Basketball Terms Explained – Key Stage 1 & 2

Basketball Court Outline & Positions

1. Point Guard (Best Dribbler)
2. Shooting Guard (Best Shooter)
3. Forward (Drives to Basket)
4. Power Forward (Tall & Strong)
5. Center (Best Rebounder, Tallest)

1) Triple Threat Position:
This starting position gives the player with the ball three options. Feet apart. Ball to hip of strong hand (dribbling hand). Low stance. Head up.

Pass - Shooting - Dribble

2) Jump Stop & Pivot:
A jump stop is when a player is moving at speed and they want to come to a complete stop. They land with both feet balanced in a lot athletic stance.

Pivot in basketball means that the player can chose a foot to move around their body to create space while holding and protecting the ball.
3.) Shooting (Set shot, Jump Shot, Lay Up):

3.1) Jump Shot

<table>
<thead>
<tr>
<th>Starting</th>
<th>Middle</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance - Elbow in line with knee through</td>
<td>Eyes focused extend body (Knees, Hips, Arms)</td>
<td>Release ball &amp; follow (Flick Wrist)</td>
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</tbody>
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3.2) Lay Up (Right Hand)

1. First Step - Right Leg
2. Second Step - Left Leg
3. Power Up - Right Knee, Right Hand
4. Extend Arm & Release, aim for closest top corner box.

4) Defensive Position & Defending the ball

(Low stance - feet don’t come together) (Arms length away from defender)
5) Passing: (Chest Pass, Bounce Pass, Side Bounce Pass)

5.1) Chest Pass:
Used to get the ball from A-B as quickly as possible where no defender is between the two players passing. Pass made from chest height to team mate/partners chest. Knees should be slightly bent and feet should be shoulder-width apart. Passer should step with the lead foot.

5.2) Bounce Pass:
Used for smaller players. Hold ball at chest level with both hands. Knees should be slightly bent and feet should be shoulder-width apart. Passer step with the lead foot and pass the ball to a partner, finishing with hands out, thumbs pointing in and down. Aiming to hit spot three-quarters of the distance from the passer. The ball should arrive at the midsection or waist of the teammate.

5.3) Bounce Push Pass:
Starting with the ball in triple threat position, the passer will step around the defensive player and make a bounce pass from their hip.

4) Dribbling: Use fingertips - Stay low - Head up.
Speed Dribble Control Dribble Crossover Dribble
(Push ball out ahead of you) (Protect dribble with pop arm) (Change hands, low dribble, change speed)