

## Terminologies of Basketball

This report is all about the different terminologies, phrases, labels, etc. that the audience, players, or other people involved in basketball will encounter.

- **24-second violation** - This occurs when the offensive team in basketball either does not attempt a shot or attempts a shot that does not at least hit the rim or goes in the basket within the 24-second shot clock
- **5 x 5** - An individual basketball performance in which a player has five in five categories.
- **3 x 3** - As the name suggests, 3x3 basketball features three players in each team as opposed to the five in traditional basketball games.
- **ACB** - The top professional Spanish Basketball league. It's often considered as the second strongest domestic league in the world, after the NBA.
- **Advance Step** - A step in which the defender's lead footsteps toward their man, and her back foot slides forward.
- **Air Ball** - an air ball is an unblocked shot that misses the basket, rim, net, and backboard entirely.
- **Alley Hoop** - is an offensive play in which one player throws the ball near the basket to a teammate who jumps, catches the ball in midair and slam dunks it before touching the ground.
- **And One** - When a player gets fouled while shooting and the ball goes in. The player then gets one free throw.
- **Assist** - an assist is attributed to a player who passes the ball to a teammate in a way that leads to a score by field goal, meaning that they were "assisting" in the basket
- **Ball Hog** - A ball hog is a derisive term for a player who handles the ball exclusively to the point of impairing the team.
- **Backdoor Cut** - The backdoor cut is used when the defender is over-playing in the passing lane denying the pass. Depending on your offence, this will leave a big hole to cut into between.
- **Backboard** - recttform behind the rim in which supports it
- **Backcourt** - 1) the half of the court a team is defending. The opposite of the frontcourt 2) A team's guards

- **Backcourt violation** - (1) Touching the ball in the backcourt after it has entered the frontcourt and was not last touched by the other team. (2) failure to bring the ball from the backcourt into the frontcourt within 8 seconds.
- **Back Screen** - An offensive play in which a player comes from the low post to set a screen for a player on the perimeter.
- **Ball fake** - A sudden movement by the player with the ball intended to cause the defender to move in one direction, allowing the passer to pass in another direction.
- **Ball reversal** - Passing of the ball from one side of the court to the other.
- **Ball screen** - An offensive play in which a player sets a screen on the defender guarding the player with the ball.
- **Ball side** - The half of the court (divided lengthwise) that the ball is on. Also called the "strong side." The opposite of the help side.
- **Banana cut** - A wide, curving cut, as opposed to a cut that is a straight line. Also known as a 'C' cut
- **Bank shot** - A shot that hits the backboard before hitting the rim or going through the net.
- **Baseball pass** - Passing the basketball using an overhand throw with one hand similar to a baseball pitch.
- **Baseline** - Also known as the end line, it is a line that marks the playing boundary at the end of both sides of the court.
- **Baseline Out-of-Bounds Play** - It refers when the player from the offensive team returns the ball to the court from outside the baseline at the basket of the other team.
- **Basket Cut** - It is a move when a player goes towards the basket without a ball in their hands.
- **BEEF** - The acronym for a proper shooting method: Balance, Eyes, Elbow, Follow-Through
- **Bench** - Refers to the area on the court where players sit. It is also a term used for players who are substitutes sitting on the sideline.
- **Benchwarmer** - It is a reserve player who sits on the bench, for most of the time or in the entire game.

- **Big Man** - The term used for a low post player in basketball. It is usually referring to a center or power forward.
- **Blindside Screen** - When a player doing a screen is positioned along the "blindside" or behind the opponent.
- **Block** - A blocking foul, violation done by a defender wherein the player prevents the movement of another player stepping in front of a dribbler but is still moving when they collide. Term when a player successfully deflects a shooter's shot.
- **Block Out** - A technique that a player does to have a better rebounding position from the opposing player. Player uses their body as a barrier while widening their stance and arms.
- **Board** - Another term for rebound.
- **Bonus** - under NCAA and NFHS rules, a team is "in the bonus" when its opponent has seven, eight or nine team fouls in a half and so gains a one and one opportunity on each non-shooting foul. The opposing team is "over the limit."
- **Bounce Pass** - A pass that bounces once before reaching the receiver.
- **Box-and-one** - A combination defense in which four defenders play zone in a box formation and the fifth defender guards one player man-to-man.
- **Box out** - See block out.
- **Box set** - A formation in which four players align themselves as the four corners of a box. Often used for baseline out-of-bounds plays.
- **Brick** - A bad shot that bounces off the backboard or rim without a chance of going in.
- **Bricklayer** - One who repeatedly shoots bricks.
- **Bump the cutter** - To step in the way of a player who is trying to cut to the ball for a pass.
- **Buzzer beater** - A basket in the final seconds of a game (right before the buzzer sounds) that in itself results in a win or overtime.
- **Chest pass**- The ball is passed from the chest. center One of the three standard player positions.
- **Centers** - are generally the tallest players on the floor, responsible mainly for scoring, rebounding, and defense near the basket.

