<table>
<thead>
<tr>
<th>GRADE LEVEL</th>
<th>STANDARD</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>2ND</td>
<td>PE.2.M.1.2</td>
<td>Strike an object continuously using body parts both upward and downward.</td>
</tr>
<tr>
<td></td>
<td>PE.2.M.1.5</td>
<td>Dribble with hands and feet in various pathways, directions and speeds around stationary objects.</td>
</tr>
<tr>
<td></td>
<td>PE 2.C.2.2</td>
<td>Identify safety rules and procedures for selected physical activities</td>
</tr>
<tr>
<td></td>
<td>PE.2.C.2.5</td>
<td>Explain how appropriate practice improves the performance of movement skills.</td>
</tr>
<tr>
<td></td>
<td>PE.2.C.2.6</td>
<td>Apply teacher feedback to effect change in performance.</td>
</tr>
<tr>
<td></td>
<td>PE.2.C.2.9</td>
<td>Define offense and defense.</td>
</tr>
<tr>
<td></td>
<td>PE.2.L.3.3</td>
<td>Identify opportunities for involvement in physical activities during the school day.</td>
</tr>
<tr>
<td></td>
<td>PE 2.R.5.1</td>
<td>Identify ways to cooperate with others regardless of personal differences during physical activity</td>
</tr>
<tr>
<td></td>
<td>PE 2.R.5.2</td>
<td>List ways to safely handle physical activity equipment</td>
</tr>
<tr>
<td></td>
<td>PE 2.R.6.2</td>
<td>Discuss the relationship between skill competence and enjoyment</td>
</tr>
<tr>
<td></td>
<td>PE 2.R.6.3</td>
<td>Identify ways to contribute as a member of a cooperative group</td>
</tr>
<tr>
<td>3RD</td>
<td>PE.3.M.1.5</td>
<td>Maintain control while dribbling with hands or feet against a defender.</td>
</tr>
<tr>
<td></td>
<td>PE 3.C.2.2</td>
<td>Understand the importance of safety rules and procedures in all physical activities</td>
</tr>
<tr>
<td></td>
<td>PE.3.C.2.7</td>
<td>Identify the reasons for warm-up and cool-down activities.</td>
</tr>
<tr>
<td></td>
<td>PE.3.L.3.3</td>
<td>Identify opportunities for involvement in physical activities during the school day.</td>
</tr>
<tr>
<td></td>
<td>PE.3.L.4.1</td>
<td>Describe how muscular strength and endurance enhances performance in physical activities.</td>
</tr>
<tr>
<td></td>
<td>PE 3.R.5.1</td>
<td>List ways to work cooperatively with peers of differing skill levels</td>
</tr>
<tr>
<td></td>
<td>PE 3.R.6.2</td>
<td>Describe ways to appreciate the good physical performance of others</td>
</tr>
<tr>
<td></td>
<td>PE 3.R.6.3</td>
<td>Identify ways to celebrate one’s own physical accomplishments while displaying sportsmanship</td>
</tr>
<tr>
<td>4TH</td>
<td>PE.4.M.1.5</td>
<td>Dribble and pass to a moving partner.</td>
</tr>
<tr>
<td>-----</td>
<td>------------</td>
<td>-------------------------------------</td>
</tr>
<tr>
<td></td>
<td>PE.4.L.4.1</td>
<td>Identify the muscles being strengthened during the performance of specific activities.</td>
</tr>
<tr>
<td></td>
<td>PE.4.L.4.3</td>
<td>Maintain heart rate within the target heart rate zone for a specified length</td>
</tr>
<tr>
<td></td>
<td>PE.4.R.6.2</td>
<td>Describe the connection between skill competence and enjoyment of physical activity.</td>
</tr>
<tr>
<td></td>
<td>PE.4.R.6.3</td>
<td>Discuss ways to celebrate one’s own physical accomplishments while displaying sportsmanship</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5TH</th>
<th>PE.5.M.1.5</th>
<th>Apply dribbling skills in modified games, focusing on offensive strategies.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PE.5.M.1.7</td>
<td>Catch a variety of objects while traveling and being defended.</td>
</tr>
<tr>
<td></td>
<td>5.R.5.2</td>
<td>Describe ways to utilize equipment safely during physical activities</td>
</tr>
<tr>
<td></td>
<td>5.R.5.3</td>
<td>Describe the influence of individual differences on participation in physical activities</td>
</tr>
<tr>
<td></td>
<td>5.R.6.3</td>
<td>Explain ways to celebrate one’s own physical accomplishments while displaying sportsmanship</td>
</tr>
</tbody>
</table>
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Rules/Skills/Activities</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball Rules</td>
<td>1-5</td>
</tr>
<tr>
<td>Basketball Skills (Lead-up/Assessment)</td>
<td>6</td>
</tr>
</tbody>
</table>

