

Sultan Youth Basketball Terminology

Parts of the Court:

Elbow: The 90 degree angle at the corner of the FT line and edge of the key.

Block: The big rectangle near the key closest to the basket.

Paint: The Key. Usually painted a solid color but not always. 15 feet wide.

Lane: Also referred to as the key or the paint.

Short Corner: a spot near the baseline about 10-12 ft from the basket.

Baseline: also referred to as the endline. The line that goes the width of the court underneath the basket.

Endline: also referred to as the baseline. The line that goes the width of the court underneath the basket.

Free Throw Extended: an imaginary line that goes from the elbow out to near the 3 pt line. Also referred to as the wing.

Wing: The area about 18' from the basket at a 45 degree angle from the hoop.

Mid-Court: also referred to as the half court line.

Half-Court: Also referred to as the mid-court line.

Circle: The circle in the middle of the court used for the opening jump ball.

Top of Circle: courts used to have a circle at the ft line. The top of the circle would be behind the FT line where the 3 pt line would be on many courts.

Arc: Also referred to as the top of the key or top of the circle.

Run the baseline: After made baskets, the person throwing the ball is allowed to "run the baseline" to get the ball in.

Rebounding:

Box out/Block out/Screen out/Check your Man: the act of finding the offensive player and putting your body between them and the basket to get position for a rebound.

Control the Area: Get to an area for rebounding a get/hold your position.

3-Spot: We want to control areas when rebounding. The position in front of the shooter, the backside block, and 3-4 feet in front of the basket.

Locate: Find an offensive player to box out and make contact.

Chinning the Ball: Keep the ball at your chin level with elbows out. Don't bring it down.

Squeeze It: Holding the ball tight with your hands while Chinning the ball.

Inside Pivot: The player's heel moves first when pivoting. Also known as a reverse pivot.

Reverse Pivot: also referred to as an inside pivot. The player's heel moves first when pivoting.

Ripping the Ball: Moving the ball quickly from side to side while pivoting. Above the shoulders and below the knees.

Inside Arms Win: To avoid fouls always try to have your arms underneath your opponent's arms. This will also likely get fouls called against your opponent.

Defense:

Shadowing- Also referred to as shading. Force the ball handler to go to their weak hand.

Shading- Also referred to as shadowing. Force the ball handler to go to their weak hand.

Blast Them- Also referred to as chesting. Using your body to keep the offensive player from going where they want to go.

Chesting- Also referred to as Blasting Them. Using your body to keep the offensive player from going where they want to go.

Check Him- Also referred to as chesting and Blasting them. Using your body to keep the offensive player from going where they want to go.

Deny- Making it difficult for the ball to be passed to the person you're guarding. Hands are in the passing lane.

On the Line- When in deny position you have one foot on the imaginary line between the player with the ball and the person you are guarding.

Up the Line- While in "on the line" position you are standing "up the line" closer to the where the ball is.

Helpside- also referred to as weakside. Helpside is the defensive players on the opposite side as the ball. They are playing in the key away from their man to help if the person guarding the ball gets beat to the basket.

Weakside- also referred to as helpside. Weakside is the defensive players on the opposite side as the ball. They are playing in the key away from their man to help if the person guarding the ball gets beat to the basket.

Sagging- not playing in a deny position but sagging off your man to help on the weakside.

Strongside- is the side of the court that the ball is on.

Close out- When sagging off your man and attempting to get back on your man quickly you "close out" on your man making sure to slow down by chopping your feet as you approach the player you're guarding.

Reversal- A term used when the ball is being passed from one side of the court to the other side.

Fighting Through- This is where a screen happens and all of the players stay with their man by "fighting through."

Hedge- When a screen is happening on the ball another defensive player will often "help" temporarily by stepping in the way of the person with the ball until the original defender can recover. This is called "hedging."

Switch- This is when a screen happens and instead of "fighting through" or "Hedging" they just switch the people they are guarding.

Offense:

Spacing- Making sure not to cluster everybody in one spot but to have spacing. Usually you want at least 12-15 ft spacing between any two offensive players on the court.

Ball Handling:

Triple Threat- The offensive player is stopped with the ball, usually after a jump stop with the ball on the strong side (L or R Side). Knees are bent, shoulder width apart, ball above the hip. Players have 3 "options." Drive, Shoot, Pass.

Take Him- The offensive player is encouraged to dribble the ball to the basket past the player defending them.

Carrying- This is when the ball handler doesn't keep their hand on top of the ball when dribbling. This is called a "carry."

Drive- When the offensive player dribbles past the defender to the basket.

Shooting:

TURKS