Basketball for dummies

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--For dummiesBasketball for dummies

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The game begins with one player from either team at center court. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws. If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts.

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But before you can teach the rules to your team, you must know them yourself. Additional single points can be scored from the free throw line in a penalty.

Basketball Basics

FOULS Recommended Resources for Youth Coaches Personal fouls: Personal fouls include any type of illegal physical contact. If it does, the defense is awarded the ball.

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If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw.

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Basketball For Dummies is a valuable resource to the many fans of this beloved sport, covering everything from players and personalities in the game to rules, regulations, and equipment. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

Basketball Basics

They generally are positioned near the basket.

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