

BASKETBALL STUDY GUIDE

Players: 5 per team - 1 center, 2 forwards, 2 guards

Scoring: Field goal (basket) = 2 points

Free throw = 1 point

3 point shot = 3 points if feet are behind the line. Only 2 points if on or over line.

Game begins with a jump ball

Time: Professional = 4 quarters (12 minutes each)

College = 2 20 minute halves

High school = 4 quarters, 8 minutes per quarter

Middle school = 4 quarters, 6 minutes per quarter

Floor violations: traveling – when a player walks with the ball

Double dribble – dribbling with 2 hands or a player dribbles, stops, then dribbles again in the same possession

Carrying the ball

10 seconds – must cross half court line in 10 seconds

3-seconds – when an offensive player remains in the key for longer than 3 seconds

Personal Fouls: Reaching in

Blocking

Charging

Over the back

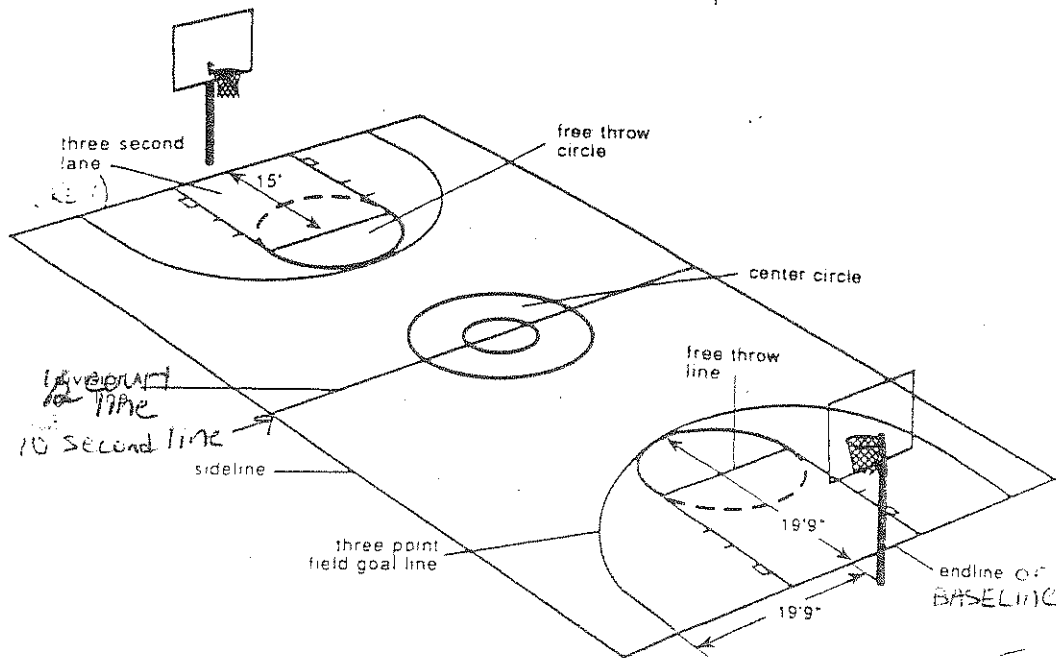
Holding

Pushing

Tripping

Flagrant Foul: Intentional

Technical Foul: Unsportsmanlike conduct



The basketball court.

SKILLS

Passing: bend knees, step toward target

- chest
- bounce
- overhead

Dribbling: bend knees, head up, eyes forward, ball kept low

- speed
- control
- cross over

Shooting: shooting foot is slightly forward

- Bend knees
- Fingers spread
- Shooting "L"
- Eye the rim
- Extend arm, follow-thru

Lay-up: Easiest shot in basketball

- 2 steps jump off one foot
- right handed shot, right leg in air
- left handed shot, left leg in air

Power Lay-up: jump off both feet

Pivot: pivot foot cannot be lifted off the floor or dragged

- Forward or reverse pivot

Triple Threat

- Pass, dribble or shoot from triple threat position

Rebound

- Gaining possession of the basketball after it hits the rim or backboard

Offense: When your team has the ball

Defense: The other team has the ball

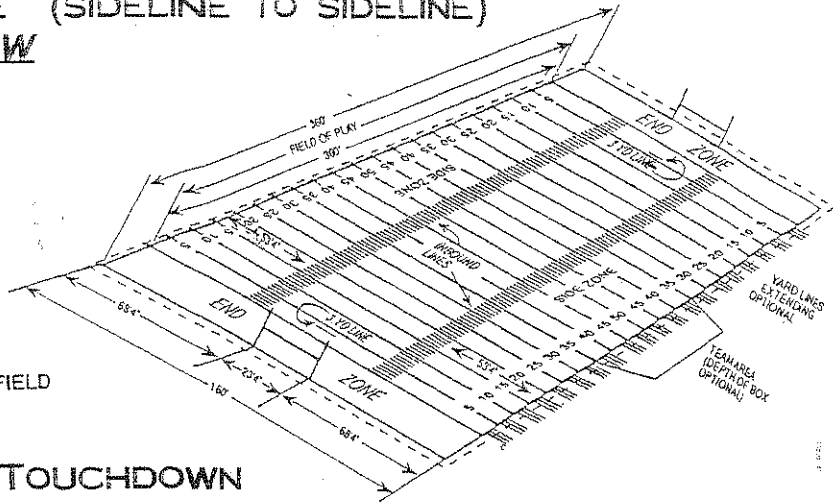
Football Study Guide



FIELD - 100 YARDS LONG (120 YARDS INCLUDING END ZONES)
 - 53 YARDS WIDE (SIDELINE TO SIDELINE)

