

# Basketball Study Guide

## High School

**Number of Players on a Competitive Team:** 5

**Ways to Score Points:**

Field Goal: 3 points outside the 3pt. circle  
2 points on or inside the 3 pt. circle

Free Throw: 1 point each

**Time of Game:** Four 8 Minute Quarters

**How Many Seconds to Inbound the Ball:** 5

**How Many Seconds to Get the Ball Over Half court:** 10

**How Many Seconds Offensive Player Can Be in the Lane Without Shooting:** 3

**How Many Seconds a Player Can Hold the Ball While Being Closely Guarded:** 5

**Types of Defense:** Zone and Man to Man

**Offensive Principles:**

1. Every time you receive the ball, square up to the basket and assume the triple threat position.
2. Once you have possession of the ball, the triple threat means you are in a position to dribble, pass or shoot.
3. When you have stopped your dribble and pass the ball to a teammate, you should then cut to the basket, screen for the player with the ball or screen for another teammate. **Moving without the ball...Never stand in one spot.**
4. Protect the ball before or after you have stopped your dribble...do not hold the ball in front of you.
5. Shooting Form: **Balance, Elbow up, Eyes on target, Follow through towards the basket (BEEF).** The ball should have a backspin if it is released correctly.
6. Types of Shots: Lay-up, Set Shot, Jump Shot, Free Throw.

**Defensive Principles:**

1. Zone Defense - You are responsible for an area. You must know where the ball is and you should shift every time a pass is made.
2. Man to Man Defense - You are responsible for a person. You must know where the ball and your man are at all times. You must stay between your man and the basket.
3. Stay low and shuffle your feet. Defense is played with the feet, not the arms.
4. When a shot goes up turn into the player you are guarding and box them out away from the basket to give yourself a good chance to rebound the basketball.

**Special Rules:**

1. Three Seconds - Called when an offensive player stays in the free throw lane too long without the ball, or without shooting the ball.
2. Over and Back - Called when a player has established front court position and brings either the ball or their foot while in possession of the ball into the back court. The basketball and both feet of the player in control must be over the half court line before over and back can be called.
3. Kicking - In order for a 'kick' to be called by an official, the kick must be **intentional**.
4. "Bonus" - A bonus free throw situation occurs when a team has committed their 7<sup>th</sup> foul in one half of play. At this point the fouled player goes to the free throw line for a 'one and one'. This means they get a chance to convert two free throws...if the first one is made a second is awarded. If the first is missed, the players rebound the ball and play continues. A two shot bonus is awarded when a team has committed ten fouls in one half of play.