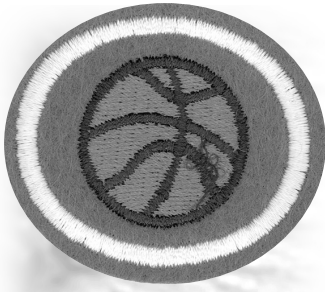


# Basketball



1. Know the basic rules of basketball.
2. What is the meaning of “Good Sportsmanship?”
3. Define the following terms:

<p>a. Air ball</p> <p>b. Backboard</p> <p>c. Back court</p> <p>d. Front court</p> <p>e. Baseline</p> <p>f. Block</p> <p>g. Bounce pass</p> <p>h. Double dribble</p> <p>i. Dribbling</p> <p>j. Fake</p> <p>k. Fast break</p> <p>l. Field Goal</p> <p>m. Fouled out</p> <p>n. Give and go</p> <p>o. Inbound</p> <p>p. Intentional Foul</p> <p>q. Jump ball</p> <p>r. The Key</p> <p>s. Loose ball foul</p> <p>t. Man to man</p> <p>u. One and one</p> <p>v. Perimeter</p> <p>w. Pick</p> <p>x. Press</p> <p>y. Rebound</p> <p>z. Shot Clock</p>	<p>aa. Steal</p> <p>bb. Team Fouls</p> <p>cc. Trap</p> <p>dd. Traveling</p> <p>ee. Turnover</p> <p>ff. Zone Defense</p> <p>gg. Center</p> <p>hh. Forwards</p> <p>ii. Guards</p> <p>jj. Jump shot</p> <p>kk. Lay up</p> <p>ll. Bank shot</p> <p>mm. Dunk</p> <p>nn. Hook shot</p> <p>oo. Free throw</p> <p>pp. Personal foul</p> <p>qq. Charging</p> <p>rr. Blocking</p> <p>ss. Technical foul</p> <p>tt. Three second violation</p> <p>uu. Five second rule</p> <p>vv. Ten second rule</p> <p>ww. Back court violation</p> <p>xx. Inbound violation</p> <p>yy. League</p> <p>zz. Three point shot</p>
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4. Demonstrate an understanding of the different skills required at each position.
5. Demonstrate reasonable skill in the following areas:
  - a. Shooting from the free throw line.
  - b. Shooting from different positions around the basket
  - c. Dribbling
  - d. Passing
6. Spend at least 4 hours helping a less skilled or younger player improve their skills.
7. Play at least 5 games with family or friends. Show good sportsmanship during your practice and games.
8. Write a one page report on a famous basketball player. Discuss why they are or are not a good Christian role model.
9. Discuss with your Pathfinder leader, pastor or teacher the problems facing a Seventh-day Adventist youth considering sports in Jr. High, High School and college. What alternatives are there that allows for continued activity in sports.
10. Make a scale drawing of a basketball court properly laid out.

## Skill Level 1