Final Study Guide - Electives

1. Basketball was introduced in 1891 by Dr. James A. Naismith.
2. The Basketball Hall of Fame is located in Springfield, Mass.
3. A peach basket was the first kind of basket used.
4. A rebound is a missed shot that remains in play and is recovered by either team.
5. A foul by an offensive player who runs into a defensive player who has established legal court position is called charging.
6. A foul by a defensive player who blocks the legal path of an offensive player is called blocking.
7. Dribbling is a skill that involves bouncing and controlling the basketball continuously with one hand.
8. The game is started by a jump ball at center court.
9. An assist is a pass or handoff resulting in a basket by a teammate.
10. A fast break is a style of offense in which a team attempts to race to the offensive basket before the defense can get set.
11. A high school basketball game consists of four eight minute quarters with a ten minute half time period.
12. A penalty for a violation is the ball out of bounds for the opponent.
13. Traveling occurs when a player takes more than one step with the ball without passing, shooting or dribbling.
14. In high school basketball a player fouls out when he or she receives their fifth foul.
15. A zone defense is a style of team defense in which each player is assigned to guard a designated area rather than a specific opponent.

**Soccer Terms/Glossary/Information**

 **Free Kick**:

         Any time any foul or hand ball is committed, the other team received a free kick.

         When taking free kicks, the other team must be at least ten yards away.

         ***Direct Free Kick:*** Fouls other than by defense in own penalty area. Goal can be scored directly against offending team.  Tripping, handball, fighting, sliding from behind can all result in a direct kick.

         ***Indirect Free Kick***: Misconduct, offside, or other technical infractions. Goal cannot be scored directly from the kick on the offending team. It must be touched by another player before it goes into the goal.

**Length of game**:

* High school game plays two 40 minute halves.

**Penalty Kick:**

         This is the direct result of a foul in the goal box such as a DELIBERATE handball by a field player, tripping, dragging a player down, or fighting. This kick is taken 12 yards from the goal with one player stepping up to take it. The remaining team members must stay outside the box until the kick is taken.

 **Goal Kick:**

         When the ball is kicked over the endline by a player attacking that end, a goal kick is awarded.

         The kick must be taken inside the 6 yard box usually by a defender or goalkeeper and must be kicked outside the 18 yard box before another player can touch it.

 **Corner Kick:**

         This is awarded when a player kicks the ball over the endline (goal line) he or she is defending.

         This is a direct kick and can be scored directly from the kick. It is taken at the corner flag where the endline and sideline meet.

 **Throw In:**

         This occurs when the ball goes out of bounds on the sideline. The opposing team must not step on the sideline and must keep both feet on the ground(although the toe of one foot may drag on the ground- it however may not come up) when throwing the ball in.

         The ball must also go all the way behind the head then straight back over the head to be legal.

 **Kick Off:**

         Occurs in the middle of the field with 2 players of the same team in the center circle.

          The ball must go forward on rotation and must be passed from one player to the other.

 **Basic Positions:** The number of players on the field at a time for each team is ***11.***

         ***Goalkeeper***: Stands in the goal box and is the only player that can use his/her hands.

         ***Defenders:***  Defend the goalie and the goal.

         ***Midfielders:*** Play between the defenders and the offensive players (forwards) they play both offense and defense.

         ***Forwards:*** Plays offense or “up top”. Their job is to score.

 **Goal Box:**

         The only area in which the keeper can use his/her hands. The keeper can come out of this area but cannot use their hands outside this box.

         The goal box extends 18 yards from the end line – or from the goal to the top of the goal box.

**Pass back rule:**

         Any Player may play the ball back to the keeper at anytime, However, the keeper may not use their hands to pick up the ball if one of his/her own teammates has played it back to him.  If the keeper does pick the ball up an indirect kick will be given where the keeper picked up the ball.

         This rule applies only to the foot – if the ball is played with any other body part (the head, chest, or thigh) the keeper may pick the ball up in the goal box.

**Instep:**

         The part of the foot used to pass, shoot, dribble, or trap the ball. It is located on top of the foot or laces.

**Volley:**

         A kick that is done mainly with either the inside of the foot or laces. This kick must be done when the ball is in the air and has not bounced.

 **Half-Volley:**

         A kick that is done with either the inside of the foot or laces. This kick is done after the ball has bounced once.

