

# Basketball

## OLV Middle School Phys. Ed

### Keys to Shooting: "BEEF"

- **Ball Control**- ball resting in strong hand with weak hand as a guide. Stand feet shoulder width apart with knees slightly bent.
- **Elbow**- elbow under the ball, forming a 90 degree angle.
- **Eyes**- eyes focusing on the front of the rim.
- **follow through**- puts backspin on the basketball

Power for shooting is generated from the legs.

### Keys to Dribbling

- **Hands**- fingers spread apart, and you push the ball down using your finger tips.
- Dribble the ball waist height and to the side using one hand
- Eyes up
- Protect the ball using your opposite arm, body position etc.

**THE GAME:** The object of the game is to score more points than your opponent. The ball is passed, thrown, bounced, batted, or rolled from one player to another. A player in possession of the ball must maintain contact with the floor with one foot (pivot foot), unless the player is shooting, passing, or dribbling. Physical contact with an opponent can result in a foul if the contact impedes the desired movement of the player.

### BASIC RULES:

- **Players:** Five players per team on the floor at a time with unlimited substitutions. Usually players fill the standard positions of 2 forwards, 2 guards, and 1 center. The names of these may be changed depending on the offense played.
- **Offense:** Team or individual patterns or play which are used to get the ball into scoring position.
- **Defense:** Players may choose to play either a man to man defense (person to person) or zone. In man to man each player is assigned a specific person to guard/play defense on. In a zone defense players are assigned a specified area to guard. The object of defense is to try to take the ball away from your person or person in your assigned zone area, to force them to turn over the ball, or force them to take a low percentage shot.
- **Scoring:** Field Goals = 2 or 3 points, Free Throws = 1 point Full court.