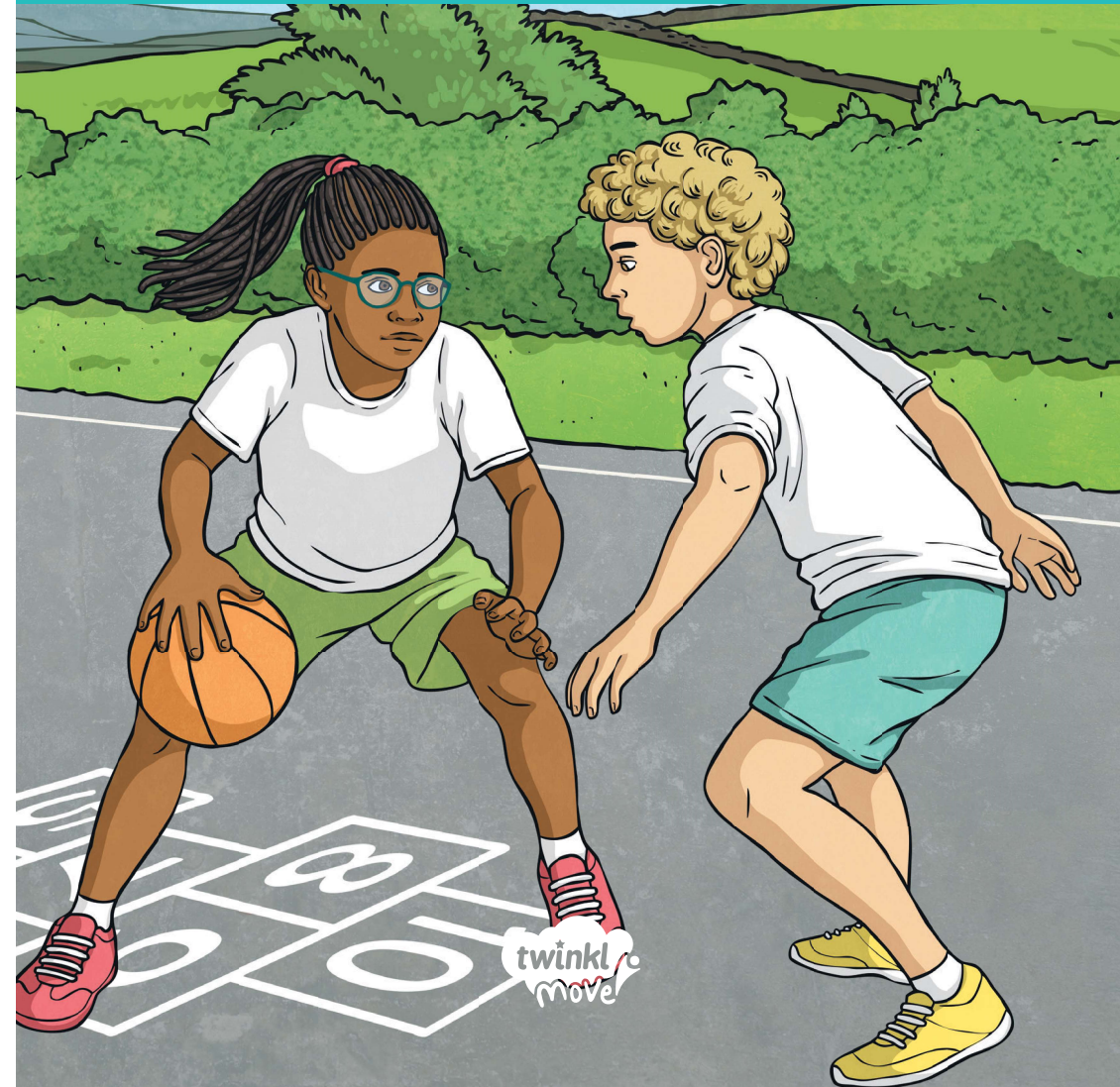
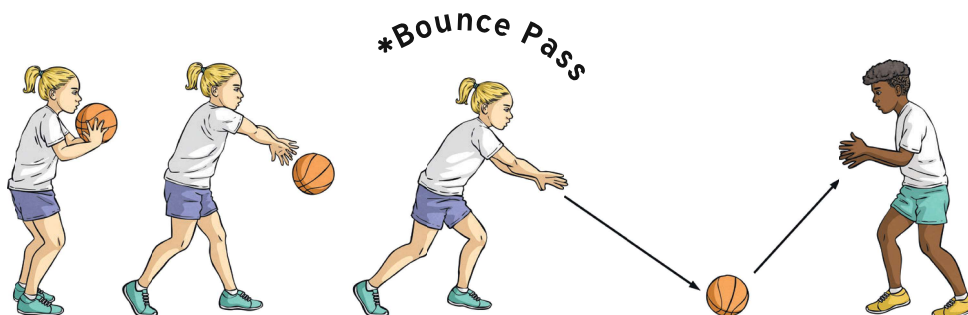


