

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 that hits the backboard before it hits the rim.

Layup- A close range running bank shot, where 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.