**BASKETBALL NOTES**

1. **MOVING WITH THE BALL**
   1. you must dribble if you want to move with the ball
      1. -can only dribble with one hand at a time
      2. -once you stop dribbling you may not start again
   2. if not dribbling, you can only move one foot - the other foot must remain in contact with the ground (pivot foot)

-you may not change which foot is your pivot foot

1. **SCORING**
   1. basket = 2 points
   2. free throw = 1 point

c) basket from behind painted arc = 3 points

1. **BASIC RULES OF PLAY**
   1. the game is started with a “jump ball”
   2. after every basket, the team who is scored upon takes the ball out behind the baseline
   3. any ball that goes out of bounds is thrown in at the spot where it went out by team who did **not** touch it last
   4. a “foul” is charged to any player who makes contact with another player
      1. foul when shooting = 2 free throws
      2. not shooting - the ball is thrown in by that player’s team from the out of bounds line nearest where the foul occurred
2. **SHOOTING TECHNIQUE**
   1. shooting hand behind the ball
   2. bend your knees to shoot
   3. extend your arm and “flick” your wrist to shoot
   4. “arc” the ball on the shot
3. **DRIBBLING TECHNIQUE**
   1. use fingertips to dribble
   2. don’t let the ball come above waist level
   3. look up while dribbling
4. **POSITIONS**
   1. guard (2)
   2. forward (2)
   3. center (1)
5. **COURT**