## Basic Basketball Skills

<table>
<thead>
<tr>
<th>Activity</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest Pass</td>
<td>7</td>
</tr>
<tr>
<td>Overhead Pass</td>
<td>8</td>
</tr>
<tr>
<td>Bounce Pass</td>
<td>9</td>
</tr>
<tr>
<td>Dribbling</td>
<td>10</td>
</tr>
<tr>
<td>Lay Up</td>
<td>11</td>
</tr>
<tr>
<td>Two Hand Set Shot</td>
<td>12</td>
</tr>
</tbody>
</table>

## Basketball Activities/Games

<table>
<thead>
<tr>
<th>Activity</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add ‘Em Up</td>
<td>13</td>
</tr>
<tr>
<td>Around the World/School</td>
<td>14</td>
</tr>
<tr>
<td>Beanbag Retrieve</td>
<td>15</td>
</tr>
<tr>
<td>Cone Madness</td>
<td>16</td>
</tr>
<tr>
<td>Corner Away</td>
<td>17</td>
</tr>
<tr>
<td>Dribble Tag</td>
<td>18</td>
</tr>
<tr>
<td>Dribble Triathlon</td>
<td>19</td>
</tr>
<tr>
<td>Driver's Test</td>
<td>20</td>
</tr>
<tr>
<td>Grid Passing</td>
<td>21</td>
</tr>
<tr>
<td>Hand Skills</td>
<td>22</td>
</tr>
<tr>
<td>Hoop Guard</td>
<td>23</td>
</tr>
<tr>
<td>Partner Tag</td>
<td>24</td>
</tr>
<tr>
<td>Passing Triathlon</td>
<td>25</td>
</tr>
<tr>
<td>Sharks and Minnows</td>
<td>26</td>
</tr>
<tr>
<td>Shuttle Dribble &amp; Pass Relay</td>
<td>27</td>
</tr>
<tr>
<td>Three Player Keep Away</td>
<td>28</td>
</tr>
<tr>
<td>Twenty-One</td>
<td>29</td>
</tr>
<tr>
<td>Basketball Vocabulary</td>
<td>30</td>
</tr>
</tbody>
</table>
**BASKETBALL RULES**

- The game is played with 2 teams.
- Each team consists of 5 players on the court at a time.
- The object of the game is to outscore your opponent by shooting the ball into your basket and preventing them from putting the ball into theirs.
- The ball can be advanced up the floor with the hands only, either by dribbling or passing to teammates.

**PLAYING AREA**

- The basketball court layout is rectangular and is split in half by a mid-court line.
- There are 2 baskets, one located at each end of the court. The standard basketball rim is 10 feet off the ground.

**EQUIPMENT**

- To play a regulation game, you need a basketball and 2 basketball goals.

**STARTING PLAY**

- Teams are assigned a basket at which to shoot for the first half, and they switch ends at half-time.
- The game begins with a jump ball at center court between one player from each team.
- Other players line up in alternating fashion around the center circle.
- Once the ball is touched by either player, the game begins.
- The team in possession of the ball is on offense and takes the ball toward their basket to score against their opponent who is on defense.

**FUNDAMENTALS**
The fundamental skills involved in the game, include:

- **Dribbling** - advancing the ball up the court by bouncing it with one hand.

- **Passing and catching** - moving the ball around the court by throwing it to teammates.

- **Shooting** - putting the ball through the hoop.

- **Rebounding** - gaining possession of the ball from a missed shot that bounces off the backboard or rim.

- **Jumping** - an important skill used in rebounding, shooting, and blocking shots.