- **Chucker-** These are the kinds of players who would rather take a contested mid-range shot instead of passing the ball to their open teammate.
- **Dime Dish-** This means a player has accumulated assists left and right, often done in a highly accurate and creative manner
- **Disqualifying Foul-** Defined in the rulebook as any flagrant unsportsmanlike action by players, substitutes, head coaches, etc.
- **Double Bonus-** A situation in basketball where after a team commits its tenth team foul, the team that has been fouled will then be granted two free throws, regardless if it was a shooting foul or not.
- **Double-double-** A single-game performance in which a player accumulates ten or more in two of the following five statistical categories: points, rebounds, assists, steals, and blocked shots.
- **Double Dribble-** An illegal action in basketball made when a player dribbles the ball with two hands simultaneously or continues to dribble after allowing the ball to come to rest in one or both hands
- **Double Nickel-** A double nickel can be a reference to a team only scoring 55 points, or a single player putting up 55 points on the stat sheet in a single game. With the value of a nickel being 5 cents, it's a reference to two nickels side-by-side.
- **Downtown-** This is a term that refers to the area behind the three-point line. Any basket that is scored beyond the three-point line, or downtown, is worth three points.
- **Dribble Drive Motion-** An offensive strategy in basketball where the offense spreads their team out over half court.
- **Dribble-** Bouncing the ball on the floor continuously with one hand at a time. It is the only legal way that a player may maintain possession of the ball while walking or running
- **Drop a dime-** Refer to precision, doing it quickly and without hesitation — all characteristics of most assists in basketball. A quick pass right on the mark to a teammate will assist that teammate in scoring.
- **Drop Step -** a low post offensive move in which the player with the ball and their back to the basket takes a wide step back and to the side of their defender when turning towards the basket to create space for a shot.

- **Dunk** - a dunk is a thrilling play in which an offensive player slams the basketball into the hoop with momentum.
- **End of Quarter** - the end of a quarter.
- **EuroCup** - the EuroCup Basketball, which has been known as the EuroCup since 2002 and is now known as the 7DAYS EuroCup due to sponsorship reasons, is an annual professional basketball club competition organized by Euroleague Basketball.
- **Euroleague** - Europe's best basketball league. Before the playoffs, the league's 26 teams face each other once for a total of 30 games.
- **EuroBasket** - every two years, a men's and women's international tournament is held in Europe. Similar to the men's and women's UEFA European Football Championships.
- **FIBA** - the Federation Internationale de Basketball Amateur or FIBA, is the governing body for all international basketball competitions.
- **FIBA 33** - the original name of what is now called 3x3.
- **Field Goal** - except for free throws, a field goal is a shot taken from anywhere on the ground. This applies to all two-point and three-point attempts.
- **Flagrant Foul** - a foul involving contact that the referee deems to be intentional, excessive, or unnecessary. The team who draws the flagrant foul will receive two free-throws and possession of the basketball.
- **Forward** - one of the three standard player positions. Forwards are primarily responsible for scoring and rebounding.
- **Foul**- While playing basketball, any player who breaks the rules of the game, making illegal personal contact with the other team, and has unsportsmanlike behavior.
- **Four-point play**- If the offensive player makes their free throw, they will have then made four points in a single play.
- **Free Throw**- This is an unopposed shot that is taken at the free throw line. The most common way to be granted a free throw is after an offensive player has been fouled while in the act of shooting.
- **Granny Shot**-To shoot the ball with a granny shot implies that a person would shoot the ball like their grandmother would, who is weak and has little skill.

