



## Basic Basketball Skills

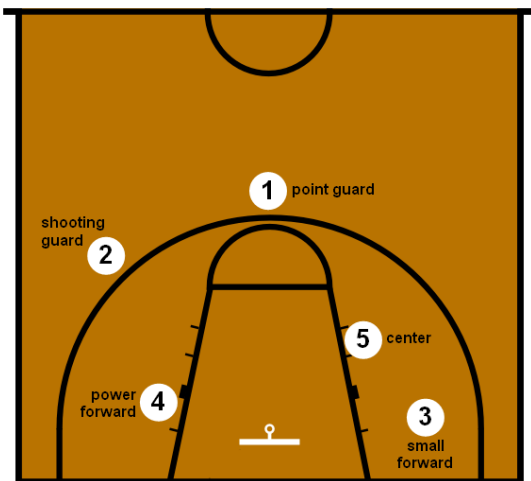
CHEST PASS & BOUNCE PASS (6th Grade Assessment)

DRIBBLE (7th Grade Assessment)

SHOOT (8th Grade Assessment)



## Basketball Positions



## Basic Basketball Rules

2 teams are allowed 5 players on the court at a time.

Offense-score by shooting a basket.

Defense prevent opponent from scoring by stealing, blocking a shot, forcing offense out of bounds.

The ball is moved down the court by either passing it or dribbling it.



# Ball Handling Violations

*Play stops on all rules violations with the other team gaining possession.*

**Double Dribble** - When a player stops dribbling, holds the basketball, and then starts dribbling again or when a player dribbles the ball with two hands at the same time.

**Traveling** - Taking more than one and a half steps without dribbling while the player has possession of the ball or when you stop dribbling and move or change your pivot foot.

**Back Court** - When the team with possession of the ball travels over the midcourt line into the frontcourt and then crosses back into the backcourt.

# Fouls

*Play stops on all fouls. After a foul is committed and depending on the type of foul, the opposing team will either*

- ★ *gain possession of the ball*
- ★ *the fouled player shoots free throws*

**Shooting Foul** - a defender makes contact with an offensive player who is in the act of shooting

**Reaching In** -a defender attempts to steal the basketball and the defender extends their arm and hand and makes contact with the opposing ball handler.

**Charging** - Happens when an offensive player runs into a defender who has an established position.

**Holding** - When a player uses their hands to interfere with an opponent's movement.

**Hand Check** - When a defender uses one or both hands on the opposing the ball handler.

**Flagrant Foul** - A foul committed in an violent and harmful manner.