- **Defending** - keeping the opponent with the ball from scoring.

- **Moving without the ball** - to get open for a pass or shot, players must break away from their defenders and cut to openings on the court.
There are a variety of ways players can line up on the court, but the most common basketball positions are:

#1 or Point Guard (PG)

#2 or Shooting Guard (SG)

#3 or Wing or Small Forward (SF)

#4 or Power Forward (PF)

#5 or Center (C)

SCORING

Points are scored any time the ball goes through the basket.
3 points = shot made beyond the 3-pt line
2 points = shot made from anywhere else on the court
1 point = free throw

GAME LENGTH

Games are divided into time segments known as periods.
The length and number of each period differs between leagues.
For example, college men's games are divided into 2 20-minutes halves, college women's games are split into 4 10-minute quarters, while high school games are made up of 4 8-minute quarters.

FOULS
Basketball fouls are penalties assessed by the referees for rough play to keep a player from gaining an advantage over another player.

A player who is fouled is awarded the ball out of bounds unless the foul occurred during the act of shooting, in which case the player who is fouled is awarded 2 free throws.

Each player is allowed 5 fouls before they are removed from the game. Here are some common basketball fouls:

- **Blocking** – A personal foul caused when the defender makes illegal personal contact with an opponent who may or may not have the ball. Blocking is called when the defender impedes the progress of the opponent.
- **Charging (or Player Control Foul)** – A personal foul occurring when an offensive player contacts a defender who has already established a set position. A player with the ball must avoid contact with a stationary defender by stopping or changing direction.
- **Elbowing** – It is a violation for a player to swing the elbows excessively.
- **Flagrant Foul** – A personal or technical foul, which is violent in nature. Examples are fighting, striking, kicking, or kneeing an opponent.
- **Hand Check** – A personal foul caused by a defender making repeated contact with her hands on her opponent.
- **Holding** – A personal foul caused by illegal contact with an opponent, which interferes with his freedom of movement.
- **Intentional Foul** – A personal or technical foul, which keeps the opponent from capitalizing on an advantageous situation. It could be contact away from the ball or contact when a defender is not making a legitimate attempt to play the ball or a player. It also occurs when a player causes excessive contact with an opponent.
- **Offensive Foul** – A foul caused by an offensive player, usually in the form of charging.
- **Personal Foul** – Illegal contact with an opponent while the ball is live, which hinders the opponent’s offensive or defensive movement. A personal foul also includes contact by or on an airborne shooter when the ball is dead.
- **Technical Foul** – A non-contact foul by a player; an intentional or flagrant contact foul while the ball is dead; or a violation charged to the head coach because of violations on the sideline or from bench personnel.
- **Team Foul** – Any foul charged to a team. Once a team reaches 7 team fouls, its opponent is in a bonus free throw situation.
The basketball basic rules include numerous ball handling and time violations that cause a team to lose possession of the ball. Here are some common violations:

- **Back-court Violation** – If a player is the last one on her team to touch the ball before it goes into the back-court, she cannot be the first player to touch it in the back-court.
- **Closely Guarded (or Five-second Violation)** – Violation that occurs when a ball handler in his team's front-court is continuously guarded by any opponent who is within 6 feet of him while he is either dribbling or holding the ball. The offensive player has 5 seconds to either get rid of the ball or drive past the defender.
- **Double Dribble** - When a dribbler touches the ball with both hands at the same time or when the dribbler picks up the ball and then starts dribbling again.
- **Goal-tending** – Occurs when a player touches a shot ball while it is in its downward flight above the rim. It also occurs when a defender touches a free throw attempt outside the basket.
- **Lane Violation** – A violation called during a free throw situation against a player who enters the lane too soon.
- **Ten Seconds in the Back-court** – A team has 10 seconds to advance the ball from their back-court past the half-court line to the front-court.
- **Three Seconds in the Lane** – An offensive player cannot remain in the free throw lane for longer than 3 seconds while her team is in control of the ball in the front-court. She must clear the lane completely with both feet to stop the official's count. If she receives the ball while she is in the lane, she can stay beyond 3 seconds to drive toward the goal for a shot.
- **Traveling** – A violation caused by moving the feet in any direction without properly dribbling the ball. It results in a turnover, and the ball is given to the opposing team. While holding the ball, a player must establish a pivot foot which has to remain on the floor always until he passes, shoots, or dribbles. While holding the ball, his knee cannot touch the floor and if he falls, he must get rid of the ball before attempting to get up.
Lead Up Skills