**Number of players:**

* 11 total- 10 field players plus a goalkeeper

**Softball/Kickball Study guide**

THE GAME

* There are 9 players on a softball team.
* The playing field is divided into the infield and outfield
* The lines between the bases are 60’ apart and when joined they form a “diamond”, inside the baseline is known as the infield
* Outside the baseline but inside the playing field is called the outfield.
* Any ball going outside the 1st or 3rd base line is a foul ball ( runners can not advance and the batter gets another try unless the ball was caught in the air, which translates to an out)
* An official game is 7 innings (a inning is when both teams have had their turn to bat)

**PITCHING**

* The pitcher must have both feet on the pitcher’s rubber and can only take one step forward while pitching.
* The ball must be thrown underhand.
* Both hands must be on the ball at the start of the pitch.

**BATTING**

* Batters must follow the same order throughout the whole game
* The batter is out if and when:

a) three strikes have been called

b) a fly ball is caught

c) the batter does not stand in the batter’s box

**BASE RUNNING**

* Runners must touch each base in order
* Runners may overrun 1st base only, all other bases the runner may be tagged and called out if they are off the base.
* Runners can not lead off a base, they must be on base until the ball as left the pitcher’s hand
* After a fly ball has been caught the base runner must tag the occupied base before advancing to the next base
* One base runner can not pass another base runner that is ahead of them.
* Stealing a base is not permitted
* A runner is out if:

a. they are tagged with the ball before reaching a base, b. the ball gets to 1st base before the runner

c. they run more than 3 feet out of the base line to avoid being tagged

**TERMS**:

* Ball- a legally pitched ball that does not enter the strike zone (four balls equals a walk)
* Grounder- A ball that is hit on the ground
* Force out- when the runner has to advance to the next base to make room for the following base runner.
* Fly ball- ball hit up in the air to the infield
* On deck- the next batter
* Pop up- ball hit up in the air to the infield
* Strike- term used when a ball is swung at and missed or is called when the ball enters the strike zone and is not swung at all.
* Strike zone- the ball passes the batter over the plate between their chest and knees

**OVERVIEW**

The Amateur Softball Association, founded in 1933, is the National Governing Body of softball in the United States and a member of the United States Olympic Committee. The ASA has become one of the nation's largest sports organizations and now sanctions competition in every state through a network of 76 local associations. The ASA has grown from a few hundred teams in the early days to over 210,000 teams today, representing a membership of more than three million.

**HANDBALL REVIEW NOTES**

**Objective:**  **To score a goal by passing the ball quickly, throwing the ball past the defense and goalie into the goal.**

1. A team consists of a goalie and six players.
2. You may dribble the ball three times or you may take three steps.
3. You have three seconds to get rid of the ball.
4. If you drop the ball, it is a turnover and possession goes to the other team..
5. There can be only one goalie per team.
6. Only the goalie may be in the crease.
7. You can intercept the ball (in mid-air), but you may NOT knock or steal the ball out of your opponent’s hands.
8. You can steal the ball from your opponent if they are dribbling.
9. A goal is worth one point.
10. Handball skills include the following: dribbling, passing, shooting, and defense.
11. Offensive players may use their body to set picks and screens; however they may not use their arms.
12. You cannot set a moving pick or screen.
13. Penalty shot situations include the following: use of the arms or legs to push, grab, tackle, hit, obstruct or hold an opponent.
14. Team Handball originated in Europe in the 1900’s.