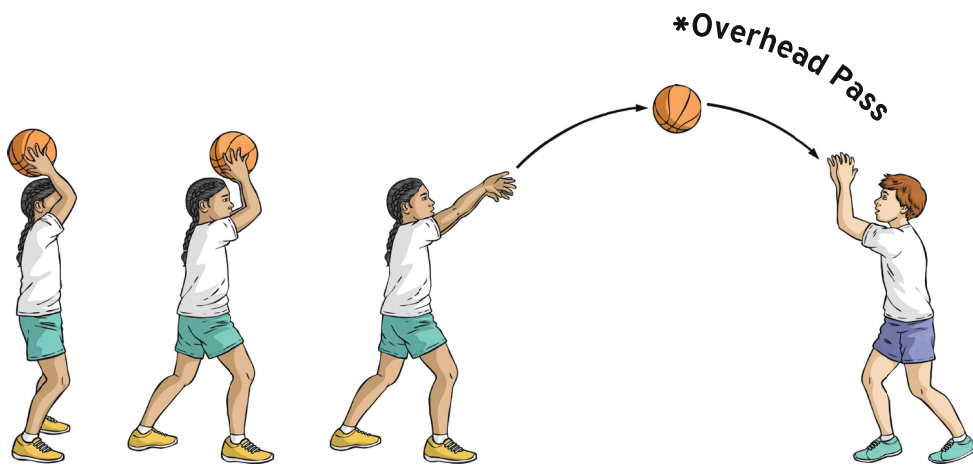
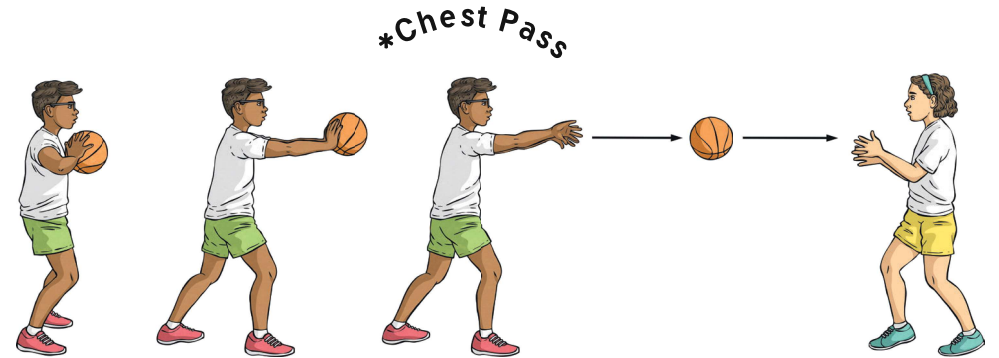
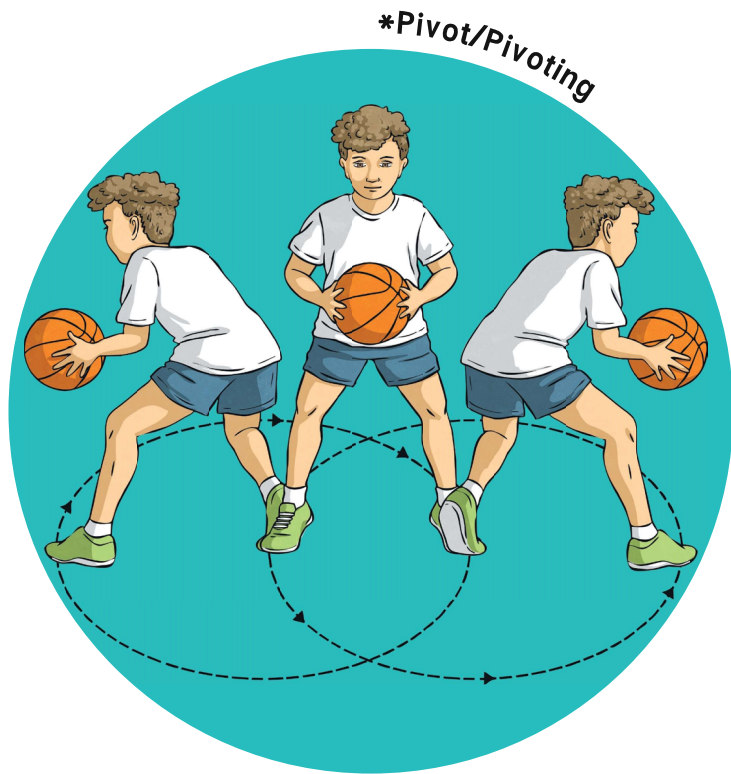
Basketball Glossary