- Dribbling the ball with the proper form
- Shooting the ball with the proper placement of the hands
- Chest pass
- Bounce pass

Assessment Skills

- Dribbling the ball
- Shooting the ball
- Passing (Chest and Bounce)
Hands make a W shape
Bring your thumbs together in the center
Step forward with one foot
Keep your elbows close to your body
As you release the ball, straighten your arms and fingers
Keep your wrists pointed upwards to help fully extend your arms
Keep your eye on the receiver
Start with feet shoulder-width apart
Hold the ball with two hands in front of your chest, keeping your elbows in
Step in the direction of the pass
Extend your arms and snap your wrists down
Your fingers should finish in the direction of the pass
Hands in a W shape on the ball
Elbows out
Pass comes from chest and bounces just over half way between you and the receiver
Step forward into pass
Hands end up with pass facing outward and thumbs facing down
DRIBBLING

- Use your fingertips, not the palms of your hands
- Use your forearm and wrist to bounce the ball
- Push down gradually on the ball, don’t slap
- Use proper amount of force so rebound of the ball is at hip high or slightly below
- Distance from the body is approximately forearm length
- Don’t look at the ball
- Keep your head up and eyes forward
Take two strides
Jump up, not forward
Bring the ball up with two hands to the shooting position
Bring your outside knee up
Shoot with the outside hand, using the inside arm to protect the shot
At the height of the jump, shoot the ball softly off the backboard
Aim for the top corner of the black square
Fingers finish pointing at the target
TWO-HAND SET SHOT

- Hands placed evenly on ball
- Thumbs behind the ball
- Ball raised to eye level
- Eyes looking directly over the ball to the basket
- Keep elbows close to the body
- Legs slightly bent with weight leaning slightly forward on the balls of the feet
- Right or left foot should be slightly forward
- Drop the ball slightly so that your fingers are pointing straight ahead
- Knees slightly bent
- Push the ball in and upward arch toward the basket
BASKETBALL ACTIVITIES
ADD ‘EM UP

Space: Hard Court
Equipment: basketball balls

- The object of the game is to dribble quickly, shoot a basket and return to your group in 20 seconds
- Each group starts with both balls on the ground
- When you hear your number (1-4), you are the Shooter
- Pick up a ball, dribble to the nearest basket and shoot using proper form
- A basket scores 2 points and touching the rim scores 1 point
- Continue shooting and scoring until signal
- Student has 20 seconds from start to finish
- Remaining group members circle up quickly, and begin shooting the remaining ball to each other
- Award 1 point for each shot taken using proper form
- Count your group’s shooting score aloud
- Add shooter’s score with group’s score for a total
- Replace balls and all line up on sideline for next round
AROUND THE WORLD/SCHOOL

Space: Hard Court
Equipment: basketball balls

• Five numbers or more are drawn around half of the basketball court
• The first player shoots and tries to make a basket starting on number 1
• If the player misses, the next player shoots
• If the player makes the shot on number 1, that player goes to the next number (2) and tries to make a basket.
• This will continue in number order if the player continues to make a basket on their first try and each number
• If the player misses, they may call “chance” and get another try to shoot a basket
• If the player makes the shot on their chance turn, they advance to the next number
• If the player does not make the shot on their chance turn, they must start back at number 1
BEANBAG RETRIEVE

Space: Hard Court
Equipment: basketball balls and beanbags

- Divide the class into 2 groups and give the first student a ball
- Have both groups line up behind the baseline on a basketball court
- Spread out 40-50 beanbags behind the half court line
- On the signal, each student in group 1 will dribble to half court, grab 1 beanbag and return it to the baseline
- This continues for 2 minutes
- Switch groups and the team that retrieves the most beanbags is the winner
CONE MADNESS

