



Pathfinder's Name

Basketball

- 1. Know the basic rules of basketball.
- 2. What is the meaning of "Good Sportsmanship?"

- 3. Define the following terms:

Air ball _____

Backboard _____

Back court _____

Front court _____

Baseline _____

Block _____

Bounce pass _____

Double dribble _____

Dribbling _____

Fake _____

Fast break _____

Field Goal _____

Fouled out _____

Give and go _____

Inbound _____

Intentional Foul _____

Jump ball _____

The Key _____

Loose ball foul _____

Man to man _____

One and one _____

Perimeter _____
Pick _____
Press _____
Rebound _____
Shot clock _____
Steal _____
Team fouls _____
Trap _____
Traveling _____
Turnover _____
Zone defense _____
Center _____
Forwards _____
Guards _____
Jump shot _____
Lay up _____
Bank shot _____
Dunk _____
Hook shot _____
Free throw _____
Personal foul _____
Charging _____
Blocking _____
Technical foul _____
Three second violation _____
Five second rule _____
Ten second rule _____
Back court violation _____
Inbound violation _____
League _____

Three point shot _____

- 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.

Date _____

- 7. Play at least 5 games with family or friends. Show good sportsmanship during your practice and games.

Date of 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.

Discussion date _____

Person _____

- 10. Make a scale drawing of a basketball court properly laid out.

Basketball Instructor's Chart

| Demonstrate | Point guard | | | | | | | | | | | | |
|-------------|-----------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|
| | Shooting guard | | | | | | | | | | | | |
| | Center | | | | | | | | | | | | |
| | Forward | | | | | | | | | | | | |
| | Power Forward | | | | | | | | | | | | |
| | Shooting from free throw line | | | | | | | | | | | | |
| | Shooting from different positions | | | | | | | | | | | | |
| | Dribbling | | | | | | | | | | | | |
| | Passing | | | | | | | | | | | | |
| | NAME | | | | | | | | | | | | |
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