



Basketball Talk: Words You Need to Know

Ever feel lost when people talk basketball? Here are some key terms that will help you follow the game better:

Fast Break: When a team gets the ball and races down the court before the defense can get set up. Teams try to create a numbers advantage (like 3-on-2) to score easy baskets.

Double-Team: When two players on one team guard one player on the other team. Teams do this against star players to force them to pass the ball. It leaves someone else open but stops the best player from getting good shots.

Pivot: When a player keeps one foot planted firmly on the floor (the pivot foot) while moving the other foot in any direction. This lets you turn, spin, or change direction without getting called for traveling.

Intentional Foul: When a player on purpose fouls someone on the other team. Teams often do this when time is almost up and they're losing. It stops the clock and makes the other team shoot free throws. Coaches tell players to foul the players who aren't good at making free throws.

Screen or Pick: When a player stands still to block a defender from guarding their teammate. The screener must stay still or the referee will call a foul. The "pick and roll" is when a big player blocks for their teammate and then runs to the basket for a pass.