Space: Hard Court
Equipment: basketball balls or other bouncing ball and cones

- Place cones upright within the marked boundaries
- Divide students into 2 even teams and give each student a ball
- On the signal, one team will dribble while they try and knock over as many cones using their hands only
- While the other team will dribble and return the fallen cones to their original upright position
- Do this for 2-3 minutes and determine if more cones are up and down
- Switch the teams after several tries
CORNER AWAY

Space: Hard Court
Equipment: 5 basketball balls

- Divide class into 5 groups
- To begin this drill, player 1 has the ball
- He/she passes the ball to 2 who returns it to 1
- Player 1 then passes to 3 who returns it to 1
- Player 1 continues the same routine until the ball gets to 5
- When 5 catches the ball, he/she does not return it to 1
- Instead player 5 yells, “Corner’s Away!” and everyone changes positions (players rotate, 5 moves to 1, 1 moves to 2 and so on)
- This drill continues until everyone is back into his/her original position
- Use the 3 basketball passes
- Chest Pass, Bounce Pass, Overhead Pass
DRIBBLE TAG

Space: Hard Court
Equipment: 15-20 basketball balls or bouncing balls

- Select 4 players to be IT
- These 4 players will each have a basketball
- It is up to them to dribble the ball and try to tag as many players as possible who are scattered on the court
- The players who are tagged must retrieve a new ball and become IT
- Once the majority of students have been tagged, start the game over by selecting new players to be IT
DRIBBLE TRIATHLON

Space: Hard Court

Equipment: 4 large cones and 1 basketball or bouncing ball per student

- Create boundaries using the cones
- Students scattered throughout area in self-space with a ball
- Students will start with 33 right hand dribbles, 33 left hand dribbles, and 33 crossover dribbles
- If you make an error while you’re dribbling, start from where you left off
- When you’re finished, do arm curls using your basketball as a weight
DRIVER’S TEST

Space: Hard Court

Equipment: 4 large cones and 1 basketball, bouncing ball per 2 students, 1 poly spot or cone per 2 students

- Create boundaries using the cones
- Students scattered throughout area in self-space with a ball
- Students will start with 33 right hand dribbles, 33 left hand dribbles, and 33 crossover dribbles
- If you make an error while you’re dribbling, start from where you left off
- When you’re finished, do arm curls using your basketball as a weight
GRID PASSING

Space: Hard Court
Equipment: basketballs and cones

- Create boundaries using the cones
- Create grids 7x7 paces
- The object is to move without the ball, look for open space, receive passes, and pass to moving targets
- One person starts with the ball, while others in the group move and look for open space
- When you have the ball, you must pivot and pass within 3 seconds
- Receivers move constantly in grid looking for open space
HAND SKILLS

Space: Hard Court
Equipment: 4 large cones and 1 basketball or bouncing ball per student

- Create boundaries using the cones
- Students scattered throughout area in self-space with a ball
- Dribbling Exercises:
  - 3 high dribbles
  - 3 low dribbles
  - Switch hands and repeat
- Continuous crossovers
- Dribble right hand – travel and touch 2 walls, dribble left hand – travel and touch 2 walls
- Sit and dribble right hand, sit and dribble left hand
HOOP GUARD

Space: Hard Court

Equipment: 1 hula hoop, 1 poly spot per group and 3 beanbags per group

- Divide students into groups of 3
- Each group has 3 beanbags and a hula hoop
- One player is on defense and will stand about 4-6 feet in front of the hula hoop
- The other two players are on offense and each will stand side by side on a poly spot about 4-5 feet apart and 4-5 feet apart from the defensive player
- The offensive players will pass the beanbag back and forth and attempt to score a point by throwing the beanbag into their opponent’s hoop
- The defensive player can deflect or catch the beanbag
- But if it drops into the hoop, the offense scores a point
- When the offensive team has completed their 3 attempts, rotate position and play again
PARTNER TAG

Space: Hard Court

Equipment: 1 basketball or bouncing ball per student

- Divide the class so that each student will have a partner and a ball
- Select one partner to IT
- While both students are dribbling, IT will be chasing his/her partner
- When his/her partner is tagged, he/she becomes the new IT
PASSING TRIATHLON

Space: Hard Court
Equipment: 4 large cones and 1 basketball or bouncing ball per 2 students

