**Marking Period 3**

**Junior Quarterly Review**

**Basketball**

James Naismith invented the game of basketball in 1891, in Springfield, Mass.

When a player is fouled while in the act of shooting they go to the foul ine.

A defensive player in basketball should always stay between ball, basket, & the offensive player.

Basketball rim is 10 feet high.

Foul shots are worth 1pt.

A person who is fouled inside the 3 point line while shooting and misses is awarded how many 2 foul shots.

When playing defense in basketball it is important to communicate with your teammates.

To get better scoring opportunities in the game of basketball it is important to move the ball by passing

If you are being overplayed on offense in the game of basketball when you do not have the ball you should cut backdoor.

When shooting a right handed lay-up you should jump off left foot and bend right wrist. Opposite it true for left handed lay-up.

Dribble the ball with your fingertips and head up.

When making a bounce pass in basketball bounce ball about ⅔ distance to teammate

When shooting the basketball you should follow the acronym BEEF (balance, eyes, extend, follow through).

When shooting the basketball your thumbs should form the letter T.

As your arm extends when shooting the basketball your elbow should be straight and under the ball.

When shooting a basketball your feet should be slightly staggered.

Successful basketball teams play great defense, communicate, and play as a team.

You can hold the ball for 5 seconds without dribbling, moving, passing, or shooting.

When playing ½ court basketball, the ball must be checked after each basket.

A turnover is when a team gives possession of the ball to the other team.

A basketball game starts with a jump ball.

The basket used for men and women is 10 feet.

A standard basketball game consists of two teams with 5 players playing on the court for each team.

A shot that completely misses the basket and backboard is called an airball.

A pivot occurs when a player holding the ball keeps one foot at a point of contact with the floor while stepping with the other foot.

A team is generally playing with 2 guards, 2 forwards, and a center.

To acquire the ball after a shot is missed is called a rebound

The offense cannot stand in the paint or key for more than 3 seconds.

A double dribble violation is committed when a player dribbles, stops dribbling, and dribbles again or pushes the ball down with 2 hands.

Personal contact against the body of an opponent by a player with the ball is called charging.

Good techniques used when passing the ball include stepping into the pass, giving passer a good target, and stepping toward the passer to receive the pass.

If the ball crosses the sideline or baseline, it is considered out of bounds and the team that didn’t touch it last gets the ball.

If your opponent shoots at the wrong hoop and scores your team gets the points.

If an opponent has their arms up on defense a bounce pass is most effective.

**Part 2: Floor Hockey**

In floor hockey all players must wear safety goggles.

The game of floor hockey starts with a faceoff.

It is illegal in floor hockey to slash another player with your stick, high stick, check, fight, board, hook, or trip.

A goal is worth 1 point.

The goalie’s job in floor hockey is to stop the offensive team from scoring

A goalie is allowed to catch the puck.

The job of the defense in floor hockey is to stop the opposing team from scoring.

The role of the forwards in floor hockey is to score and pass the puck and create opportunities to score.

The area the goalie defends is called the goal.

It is legal to kick the puck into the goal.

When stick handling the puck, a player is allowed to use both sides of the blade.

A player is allowed to catch the puck out of the air and toss it down to his/her stick.

**Part 3: Weight Room**

51. Squats are an excellent exercise to work the following muscles: Hamstrings, Quadriceps, and Glutes.

When performing a push-up you are working the following muscles: Pecs, Deltoids, and Triceps.

When performing bench dips you are primarily working the following muscle: Triceps

When performing toe raises you are working the following muscle: Calves

Seated rows work the Biceps and Lats.

The two upper body muscles that work together when pushing weight away from your body are the triceps and pecs.

Leg curls work the following muscle: hamstrings

When performing bicep curls you should have your back straight and lift the weight in a controlled motion.

The following exercises would be part of an effective core workout: planks, crunches, side to side med ball toss, med ball slams, bicycles.

The following exercises would be part of an effective leg workout: box jumps, leg extensions, squats, lunges, power jumps, step ups, and leg curls.