



Basketball Glossary

Term	Definition
Assist	A pass to a teammate who scores directly or who does not dribble more than twice before scoring.
Backcourt	The end of the court opposite a team's offensive goal.
Baseline	The end boundary line on a court.
Bench	Reserves.
Blocking	Personal contact that impedes the progress of an opponent who does not have the ball.
Blocking Out	A technique (also called "boxing out") used by a rebounding player who steps in front of and with his/her back to an opponent and keeps that opponent behind him/her.
Blocks	The first lane spaces underneath the basket.
Boards	The backboards.
Bounce Pass	A pass that strikes the floor just more than halfway to the receiver.
Center	A player who plays in the center area close to the basket.
Chest Pass	A pass that is thrown in the air from about chest level.
Control	A player is in control when he is holding or dribbling a live ball. Team control exists when a live ball is being passed between members of a team.
Defender	A member of the team who does not have possession of the ball.
Defense	The team that does not have possession of the ball.
Double dribble	A violation in which a player dribbles the ball, stops, then begins to dribble again.
Dribble	Bounce the ball.
Fast Break	A play in which a team gains possession and then pushes the ball downcourt quickly, hoping to get a good shot off before the other team has a chance to get back and set up on defense.
Field goal	A basket, worth either two or three points, depending on whether it was taken from inside or outside the three-point line.
Foul	A rules infraction for which the penalty is one or more free throws.
Free Throw	Opportunity given to player to score one point by an unimpeded shot from behind the free throw line. Also called a Foul Shot.
Goaltending	A violation, in which a player interferes with a shot while the ball is on its downward arc, pins it against the backboard or touches it while it is in an imaginary cylinder above the basket; may be committed by either an offensive or defensive player.
Holding	Personal contact with an opponent which interferes with his freedom of movement.
Hoop	Basket or rim.
Jump Ball	A method of putting the ball in play by tossing it up between two opponents in one of three circles.

Special Olympics Basketball

Coaches Quick Start Guide



Term	Definition
Jump Shot	A shot taken after a player jumps in the air.
Key	The free throw lane and circle.
Lane	The painted area between the end line and the free-throw line near each basket, outside which players line up for free throws. Also known as the key.
Offense	The team that has possession of the ball.
Outlet Pass	A quick, pass (often after a rebound) to a teammate that starts a fast break.
Perimeter Players	The offensive players (guards and one forward) who play outside the lane and face the basket.
Post Players	The offensive players (center and one forward) who play near the lane and have their backs to the basket.
Press	A term that is an abbreviation for pressure, as in defensive pressure.
Rebound	A missed shot that bounces off the rim or backboard; also to gain possession of the ball after such a missed shot.
Screen	An offensive play in which a player of offense acts as a stationary barrier to prevent a player on defense from defending a player. Also called a pick.
Steal	To take the ball away from the opposing team, either off the dribble or by picking off a pass.
Technical Foul	A penalty for improper behavior, such as using foul language or arguing with the referee.
Throw-in	Method of putting the ball in play from out of bounds.
Trap	A situation in which two defenders guard the player on offense who has the ball.
Travel	To run or walk illegally while holding the ball.
Turnover	Any loss of possession without a shot being taken.