- **Guard-** A shooting guard is also known as the number 2 position in basketball, and it is usually the best shooter on the team. A shooting guard's success comes from getting open by using screens or cutting to the basket.
- **Gunner-** This is a term used to describe a basketball player who shoots the ball often and frequently.
- **Hack-a-Shaq-** When a team is losing, they will sometimes use the hack-a-Shaq strategy, which is to intentionally foul the shooter with the lowest free throw shooting percentage on the opposing team.
- **Half-court Defense-** A half-court press is a defensive strategy where the defense applies pressure to the offense as soon as they begin to dribble or pass the ball over the half-court line.
- **Half-court Offense-** The hallmarks of the offense are the spread offense and spacing, constant motion, the back-door cut and lay-up, hitting open 3-point shots, flare screens and screens away from the ball.
- **In-n-Out-** This is a term used to describe a shot that appears to be going through the basket for a conversion, but instead, it rattles out.
- **Halftime-** In several team sports, matches are played in two halves. Half-time is the name given to the interval between the two halves of the match.
- **Index Rating** - A rating used to determine the MVP as well as weekly and seasonal awards.
- **Jump Shot** - A shot taken by jumping up in the air and releasing the basketball at the peak of the jump.
- **Key** - The free-throw and foul lane area of the court.
- **Kicking** - The act of deflecting a ball by intentionally contacting it with the leg or foot.
- **Lane Lay-in** - A close-range shot using one hand to tip the ball over the rim of the basket.
- **Layup** - A close-range shot taken when attacking the basket. Usually involves the shooter banking the basketball off the backboard.
- **Man-to-man defense** - One-on-one guarding of opponents.
- **Memphis Attack** - Commonly known as "double dribble motion", is a kind of offensive strategy which focuses on spreading the players of the offensive team

in the half court so that skips or helping on dribble penetration will be difficult for the defensive team.

- **Motion offense** - Motion offense is a flexible offense that features player movement, floor spacing, passing and cutting, and screening.
- **NBA** - A professional basketball league located in North America. The league consists of 30 teams and features many of the best basketball players on the planet.
- **NCAA** - The acronym for the National Collegiate Athletic Association. A non-profit organization in charge of all college sports.
- **NIT** - A men's college basketball tournament operated by the National Collegiate Athletic Association (NCAA).
- **Offensive Foul** - any illegal contact committed by a player while his team has possession of the ball. The offending player is charged with personal foul and their team is charged with team foul.
- **One-and-one** - to shoot a free throw and, if the player make it, the player is going to shoot another free throw.
- **One Trillion** - a "trillion" occurs when a player gets into the game but doesn't record any statistics, resulting in his box score reading one minute played followed by a bunch of zeros.
- **Outlet Pass** - a pass made in basketball by the player taking a defensive rebound to a teammate to start a fast break.
- **Over-and-back** - The over and back violation is called when an offensive player touches back into the backcourt to retrieve a loose ball after he has moved into the frontcourt with both feet.
- **Over the Back** - This is a foul in basketball when a player tries to rebound the ball by moving or jumping over the back of an opposing player who is already in position to make the rebound.
- **Overtime** - Overtime is used to determine the winning team when the score is tied. Overtime always begins with the ball being put into play via a jump ball.
- **Pack** - The "Pack Line" defense is a "man to man" defense, which is specifically designed to provide greater protection against dribble penetration.