SEE DIAGRAM BELOW

(11 Players on the field)
 Per TEAM



FOOTBALL FIELD

SCORING:

- 6 PTS. = TOUCHDOWN
- 3 PTS. = FIELD GOAL
- 2 PTS. = SAFETY OR 2 PT. CONVERSION
- 1 PT. = EXTRA PT. AFTER TOUCHDOWN (KICK)

BASIC SKILLS: PASSING, RECEIVING, BALL CARRYING, STANCES (UPRIGHT, 3 PT., 4 PT.) KICKING, PUNTING, BLOCKING, TACKLING & CENTERING.

BASIC POSITIONS & FORMATIONS:

CENTER: SNAPS BALL TO THE QUARTERBACK.

QUARTERBACK: PASSES OR HANDS OFF TO TEAMMATES

RECEIVER: CATCHES PASSES THROWN BY Q.B.

RUNNING BACK: RECEIVES HANDOFFS OR PASSES.

LINEMAN (TACKLE/GUARD) PROTECTS THE Q.B. & BLOCKS FOR THE RUNNING BACKS ON OFFENSE.

TIGHT END: ELIGIBLE RECEIVER WHO ALSO BLOCKS ON OFFENSE FOR THE Q.B. OR RUNNING BACK

OFFENSE

THE TEAM IN CONTROL of the FOOTBALL.
 4 DOWNS TO SCORE a Touchdown or get a 1st down.

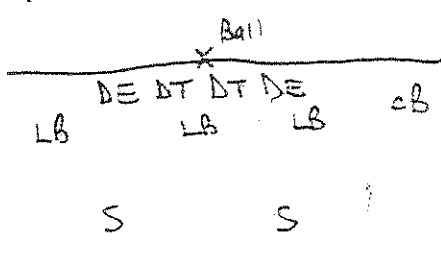
W.R. T.G. CGT T.E. W.R. W.R.
 * - Ball

example formation

sample formation

"The Team without the football trying to prevent the offensive from scoring"

DEFENSE



LINEMEN (TACKLE/END): PUTS PRESSURE ON THE OFFENSE BY RUSHING THE QUARTERBACK.

LINEBACKER: PLAYS BEHIND THE LINEMEN & IS RESPONSIBLE FOR STOPPING THE RUN FIRST & PASS SECOND.

CORNERBACK: COVERS THE WIDE RECEIVERS & TRIES TO PREVENT THEM FROM CATCHING THE BALL.

SAFETY: LAST PERSON ON DEFENSE -- RESPONSIBLE FOR COVERING DEEP PASS PATTERNS.

BASIC TERMINOLOGY:

LINE OF SCRIMMAGE: IMAGINARY LINE RUNNING FROM SIDELINE TO SIDELINE THAT SEPARATES THE DEFENSE FROM THE OFFENSE.

BLOCK: KEEPING YOUR BODY BETWEEN THE DEFENSE & THE BALL CARRIER OR Q.B. WITH FEET ON THE GROUND & WITHOUT HOLDING.

HANDOFF: BALL EXCHANGE BETWEEN THE Q.B. & RUNNING BACK OR RECEIVERS.

FORWARD PASS: AN OFFENSIVE PLAY IN WHICH THE BALL IS THROWN TOWARDS OR OVER THE LINE OF SCRIMMAGE.

LATERAL PASS: AN OFFENSIVE PLAY IN WHICH THE BALL IS PASSED SIDEWARD OR BACKWARD TO THE LINE OF SCRIMMAGE.

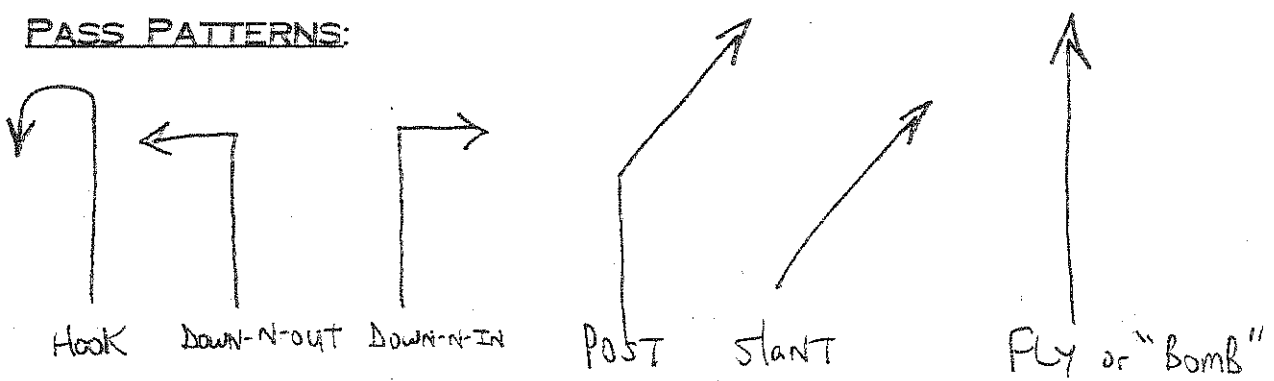
OFFSIDE: WHEN AN OFFENSIVE PLAYER IS AHEAD OF THE BALL BEFORE IT IS SNAPPED. (5 YARD PENALTY).

