



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 b. Backboard c. Back court d. Front court e. Baseline f. Block g. Bounce pass h. Double dribble i. Dribbling j. Fake k. Fast break l. Field Goal m. Fouled out n. Give and go o. Inbound p. Intentional Foul q. Jump ball r. The Key s. Loose ball foul t. Man to man u. One and one v. Perimeter w. Pick x. Press y. Rebound z. Shot Clock</p>	<p>aa. Steal bb. Team Fouls cc. Trap dd. Traveling ee. Turnover ff. Zone Defense gg. Center hh. Forwards ii. Guards jj. Jump shot kk. Lay up ll. Bank shot mm. Dunk nn. Hook shot oo. Free throw pp. Personal foul qq. Charging rr. Blocking ss. Technical foul tt. Three second violation uu. Five second rule vv. Ten second rule ww. Back court violation xx. Inbound violation yy. League 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