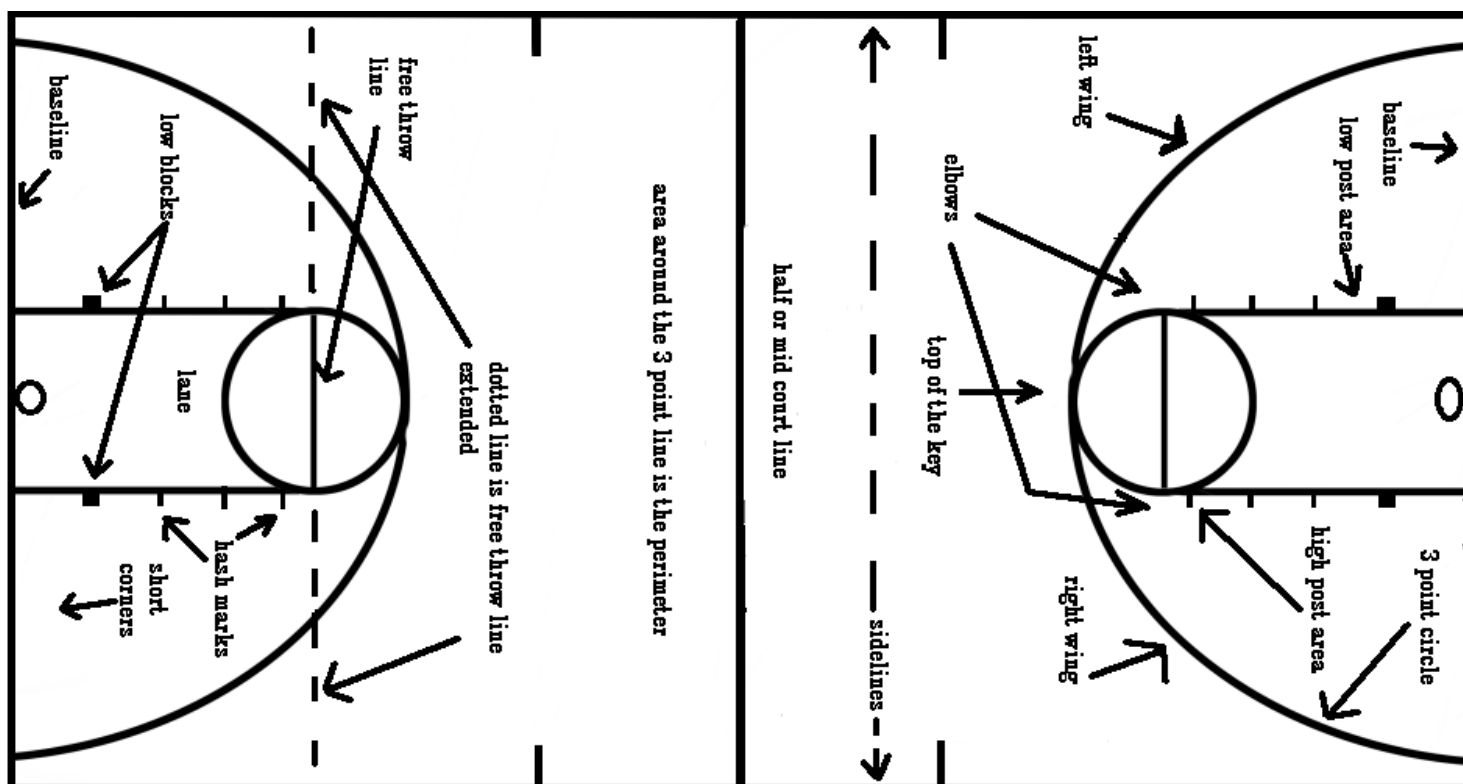




Youth Basketball Player Terminology Sheet

Need 2 Know! “Spots on the court”



Top of the key - the part of the court above the three point line in the middle of the court.

Baseline - the line separating the playing area from the out of bounds area under the backboard.

Sideline - the boundary lines that separate the playing area from the out of bounds on the sides on the court.

Baseline / endline - the boundary lines that separate the playing area from the out of bounds on the ends on the court underneath each basket.



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The Blocks - area of the court where there are two small rectangles located on the outside of the key.

The Lane or “Paint” / “Painted area” - the area of space between the free throw line and the basket, inside of the blocks.

The wing - the area on the court along the three point line outside the sideline. There are two wings; left and right.

Free throw line / foul line / charity stripe - this is the line from which a player must shoot their free throw attempts. This line is located about 19 feet away from the baseline and 15 feet from under the basket.

