



Basketball

Name _____

- ____1. Do the following to learn about basketball:
 - ____a. List the thirteen rules of basketball as developed by founder James Naismith.
 - ____b. Define or demonstrate the following: jump ball, traveling, three second rule, shot clock, goal tending, foul, possession arrow, rebounding, slam dunk, double dribble, and free throw.
 - ____c. Demonstrate at least eight referee signals and explain what they mean.
 - ____d. Draw a basketball court diagram showing measurements, the free-throw line, the three-point field goal area, and the sidelines.
 - ____e. State the size of the metal safety ring that holds the net
 - ____f. State the size and weight of an officially approved NBA ball and a junior sized ball.
 - ____g. Describe these team positions: point guard, shooting guard, forward, and center.
- ____2. Do 1 of the following:
 - ____a. Research and report on the life of a famous basketball player.
 - ____b. Attend or watch a high school, college, or professional basketball game.
- ____3. Demonstrate effectiveness in the following skills:
 - ____a. Passing: chest pass, bounce pass, and over the head pass.
 - ____b. Dribbling techniques: dribble, low dribble, and combination dribble.
 - ____c. Shooting: lay-up, set-shot, jump-shot, free throw, and use of the backboard
- ____4. Over a period of at least six weeks, participate in at least twenty sessions on different days where a session can be any of the following:

- Team practice for an organized team
- A game for an organized team
- A professionally coached skills session, lesson, or class
- At least one hour of pick-up games, shot improving games, or skills practice

Trail Badge Mentor Signature

Date

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