**.

Forward The role of a forward is to primarily receive passes from guards, set picks, rebound and score baskets.

Guard The role of a guard involves controlling their team's offense. Guards usually dribble the ball up the court, pass to forwards/center and shoot.

Center The role of the center is to play near the basket on both ends (key area). Centers primarily rebound the ball and take close shots for their team.

Personal Fouls

1. Pushing
2. Charging
3. Holding
4. Blocking
5. Hacking
6. Reaching In
7. Over the Back

Violations (most common ones)

1. Passing the ball out of bounds
2. Dribbling the ball out of bounds
3. Traveling
4. Double Dribbling
5. Kicking the ball
6. Three seconds in the key area
7. Over and back

Personal Fouls – Fouls that are committed against an opposing player. Depending on the situation, the player who was fouled will be awarded free-throw(s) or that player's team will be awarded possession of the ball.

Violations – Mistakes committed when handling the ball. A team simply loses possession of the ball when they commit a violation.

Traveling – When in possession of the ball, taking steps without dribbling.

Double Dribbling – Dribbling the ball with both hands at the same time **or** dribbling the ball, stopping and holding the ball, then dribbling again.

Three seconds – Standing in the opposing team's "key area" for more than 3 seconds without the ball (when on offense).

Over and Back – Once a team crosses the half court line with possession of the ball, they may not cross back over to their side again.

Field Goal – A ball that is scored. Most field goals count as (2) points, further out (3)

