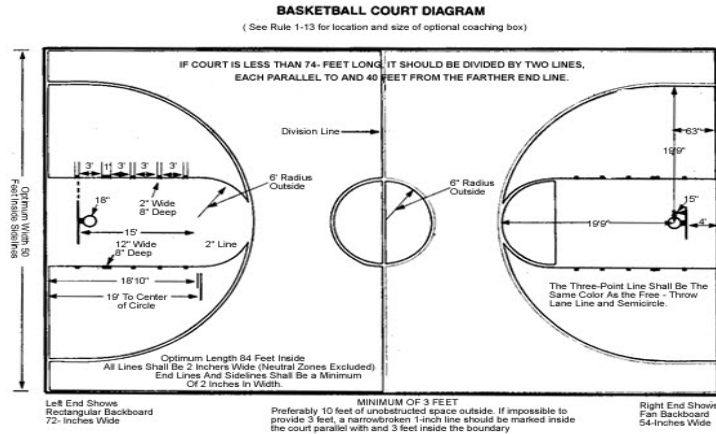


Team Sports 1

Basketball Vocabulary



Blocking

Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Bounce Pass

A pass that bounces off the floor before it reaches the receiver.

Carrying/Palming

When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

Catching

Receiving a passed or thrown ball without letting it hit the floor.

Center

Normally the tallest player on the team; they generally are positioned near the basket.

Charging

An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the opposing team.

Chest Pass

A two-handed pass thrown from chest height

Cutting

An explosive movement toward the basket when trying to elude a defender

Defense

The team that does not have possession of the ball; it is also the process used by a team to prevent an opponent from scoring.

Double Dribble

A violation of dribbling the ball with two hands, or stopping and restarting the dribble

Dribbling

Using the finger pads to move the ball from one place to another using a pushing motion and maintaining control.

Team Sports 1

Basketball Vocabulary

Field Goal

A basket scored on any shot other than a free throw, worth two or three points depending on the distance of the attempt from the basket.

Flagrant Foul

Violent contact with an opponent including hitting, kicking, and punching. This type of foul results in free throws for the opponent in addition to them retaining possession of the ball after the free throws.

Forward

Normally the second tallest players on the team will most likely be your forwards. These players can be positioned under the hoop and may also play in the wings and corner areas.

Foul

A violation resulting from illegal contact.

Free Throw

A free shot taken from the free throw line as the result of a foul; worth one point if made.

Give & Go

An offensive play where the ball handler passes to a teammate, moves to the basket, receives a quick pass and advances the ball down the court for a shot.

Guard

Normally the shortest and fastest players on the team; these players must be really good at dribbling, seeing the court, and passing the ball. It is their job to bring the ball down the court and set up offensive plays.

Guarding

Keeping an opponent from scoring or receiving the ball from a teammate, also known as, defending or playing defense.

Intentional Foul

When a player makes physical contact with another player with no reasonable effort to steal the ball. This is a judgment call for the officials.

Jump Shot

A shot taken while a player is jumping through the air.

Jump Stop

A move where a player jumps into the air and then lands on both feet; the player can then pivot on either foot.

Lay-up

A type of shot, where the player dribbles to the basket and without stopping shoots the ball (right/left/hop/shoot).

Team Sports 1

Basketball Vocabulary

Man to Man Defense

A defense in which a player guards another specific player

Offense

The team that has possession of the ball; it is also the process for scoring points in a game.

Overhead Pass

A pass thrown from over the head, to clear a defender or for added power

Pass

Giving the ball to a teammate by throwing it toward their chest, overhead, or bouncing.

Personal Foul

A foul that involves illegal physical contact such as blocking, charging, elbowing or holding an opponent

Pick and Roll

An offensive play where a player sets the screen on a teammate's defensive player and pivots and rolls toward the basket to receive a pass

Pivoting

To hold onto the ball and move around, legally, by keeping one foot in the same spot.

Rebounding

The act of successfully gaining possession of the ball after a missed field goal or free throw

Screening

The act of blocking a defender from guarding or staying close to another player

Set Shot

A shot taken with both feet on the floor in a set position

Technical Foul

A foul called against a player or coach for unsportsmanlike conduct such as arguing with a referee.

Three Point Shot

A shot taken from outside a designated area on the court that scores three points if made

Traveling

A violation of moving with the ball without dribbling

Violation

An infraction of the rules such as traveling, double dribble, carrying, etc

Zone Defense

A defense that covers an area or a zone instead of a specific player