- **Pass** - It is a way for players to move the ball on the court between teammates. In order to pass the ball, a player must throw or move the ball to a teammate and the teammate must catch the ball.
- **Penalty** - Happens when a team commits more than six fouls in a game. Each penalty situation involves 2 penalty free throws, and the tenth and subsequent fouls will also include possession of the ball.
- **Perimeter** - The overall area of the basketball court beyond the key, but inside the three-point line. Shots taken from the perimeter are usually referred to as "mid-range jump shots" or "perimeter shots."
- **Pivot** - when a player maintains one foot having contact with the ground without changing its position on the floor and utilizes the other foot to rotate their body to improve position while in possession of the basketball.
- **Pivot foot** - The foot that must remain touching the floor to avoid traveling
- **Points forward** - A forward with strong ball handling and passing skills who can be called on to direct the team's offense.
- **Points in the paint** - Field goals made in the painted area below the free-throw line
- **Post-up** - To go in or near the key, turn so that you are facing away from the basket but towards a teammate who has the ball, and try to establish position to receive a pass.
- **Prayer** - A shot that has very little probability of being made.
- **Quadruple-double** - Double-digit figures in four positive statistical categories.
- **Rebound** - In verb, to obtain the ball after a missed field goal attempt while in noun, the act of catching the ball after a shot has missed going in the basket.
- **Rejected** - To have one's shot blocked.
- **Rip a C** - A motion used while chinning the ball to create space during a pivot between an offensive player and a defensive player.
- **Run** - An interval in which one team heavily outscores the other.
- **Rock** - the ball
- **Screen** (Set a screen) - In verb, it is to attempt to prevent a defender from guarding a teammate by standing in the defender's way. In noun, it is the tactic of setting a screen. Also called a "pick".



- **Secondary break** - An offensive phase after a fast break is initially stopped, but before the opponent can enter into its set defense.
- **Set shot** - a two handed shot in basketball taken from a stationary position.
- **Shot Clock** - a clock in basketball that displays a countdown of the time within which shooting the ball is required.
- **Sixth man / woman** - a player in basketball who is regularly used as the first of a team's substitutes in a game.
- **Stretch 4** - A power forward ("4") capable of "stretching" a defense with their outside shooting ability.
- **Swingman** - a player capable of playing effectively in two different positions and especially of playing both guard and forward on a basketball team.
- **Swat** - To deflect an opposing player's shot off course so that it misses completely.
- **Technical Foul** - the penalty for unsportsmanlike conduct or violations by team members on the floor or seated on the bench.
- **Swish** - a scored basket which passes through the net without touching the hoop, backboard, or rim.
- **Three-pointer** - is a field goal in a basketball game made from beyond the three-point line, a designated arc
- **Three-point play** - a three-point play is usually achieved by scoring a two-point field goal, being fouled in the act of shooting, and scoring one point on the subsequent free throw.
- **Toilet Bowl** - a shot attempt which rolls around the rim before ultimately falling.
- **Transition defense** - The portion of a team's defensive play conducted when the other team has first gained possession and is moving up the court, before both teams have established positions; this includes defense against fast breaks.
- **Transition offense** - the portion of a team's offensive play conducted when first obtaining possession from the other team and moving up the court, before both teams have established positions. Includes fast breaks. See also halfcourt offense.
- **Travel** - to move one's pivot foot illegally or to fall to the floor without maintaining a pivot foot (exact rules vary — see Traveling (basketball)) or takes 3 step.only

1 or 2 steps are allowed but after you take three steps with not dribbling the ball it is called traveling.

- **Triangle offense** - an offensive strategy with the goal of exchanging three (sometimes all five) positions, creating spacing among players and allowing each one to pass to four teammates.
- **Triple-double** - double-digit figures in three positive statistical categories (example: 12 points, 14 rebounds, 10 assists)
- **Turnover** - a loss of possession.
- **ULEB** - a cooperative organization of professional basketball leagues in Europe, this body operates the Euroleague and Eurocup. The name is a French acronym for "Union of European Leagues of Basketball".
- **Unsportsmanlike foul** - an egregious foul, involving excessive physical contact, fouling with no intention to make a play on the ball, or fouling an opponent on a breakaway from behind. Roughly equivalent to the NBA's flagrant-1.
- **Violation** - an infraction of the rules other than a foul, such as traveling or a three-second violation.
- **V-cut** - a move where you move to the player defending you, then quickly turn and receive the ball. Used to fake the defender.
- **WNBA** - the Women's National Basketball Association, the largest professional basketball league for women in the United States.
- **WNIT** - the Women's National Invitation Tournament, a postseason tournament for NCAA Division I women's basketball teams that do not qualify for the NCAA Tournament. Founded in 1969, the WNIT predates collegiate national championship tournaments for women, but has never been considered the equal of those tournaments. Despite the name, it has no relation to the men's NIT—it is not operated by the NCAA, and was never under the control of any of the bodies that ran the men's NIT before 2006.
- **Zone defense** - a defense in which each player is responsible for a section of the court. See also man-to-man defense.

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