

Basketball Info

1. Start of the game begins with a jump ball.
2. There are 5 players on each team that are on the court
3. You are only allowed taking 2 steps after the dribble (layup)
4. When you catch a ball in midair and land with both feet on the ground at the same time, this is known as a jumpstop. This then allows you to pivot with either foot.
5. Pivoting is the motion where one foot stays planted on the ground as the other foot is allowed to lift off in any direction. This can be done an endless amount of times, as long as the initial foot stays planted on the ground.
6. A triple threat position is when you are able to either pass, shoot or dribble. Usually when in this position, your opponent is not able to guess which of the three options you will choose to perform.
7. BEEF stand for Balance, Elbows, Eyes and Follow through. This is used for proper shooting technique.
8. When you get fouled in the act of shooting, are awarded a foul shot. If you are fouled anywhere else on the court not in the act of shooting, you get possession of the ball from the sideline where you must inbound the ball
9. When you are taking a set shot and you are a right handed player, your right foot is slightly placed in front.
10. When performing a layup on the left side, you should take off with your right leg so that your left leg rises at the same time as your left hand.
11. A jab is a technical term used to describe a movement that can be used to feint out your opponent. It is the act of stepping forward with one foot and then quickly stepping back with the same foot to take your shot or dribble around
12. When you receive the ball, the first thing you should do is turn and face the basket
13. When on defense, you always want to be between the ball and the basket
14. A basketball game is divided into four quarters of 12 minutes
15. Mr. Rountree's favorite NBA team is the Golden State Warriors
16. You have 24 seconds to shoot the ball (must touch at least the rim) after a basket is made
17. You have only 8 seconds to pass the centerline once you inbound the ball on your end of the court

