

Assist	The last pass that leads directly to a field goal.
And One	This is when a player gets fouled while in the act of shooting but still scores the basket. They then get the opportunity to make it a three-point play by having one free throw attempt. Originates from the referee call "X team gets the basket <i>and one</i> free throw"
Back Court	The half of the court a team is defending. The opposite of the Front Court. Also refers to a team's guards.
Back Door Cut	An offensive play in which a player on the perimeter steps away from the basket, drawing the defender with them, and suddenly cuts to the basket behind the defender for a pass.
Back Screen	Players in the key seek to screen players on the wing and open them up for basket cuts.
Ball Fake	A sudden movement by the player with the ball intended to cause the defender to move in one direction, allowing the passer to pass in another direction
Ball Reversal	Passing of the ball from one side of the court to the other.
Block	<p>1) To tip or deflect a shooter's shot before the ball reaches its highest point, altering its flight so the shot misses. Often referred to as a "rejection" or a "blocked shot".</p> <p>2) A violation in which a defender steps in front of a dribbler but is still moving when they collide. Also called a "blocking foul."</p> <p>3) The small painted square on the floor next to the basket just outside the lane.</p>
Bonus	A team is "in the bonus" when it accumulates eight or more team fouls in a half, giving the other team a two free throws on each subsequent foul. Also called being "over the limit."
Box Out	To make contact with an opposing player to establish rebounding position between the player and the ball. Also called "block out."

Box And One	A combination defense in which four defenders play zone in a box formation, and the fifth defender guards one player man-to-man.
Centre	One of the three standard player positions. Centers are generally the tallest players on the floor, responsible mainly for scoring, rebounding, and defense near the basket.
Crossover Dribble	A maneuver in which a player dribbling the ball switches the ball rapidly from one hand to the other, to make a change in direction.
Dish	An assist
Dribble	To bounce the ball continuously with one hand. Required to take steps with the ball.
Double Dribble	A penalty for dribbling the ball with two hands at the same time or dribbling, stopping, and then beginning to dribble again.
Double Team	The act of using two defensive players to guard a single offensive player.
Drop Step	A post up move where the ball-handler picks up his dribble and at the same time extends a leg back on one side of his defender and then turns toward the basket, using that leg as leverage to get between his defender and the basket.
Dunk	To score by putting the ball directly through the basket with one or both hands.
Elbow	The intersection of the free throw line and the side of the key
Fast Break	A play that occurs when the offensive team quickly gets the ball ahead of the defensive team.
Flagrant Foul	A foul that concerns serious unsportsmanlike personal contact with an opponent on the court.
Flare Screen	Player without the ball on the perimeter seeks to set a screen (usually near the elbow area of the lane) for another player without the ball at the top of the key

area.

Forward One of the three standard player positions, forwards are primarily responsible for scoring and rebounding. Usually mid to tall in height.

Foul Line (Free Throw Line) The line you must stand behind when shooting a free throw.

Free Throw An unopposed attempt to score a basket, worth one point, from the free throw line. Generally, two attempts are awarded when the player is fouled in the act of shooting (three attempts are awarded in the case of three point shot), fouled flagrantly, or when the opposing team fouls while over the foul limit. Also awarded for Technical Fouls.

Front Court The area from the midcourt line to the end line closest to the offence's basket

Full-Court Press A defensive play in which the defense applies man-to-man or zone defense to pressure the offensive team the entire length of the court before and after the inbound pass. Some presses attempt to deny the initial inbound pass and trap ball handlers either in the backcourt or at midcourt.

Guard One of the three standard playing positions. Usually mid to small in height with good ball handling skills and responsibilities i.e. passing and dribbling.

Half-Court Press A defensive play where the offensive team is allowed to advance to half-way down the court before man on man or zone defense is applied.

Help Defense Moving away from your own player or defensive position to defend an offensive player who has moved past their own man.

Half Court Offense When a team takes the time to develop a play in its Front Court, such as the give-and-go or a screening play; opposite of fast break.