- Students can select partner or teacher can pair up students
- Each group will receive 1 basketball or bouncing ball
- The students will complete the following activities:
  - 10 chest passes
  - 10 bounce passes
  - 20 alternating bounce/chest passes
- If a student drops a pass, they will restart from where they left off
**SHARKS AND MINNOWS**

Space: Hard Court

Equipment: 1 hula hoop for half of the class, 1 basketball for each student remaining on other half of the class, and cones for boundaries

- Spread hula hoops out in a specific area marked by cones
- One student should stand in each hoop (Sharks)
- The other half of the class (Minnows) begin at the shorter end of the playing area (Basketball Court)
- On the GO signal, Minnows (dribblers) attempt to cross the ocean by dribbling through the Sharks without losing control of the ball
- Sharks must remain in their hoop and may attempt to knock the ball from the Minnows
**SHUTTLE DRIBBLE AND PASS RELAY**

Space: Hard Court

Equipment: 1 basketball each team

- Teams line up in shuttle relay formation
- A line is drawn halfway between the lines
- The first person in each line on one side of the court has a basketball
- At the starting signal, the first person dribbles the ball across to the passing line and passes it to the first person in the opposite line
- The person dribbles it across the passing line and passes it to the next person opposite that player
- This continues until everyone is back to their original position
THREE PLAYER KEEP AWAY

Space: Hard Court
Equipment: basketball

- Half of the hardcourt marked by cones
- Divide the class into teams, 3 students on each team, 6 students per game
- Give one team per game the ball and have players spread out
- The three-player team tries to pass the ball three consecutive times among themselves, while the other team tries to intercept it
- If the ball is intercepted, that team then tries to complete 3 un-intercepted passes
- One point is awarded each time a team competes 3 consecutive passes
- Only one step may be taken with the ball
- No player may touch a person who is holding the ball or take the ball out of another player’s hand
- A ball may not be held more than five seconds
- Any team violating these rules must give the ball to the other team
TWENTY-ONE

Space: Hard Court

Equipment: basketballs and basketball goals

- Each player in turn takes a long shot and a short shot, recovers the ball and passes it to the next person in line
- 2 points are given for a long shot, 1 for a short shot
- The first person to score 21 is the winner
<table>
<thead>
<tr>
<th>Vocabulary Word</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Ball</td>
<td>A shot that completely misses the rim or backboard</td>
</tr>
<tr>
<td>Assist</td>
<td>Any pass that leads directly to a basket by a teammate</td>
</tr>
<tr>
<td>Backboard</td>
<td>The rectangular piece of wood or fiberglass the rim is attached to</td>
</tr>
<tr>
<td>Ball Handling</td>
<td>Refers to dribbling, passing, or receiving the ball</td>
</tr>
<tr>
<td>Bank Shot</td>
<td>When a player shoots the ball and it bounces off the backboard and into the hoop</td>
</tr>
<tr>
<td>Basket</td>
<td>Consists of the rim and the net</td>
</tr>
<tr>
<td>Court</td>
<td>Playing area for basketball</td>
</tr>
<tr>
<td>Defense</td>
<td>The team without possession of the ball or the act of preventing the other team from scoring</td>
</tr>
<tr>
<td>Dribbling</td>
<td>Single player runs while continuously bouncing the ball</td>
</tr>
<tr>
<td>Foul</td>
<td>An infraction of the rules involving contact with another player. May result in awarding a free throw or possession of the ball</td>
</tr>
<tr>
<td>Foul Shot</td>
<td>An unobstructed shot from behind the foul shot line. 1-point value if scored</td>
</tr>
<tr>
<td>Offense</td>
<td>Refers to the team with the ball that is trying to score</td>
</tr>
<tr>
<td>Passing</td>
<td>Throwing the ball from player to player</td>
</tr>
<tr>
<td>Rebound</td>
<td>The term referring to retrieving the ball as it rebounds from the backboard or the rim after a player missed a shot</td>
</tr>
<tr>
<td>Shot</td>
<td>Attempt to score by throwing the ball through the opponents' basket. 2 points are scored for a successful shot</td>
</tr>
<tr>
<td>Traveling</td>
<td>An illegal move where the player is running with the ball without bouncing it</td>
</tr>
</tbody>
</table>