Aa	
Arm Bar	This is when you shield the ball with your free hand by making an “arm bar” position; with your elbow bent and your forearm out in front of the ball.
Attack	The team with possession of the ball. The main responsibility of the attacking team is to keep possession of the ball and score points.
Bb	
Bounce Pass*	A type of pass in basketball, involving passing the ball by bouncing it on the ground to another player. It is used to move the ball over a short distance and is a great pass to use when there is a defender between you and a teammate or when space is restricted.
Cc	
Chest Pass*	A type of pass in basketball involving passing the ball with two hands from your chest to the receiver’s chest. It is one of the most common ways to pass the ball in basketball as it is accurate and fast.
Court	The area bounded by two sidelines and two end lines in which a basketball game is played. It contains a basket at each end of the court.



Oo	
Overhead Pass*	A long, high pass in basketball that enables players to move the ball over the top of defenders. This pass is most often used when players have a defender closely guarding them, or as a long distance pass.
Pp	
Pivot/Pivoting*	Once a player has stopped dribbling with the ball, they are not allowed to start moving with the ball again. They can use the pivot to reposition themselves for a pass or shot by keeping one foot in the same place and moving the other.
Possession	While a team has possession of the ball, it means they have control of the ball and have a greater chance of scoring.
Ss	
Sideline	The boundary line that runs the length of the court
Tt	
Travelling	When the ball carrier takes too many steps without dribbling (bouncing) the ball.



Crossover	A skill that involves a player switching the ball rapidly from one hand to the other whilst dribbling with it.
Dd	
Defence	The team without the ball. The main responsibility of the defending team is to stop the attacking team from scoring and to win back possession of the ball.
Defensive Stance	You should adopt this position to put pressure on an opposition player when they have possession of the ball.
Dodge/Dodging	Dodging is an essential skill for attacking in invasion games like basketball. It involves a quick change of direction to try and send the defender the wrong way to enable a player to: <ul style="list-style-type: none"> • get free to receive a pass; • get around an opponent; • avoid losing the ball. <p>The technique for dodging:</p> <ul style="list-style-type: none"> • Keep your head up. • Keep a low body position (knees bent). • Plant one foot and quickly change direction (plant and go).

Dribbling*	Dribbling is a way of moving with the ball and is one of the basic skills needed to play basketball. It involves bouncing the ball while walking or running.
Ee	
End Line	The boundary line at the end of the court, behind each basket.
li	
Intercept/ Interception	The act of anticipating the pass made by an opposing player and regaining possession of the ball to set up an attack.
Invasion Game	<p>An invasion game involves attacking an opponent's territory (zone) with the aim of scoring a goal or point. Examples of invasion games include netball, hockey, football, basketball, rugby, handball and lacrosse.</p> <p>They usually consist of teams of equal players.</p> <p>These fast-paced games focus on teamwork, keeping possession, attacking and defending.</p>
Mm	
Man-to-Man Marking*	This involves each player from the defending team being allocated one opposition player and staying close to them to try and prevent them from receiving the ball.