 FOOTBALL PREVIEW SHEET

SCORING –

 A TOUCDOWN IS WORTH 6 PTS

 A FIELD GOAL IS WORTH 3 PTS

 A SAFETY IS WORTH 2 PTS

 A POINT AFTER TD KICK IS WORTH 1 PT

 A 2 PT PLAY AFTER TD BY RUN OR PASS

TACKLING –

 TACKLING IS NOT ALLOWED IN TEAM SPORTS FOOTBALL GAMES

 MAY PLAY 1-HAND OR 2-HAND TOUCH

RULES-

A FORWARD PASS TAKES PLACE WHEN THE OFFENSE THROWS THE BALL TO AN ELIGIBLE RECEIVER BEYOND THE LOS

 THE LOS IS THE LINE OF SCRIMMAGE AT THE BEGINNING OF THE NEXT PLAY

OFFSIDES TAKES PLACE WHEN EITHER TEAM MOVES ONTO THE LOS BEFORE THE PLAY BEGINS

 4 DOWNS = 4 TRIES OR CHANCES TO GAIN A FIRST DOWN OR TOUCHDOWN

A FIRST DOWN MAY BE GAINED BASED ON DIFFERENT RULES THAN TACKLE FOOTBALL IE: 2 CATCHES, 3 CATCHES, MID-FIELD

 FUMBLES ARE CONSIDERED A DEAD BALL TO DECREASE THE RISK OF AN INJURY

 THE DEFENSE CAN BLITZ ONCE EVERY 4 DOWNS OR A NEW SERIES OF DOWNS

THE QB CAN EVADE THE PASS RUSH BUT CAN NOT ADVANCE THE BALL BY RUSHING PAST THE LOS FOR POSITIVE YARDS

THE DEFENSE CAN CROSS THE LOS DURING A RUN PLAY, YELLING “blitz”, OR ATTACKING THE QB AFTER A VERBAL COUNTDOWN IE: “7-MISSISSIPPI”

ALL WRS MUST HAVE THE QB MAKE THE ATTEMPT TO THROW TO THEM OR THE OFFENSE WILL FORFEIT THE BALL IF AN OFFENSE EVADES THIS RULE BY PURPOSE OR MISTAKE

***Other Football******information***

         The line of scrimmage (LOS) is the imaginary line that separates the 2 teams (offense and defense)

         The end zone is where a team scores a touchdown.

         The center=hikes the ball the quarterback=throws the ball and receive=catches the ball.

         An incomplete pass is when the ball is not caught,

         There are 11 players are allowed on regulation team.

         There are 4 downs allowed

         The length of a football field including end zones- 120 yards.

Volleyball

* There are 3 hits allowed per side
* The serve receive is done by a forearm pass
* A set hit is an overhead strike of the ball using the tips of your fingers

Usually the 2nd of the 3 hits

* A spike is the third contact
* A block is a defensive move meant to stop the spike and it does not count as one of three hits
* Rally scoring is used in volleyball which means you can score points even if your team is not serving
* A game is played until a team can score 25 points
* Teams will rotate clockwise
* Six players on a regulation team
* The ball can hit the net on a serve
* A player may NEVER HIT THE NET
* A ball landing on the line is in or good
* A serve is the initial hit that starts the play
* A serve must take place behind the back line usually in the back right corner.
* William J Morgan invented the game in 1895 in Holyoke, Mass.

**Mat ball**.

* 3 outs in mat ball
* You can have foul balls in mat ball.
* There is a kicking order in mat ball.
* You can have an unlimited amount of players on each team.
* You cannot hit someone in the face to get them out.
* You are not required to run to the next base in mat ball. It is up to you when you should advance to the next base- but you won’t be forced to run.
* You can have unlimited amounts of people on a base.
* Once you leave the base, you must run to the next base.

**Capture the Flag: Indoor in the gym**

* The goal of the game is to capture the opposing team’s flag
* The safe zone in Capture the flag is the thick black baseline of the basketball court.
* Once a player is tagged, they should go to the opposing team’s jail. This is located in the lane of the basketball court.
* Once a flag has been captured you must run it to the opposing team’s half court line

Ultimate Frisbee in Ten Simple Rules

1. The field – A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

2. Initiate play – Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.

3. Movement of the disc – The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has five seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count

4. Scoring – Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.

5. Change of possession – When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

6. Substitutions – Players not in the game may replace players in the game after a score and during an injury time out. There are 7 players on each team during a regulation game of Ultimate.

7. Non-contact – No physical contact is allowed between players. Picks and screens are also prohibited. A foul is occurs when contact is made.

8. Fouls – When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

9. Self-refereeing – Players are responsible for their own foul and line calls. Players resolve their own disputes.

10. Spirit of the game – Ultimate stresses sportsmanship and fair

 play. Competitive play is encouraged, but never at the expense of

 respect between players, adherence to the rules, and the basic joy

 of play.

**Warm-up Activities:**

Make a list of the dynamic warm-ups that we perform in class. I will list a few to get you started…we will be reviewing these in class the week before the exam.

Frankenstein Kicks

Donkey Kicks

Knee Pulls

Carioca

High Knees

Back pedal

Ladder agilities

5 dot jumps

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