

7th Grade Basketball Study Sheet

- The most important position in the game of basketball is **basketball position**. From this position you can dribble, pass, shoot, and play defense. You are in basketball position when your legs are shoulder width apart and your knees are bent. This is an athletic position.

Two-hand chest pass: Used for short, fast passing of distances up to twenty feet.

Two-hand bounce pass: Is directed from one player to another by bouncing one time on the floor before coming to the teammate.

Jump stop: Is a way to end a run on both feet with balance and control. The jump stop ends with the player ready to pivot, dribble, pass, or shoot the ball. A well executed jump stop effectively ends a dribble without a traveling violation. A jump stop should be short and quick.

Dribbling: Occurs when a player bounces the ball one or more times on the floor using the fingers of one hand at a time on the top of the ball to push the ball toward the floor and receive the ball on the rebound. Dribbling is done in a controlled manner with either hand while moving forward. Your head should always be up looking at the court while dribbling the ball. The ball should not go higher than the waist when it comes up to your hand.

Pivot: Is a move made by planting one foot on the floor and turning the whole body on the ball of the foot. The pivot is used by a player who has possession of the ball and wants to face in a different direction without dribbling the ball. The goal is to protect the ball from a defender while finding a way to pass or shoot without traveling. A pivot should occur while the player is in basketball position.

Lay-up shot: A shot taken by a player on the run who gets close to the basket or who is stationary near the basket by jumping off of one foot and banking the ball off the backboard. The lay-up is considered the easiest shot in basketball because of the close range. A lay-up is worth 2 points.

A game of basketball is started with a jump ball. Both teams play with 5 players on the court. The team that has the ball and is trying to score is called the offense. The team that does not have the ball is trying to stop the other team from scoring and is called the defense.

Traveling: Moving with the ball without dribbling the ball. This is known as a violation.

Steal: To obtain the ball by intercepting a pass or taking a dribbled ball from an opponent.

Rebound: To gain possession of a basketball that has bounced off the rim or back board after an attempt on goal. The proper way of rebounding a ball is by boxing out. A box out is when a player places the body between the basket and an opposing player, often with the arms spread behind the body to detect changes in the opponent's position, when attempting to rebound the ball.

Charge: A foul when the offensive player illegally pushes or moves into a defensive player.

- A field goal is a basket made during normal play. 2 points are awarded.
- A free throw is awarded after a shooting foul. 1 point is awarded for each shot made from the free throw line.
- A three pointer is a basket made from outside the half circle. 3 points are awarded.