TOUCHBACK: DEAD BALL BEHIND OPPONENT'S GOAL LINE - USUALLY OCCURS ON THE KICKOFF. - BALL IS PLACED ON THE 20 YARD LINE.

INTERCEPTION: A DEFENDER CATCHES A PASS THROWN BY THE Q.B.

TACKLING: THE BALL CARRIER'S KNEE OR BODY MUST TOUCH THE GROUND IN ORDER FOR PLAY TO STOP. IN FLAG FOOTBALL, ONE FLAG MUST BE PULLED.

PASS PATTERNS:



PENALTIES: HOLDING, OFFSIDE, CLIPPING, PASS INTERFERENCE, UNNECESSARY ROUGHNESS, UNSPORTSMANLIKE CONDUCT, DELAY OF GAME, ILLEGAL MOTION OR SHIFT, ILLEGAL USE OF HANDS, ILLEGAL FORWARD PASS.

"PENALTIES MAY BE 5, 10, OR 15 YARDS DEPENDING ON THE INFRACTION"

FLOOR HOCKEY

Passing: Push pass -- forehand and backhand

Flip pass -- puck is passed in air over opponent's stick.

Stickhandling: Controlling the puck by a player in order to move
Around the floor/ice.

Shooting: 3 basic types - 1. Wrist shot

2. backhand

3. slap shot

6 players are on the ice/floor at a time.

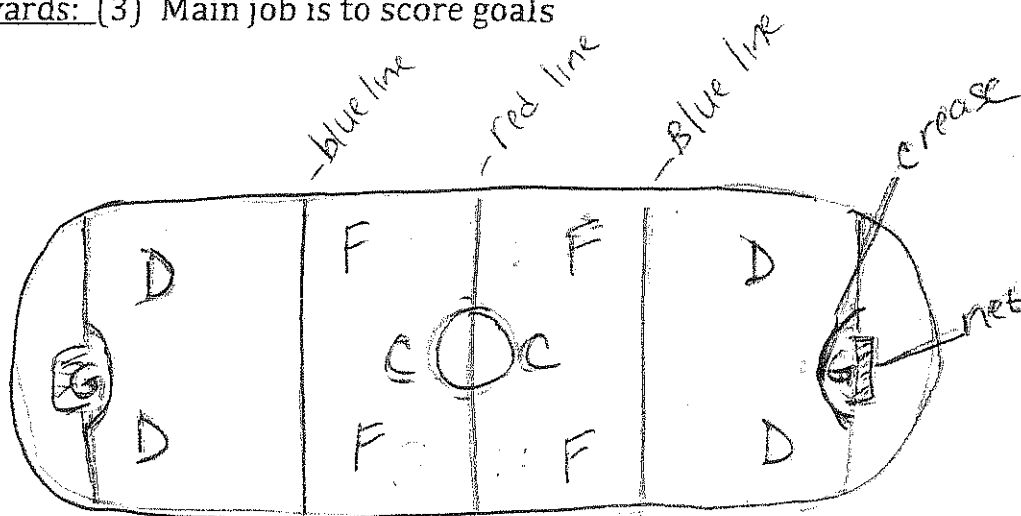
Goaltending: (1) Goalie is responsible for keeping the puck out of the
Net. Area in front of the goalie is called the crease.

Most important player on the team.

Defense: (2) Main responsibility is to stop the other team from scoring.

Pass the puck to forwards.

Forwards: (3) Main job is to score goals



Hockey Rink Dimensions: 200 feet by 85 feet.

F - Forward
C - Center
D - Defense
G - Goalie

Time: A game consists of 3 periods, each is 20 minutes long. If a game is tied after regulation, a 5 minute overtime period is played.

Face off: Used to start the game, to start each period and after each goal.

We use NHL (National Hockey League)

In regular hockey the referee drops the puck between 2 players.

Scoring: a goal is scored if the entire puck crosses over the goal line.

If the same player scores 3 or more goals in a game it is called a hat trick.

Penalties: High sticking

Slashing

Cross checking

Hooking

Tripping

Roughing

Unsportsmanlike conduct

When a team has more players on the ice because it opponents have a penalty, it is called a power play.

Minor penalties are 2 minutes

Major penalties are 5 minutes

When serving a penalty, the person will sit in the penalty box.

PARTS OF THE STICK

