

Basketball

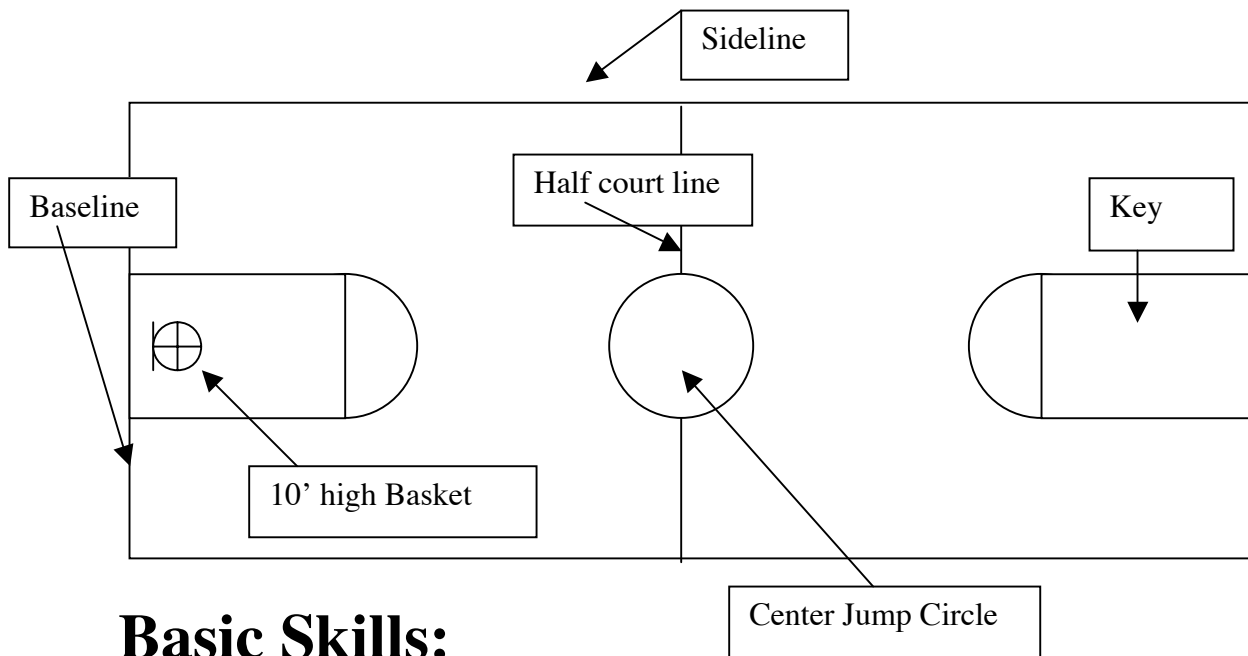
Name _____

Date _____

Period _____

1. Cite specific evidence of the correct technique of dribbling from drills, assessments or game play.
2. Describe the key elements of the basketball dribble.
3. Describe the difference between a Man to Man defense and a Zone defense. What strategy was the most effective on offense?





Basic Skills:

Dribbling- A skill used to travel with the ball in your possession. The ball must be rebounded off the floor using one hand. While dribbling, look up to see opponents, keep the ball below the waist and use your finger pads to push the ball towards the floor.

Shooting-Throwing the ball through the basket to score points. Three specific types of shots are; Set Shot, Jump Shot and Lay ups. All shots are made with one hand. Technique hints; **“Finger Pad Control, Back Spin and Follow Through.”** Technique for an effective Lay Up include driving the same knee and shooting hand towards the basket.

Passing-Moving the ball by throwing or bouncing to a teammate. Five basic passes include; Chest Pass, (direct pass to a teammate) Bounce Pass (get under or around an opponent), Overhead Pass (cross court), Baseball Pass (break away) and Behind the Back Pass.

Pivoting- Stepping in any direction with the same foot, while holding the other foot in place. The stationary foot is referred to as the pivot foot.

Screening- A legal method of blocking without causing contact. A screen can be set for both a moving and stationary player.

Defense- Protecting the basket so the opponent cannot score. Two basic defenses are “Man To Man” and “Zone”. A Man to Man defense is a system in which each player guards an individual. A Zone defense is a system in which players cover an assigned area of the court

Offense- Working the ball into a position as to have a chance to score.

Violations: When a player breaks the rules of the game. The penalties are taken at the sideline where the violation occurred.

Traveling- When a player moves illegally with the ball. Specific examples include;

- a) lifting or changing the established pivot foot
- b) taking more than one step without dribbling the ball

Out Of Bounds- When a player, in possession of the ball, steps beyond a boundary line.