Center court - Is the circle located at the middle of the court, on mid-court line, and is used to put the ball into play via jump ball.

Elbow - the area on the court located where the free throw line and the corners of the paint meet. The elbow is present on every basketball court and at every level. It forms a 90 degree angle looking similar to a bent elbow, hence the name.



Need 2 know! “Words and phrases”

Spacing - a term coaches use when the floor is not balanced or if players are too bunched up.

Screen / Pick - where a player is setting a stationary block on their teammates

Seal - to position your body between the ball and the defender, effectively sealing them behind your body.

Post Up - to seal a defender, typically in the low blocks, allowing for an entry pass from the wing position.

Roll - the act of opening up your body to the ball, typically in a motion towards the basket, after setting a proper screen to create a passing opportunity.

Cut / Basket Cut / Back Cut - when a player makes a movement towards the rim attempting to open a passing window to receive a pass.

Dribble hand off - an exchange between a person with the ball and a person running past them. It can be handed off or faked to cause confusion to the defense.

Face Up / Square up - means to turn toward the rim. Every time you have the ball you should attempt to face up to see the best route to scoring or passing to score.



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Pass and cut - a basketball offensive tactic in which a player with the ball, typically near the perimeter, passes it to another teammate, and afterwards, the passing player executes a cut, generally towards the basket in an effort to get open and score.

Trap - A defensive strategy used to force a turnover by surrounding the ball handler at a specific location on the court making them throw a bad pass or lose the ball.

Box out - to position oneself between an opposition player and the basket in an effort to get the rebound if the ball misses.

Close out - to close as much distance between yourself (as a defender) and the player possessing the basketball, ensuring enough room to respond to a basket attack while also being able to contest an attempted shot



Need 2 know! “Violations”

Traveling - a violation that occurs when a player takes too many steps without dribbling. You are allowed two continuous steps once you pick up the ball, however if you stop on one foot or establish a pivot you can not drag or establish that pivot without dribbling or getting the ball knocked out of your hands.

Double dribble - When a player picks up their dribble to establish their position and then restarts their dribble, or when a player dribbles the basketball with two hands at the same time.

Carrying - a violation of dribbling that occurs when a ball handler allows the ball to come to rest in their hand then continues to dribble afterward. If your hand comes under the ball this is the ball resting in your hand. You would then have to pivot or pass as dribbling again will result in a violation.

Out of bounds - a player is out of bounds when they touch the floor or any object outside the boundaries of the court. If they have to ball or touch to ball while being outside the boundaries this is considered out of bounds.

Backcourt or “over & back” - When an offensive player brings the basketball over the half-court line and then retreats back over mid court during their possession.

Free throw violation - Every player must remain in place until the ball is shot by the free throw shooter. If the defense ventures into the free throw lane too early, then another shot attempt is awarded to the shooter, if they miss. The shooter must also stay behind the line until the ball hits the rim.



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Inbounding - after being handed the ball from a referee, the passing the ball from out of bounds inbounds has 5 seconds to make the pass or will be in violation

3 Seconds - players must not stay in the lane for more than 3 seconds while on offense

5 Seconds - while being actively guarded, the player with the basketball must change the ball position (dribbling / held) or pass within 5 seconds.

8 Seconds - on offense, the team must get the ball past the half court line, into the front court, within 8 seconds of inbounding the ball.

Fouls - a result of illegal personal contact with an opponent. You can avoid fouling by beating the offensive player to the spot or by keeping your hands up in order not to accidentally strike the offensive player.

Common Types of Fouls

Holding foul - When a player uses their hands to grab their opponent to prevent them from moving or advancing with or without the ball.

Moving screen/pick - when a player fails to maintain a set position while setting a pick. Screens must be performed in a standstill manner.

Hand Check - When a player continually uses their hands on an opposing player. This foul is typically called on defenders at the perimeter to keep a safe distance between the ball handler and the basket.



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Reaching-in foul - Similar to holding, this is when a player uses their hands in a fashion that referees deem illegal, typically in the form of hitting a shooter's arm or hand through their release or contact after an attempted steal.

Tripping foul - When a player uses their leg or goes to throw off their opponent's balance.

Charging foul - When an offensive player makes contact with a defender who has established a position in front of an offensive player with or without the ball and is not moving.

Blocking foul - When a defender makes contact with an offensive player without establishing position, without giving proper space or is in the charge circle.

Technical foul - when a player or coach displays unsportsmanlike behavior, such as foul language, obscene gestures or arguing. Two technical fouls will result in ejection from the game.

Kicking foul - When a player kicks the basketball.