High Post The area along the free-throw line, and both elbows

<u>Jab Step</u>	Before putting the ball on the floor, the ball handler takes a quick, short jab step toward his defender to get him back on his heels, so he can dribble by him.
<u>Jump Shot</u>	A shot taken while jumping
<u>Jump Stop</u>	Coming to a full stop by jumping off one foot and landing in a parallel or staggered stance with both feet hitting the floor at the same time.
Key	The area at each end of the court consisting of the foul circle, foul lane and free-throw line; named for the shape it has in the FIBA court.
Lane (Or The Paint)	The painted area from the end line under the basket to the free-throw line. (Offensive players cannot be in the lane more than three seconds-this is called a three second violation).
<u>Lay-Up</u>	A field goal attempt made from below the basket, laying the ball up near the basket. The player either lays the ball over the rim and into the basket or banks it off the backboard and into the basket.
Loose Ball	A ball that is alive but not in possession of either team.
Low Post	The area near the "block" on either side of the lane (or "paint" area), to about half way up the lane.
<u>Man On Man Defense</u>	A defense designed to allow each player on a team to guard one player from the other team when on defense, as opposed to guarding an area of the floor on defense (zone).
Foul Line Extended	An imaginary line extending from the free throw line to the sideline.
<u>Motion Offense</u>	A style of offense where a group of players all move together at the same time to create scoring opportunities.
Numbering Players	A system to define roles on the court numbering from 1 to 5. 1: Point Guard 2: Shooting Guard

3: Small Forward
4: Power Forward
5: Center

The 1 is generally smaller and quicker while the 5 is generally the tallest player.

Offensive foul:	A rule violation committed by a member of the team playing offense.
Open	When a player is unguarded by a defender.
Paint	The painted area from the end line under the basket to the free-throw line. (Offensive players cannot be in the lane more than three seconds-this is called a three second violation).
Pass	When a passer throws the ball to a teammate; used to start plays, move the ball down-court and keep it away from defenders and get it to a shooter.
Personal Foul	Contact between players that may result in injury or provide one team with an unfair advantage. Players may not push, hold, trip, hack, elbow, restrain or charge into an opponent. These are also counted as team fouls. If a player has 5 fouls at any point during the game they can no longer play for the duration of the game and must be replaced.
Pick	See "Screen".
Pick & Roll	An offensive play in which a player stops to block a defender [the <i>pick</i>] for a teammate handling the ball and then slips behind the defender [the <i>roll</i>] to accept a pass.
Pivot Foot	The foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot.
Point Guard	Usually a team's best ball-handler. They lead the offense and distribute the ball to the team's best scorers.
Possession Arrow	Used to determine which team's turn it is to inbound the ball to begin a period or in a jump ball situation.

Post Up	Establishing position in the post or paint against a defender
Power Forward	Known primarily for their rebounding and defensive skills, they spend most of their time around the basket.
<u>Power Layup</u>	Strong move on lay-up to get to the basket before the defense
<u>Press Break</u>	Offensive play designed to in-bound against a full or half-court press.
<u>Sealing</u>	Using your body to establish position and deny the defender the ball.
<u>Screen</u>	A blocking move by an offensive player, by standing beside or behind a defender, to free a teammate to shoot, receive a pass, or drive in to score. In basketball, it is also known as a “pick”. When setting a screen, the offensive player must not touch the player they are blocking, nor move once the screen is set. If they do either, it is deemed an offensive foul and results in a turnover.
<u>Screen Away</u>	A screen set away from the ball to free an offensive player from their direct opponent to receive a pass in space.
Set Shot	A shot taken with both feet on the ground
<u>Shell Drill</u>	Used to establish man on man and help defense fundamentals
Shooting Guard	Known primarily for their scoring and shooting, the shooting guard is usually one of the team’s top offensive weapons.
Small Forward	Known primarily for their offense, the small forward is not necessarily smaller than the power forward.
<u>Split-Line</u>	The split-line is an imaginary line that runs down the center of the court, basket-to-basket. When playing man on man defense, if the player you are guarding is 2 passes away, you should then move to the split line away from your player to take that space. If the ball is one pass way, you then move back to your direct opponent.

Squaring Up	When a player's shoulders are facing the basket as they release the ball for a shot. Considered good shooting position.
Strong Side	The side of the court on the same side as the ball.
Starting Line-Up (Starting 5)	The 5 players who begin a game. Often a team's best players.
Substitute	A player who comes into the game to replace a player on the court.
Swing Man	A player who can "swing" back and forth and play two or more positions. Often the Small Forward.
Transition	When a team goes from offense to defense or defense to offense as the ball moves quickly up-court.
Trap	A defensive tactic in which two players double-team the ball handler.
Traveling	Taking more than one and a half steps without dribbling while you have the ball. It's also called traveling when you pick up your dribble and then move or change your pivot foot. Also called Walking.
Triple Threat	Position where offensive player has the ball and hasn't taken a dribble yet, he/she has a 'live dribble', meaning in this position the player can shoot, pass, or drive (giving this player the advantage over the defender)
Turnover	When the offense loses possession through its own fault by passing the ball out of bounds or committing a floor violation.
<u>V Cut</u>	A fake in one direction and movement in the opposite direction in order to get open for a pass.
Walking	See Traveling
Weak Side	The side of the court away from the ball.

Zone Defense

A defense where each defender is responsible for an area of the court and must guard any player who enters that area.