

# BASKETBALL VOCABULARY AND TERMS

**Man to Man Defense**- When each player guards a single player

**Zone defense**- The type of defense that has each player cover a certain area

**Slam Dunk**- To score by putting the ball directly into the basket with one or two hands.

**Knockout**- A game played with two or more players shooting from the Free Throw line. The object is to get players out of the game by making a shot before the player ahead of them rebounds and scores their shot.

**BEEF Technique**-taught to shooters to Balance with the ball, keep their Eye over the rim, elevate the Elbow in front of their body and Follow through with their wrist.

**A.A.A Technique**- taught to shooters to Aim above the rim, Angle of the forearm in front of the face, and an Alignment of the body to the basket.

**Bank Shot**- A shot the hits the backboard before it hits the rim.

**Layup**- A close range running bank shot, were the player's final step is in the key.

**Perimeter**- The area outside of the three-point line, where most guards play.

**Foul**-When you hit a player in the act of shooting.

**Key**- The rectangular area on the court with a half circle on top

**Bounce Pass**- A pass that bounces once before reaching the receiver.

**Double Dribble**- A penalty for bouncing the ball with two hands at once, or dribbling, stopping your dribble, then dribbling again.

**Traveling**- To move one's pivot foot illegally or taking three steps without dribbling the ball.

**Three Point Line**- The perimeter arc around the key.

**Offense**- The team with possession of the ball trying go score.

**Turn Over**- When the opposing player steals the ball away from your possession.

**Swish**- When a shot is made without contacting the rim, hitting nothing but net.

**Fast Break**- When the offense attacks the opposing rim with tempo, taking advantage of a numbers advantage.