

PLB Basketball Basics - 2

Offense-When you or one of your teammates has the ball, you are on offense. (You will be trying to shoot a basket)

Defense-If you or one of your teammates does NOT have the ball you are on defense. (You will be trying to keep the other team from scoring.)

In bounding the ball- When you throw the ball from the side line or base line onto the court. (you are on offense).

Shot- when you shoot the ball at the basket.

Free-throw- when you shoot a shot at the free-throw line after you have been fouled.

Foul- when you get hit. (Usually called when you have the ball).

Rebound- When you retrieve a ball that has been shot at the hoop.

Dribble- bouncing the ball up and down with your hand. (You must dribble to move down the court)

Triple threat or ready position- knees bent, feet apart and ball in the pocket ready to dribble, pass or shoot.

Defensive position- knees bent, feet apart and arms out to your side keeping your body centered and feet ready to slide.

Pass-when you throw the ball to another teammate.

Substitution- When you come into or out of the game.

The key- The area between the basket and the free throw line, (seen in your drawing) that you line up around when there is a free throw.

Basketball hoop-this is where you want to put the ball. You will shoot at one basket and the team you are playing will shoot at the other.

Ball-you know this one 😊.