Three Second Lane Violation- An offensive player with or without the ball, who remains in the key longer than 3 seconds.

Double Dribble- When a player moves illegally with the ball. Specific examples include; a) dribbling with both hands on the ball

b) a player who has come to a complete stop and picked up his/her dribble, then continues to dribble

Kicking- A player may not use his/her feet to control the ball.

Fouls: When a player breaks the rules involving another person. The penalties are taken at the sideline where the violation occurred or a shot taken in the case of a shooting foul.

Shooting Foul- When a player hits an opponent on the arm or body while in the act of shooting.

Personal Foul- When a player hits or holds an opponent while in possession of the ball.

Unnecessary Roughness or Unsportsmanlike Conduct- Behavior, which is dangerous or uncalled for, including foul language.

Over The Back- When a player reaches over the back of an opponent while rebounding.

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Basketball Skill Assessment

Ball Handling Skills Routine: (time) + .30 sec and faster
√ .31 sec. to .45 sec.

Attempt- _____ - .46 and slower
Second Attempt- _____

5 Ball Taps- above head
5 Ball Taps- under chin
5 Rotations- head
5 Rotations- waist
5 Rotations- knees
5 Rotations-right ankle
5 Rotations- left ankle
5 Rotations-figure 8

3 Man Weave: (+, √, -)

First Attempt- _____
Second Attempt- _____

Defensive Slide-Jump Stop: (+, √, -)

First Attempt- _____

Second Attempt- _____

drop step R.
defensive slide 3x R
drop step L.
defensive slide 3x L.
repeat to end line
sprint to 1/2 court
jump stop
repeat

30 second Shoot Out: (+, √, -)

The first shot from the free throw line is worth 2 pts.
All remaining shots are worth 1 pt.

First Attempt- _____
Second Attempt- _____

+ = 13 or more
√ = 6-12
- = 0-5

Lay-Up: (+, √, -)

Right- First Attempt- _____

Second Attempt- _____

Left- First Attempt- _____

Second Attempt- _____

+ = +technique +basket
√ = +technique 0 basket
- = 0 technique

OVERALL SKILL GRADE _____

The Pistol



Pete Maravich first picked up a basketball at the age of seven and hardly ever put it down after that! He went on to become the highest scoring college basketball player ever. His nickname was “Pistol Pete” because he could really shoot. Pete scored more points in his three varsity seasons at Louisiana State University (3,667) than anybody else has scored in four seasons of college basketball.

Pete led the nation in scoring in each of those three seasons. In fact, his points per game averages of 44.5 (in 1969-70), 44.2 (in 1968-69), and 43.8 (in 1967-68) are the top three marks in NCAA Division I history.

But Pete could do more than shoot. He was an exciting passer and dribbler, and a great showman. He would make no look passes and dribble through and around defenders to get open for shots.

“If I have a choice whether to do the show or throw the straight pass, and we’re going to make the basket either way, I’m going to do the show”, Pete once explained. His trademark was a pair of floppy socks that he wore in every game.

After college, Pete joined the NBA, where he averaged 24.2 points per game for ten seasons. He led the league in scoring once and made the All-Star team four times.

Pete retired in 1980, but never lost his love for basketball. He died of a heart attack in 1988 at the age of 40, while playing a pickup game in a church gym.
(article reprinted from Sports Illustrated For Kids)

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“The Pistol, The Birth of A Legend”

Directions: After viewing the movie, “The Pistol, The Birth of A Legend”, answer the following questions.

1. List Pistol Pete’s long-term goals. (6pts)

Goal #1 _____

Goal #2 _____

Goal #3 _____

2. What are your long-term goals and how do you plan to reach those goals? (10 pts)

3. What is segregation? (5pts)

4. Give 2 examples of segregation at Daniel High School and in the community. (6pts)

5. Who was responsible for Pete Maravich’s nickname, “The Pistol”? _____(3pts)

6. How many basketballs fit through a hoop at one time? _____ (3pts)

7. Match the character to the description. (7pts)

_____ Coach Maravich	a. Coach at DHS, who only cares about the win/loss column
_____ The Pistol	b. Daniel High’s team manager and soda jerk
_____ Sandy	c. Pete Maravich’s nickname in the 8th grade
_____ Buddy	d. The coach’s son and captain of the basketball team
_____ Moose	e. The coach at the JC and Pete’s Dad
_____ Coach Pendelton	f. Captain of the cheerleading squad and Pete’s first crush
_____ Carl Canfield	g. The team’s center whom wants to earn a scholarship