

1) The theory of the successful offense is for the man with the ball to pass to his team mate who is in an unguarded position and then move himself to an unguarded position.

b) The theory of the successful defense is to keep the opponent in a position so that he is unable to score.

2) This is a good theory. Run in curves + pass at angles. When this is done it makes the team mate reach an unguarded position much easier and sooner. You can pass at many angles and this gives ^{the ball} ~~you~~ a much better chance of reaching a team mate. If you run in a straight line the defense could almost always break up the play or take the ball. If you run in curves you keep the defense guessing + they will keep at a more respectful distance. It is much harder to guard!

3) A legal starting of a dribble is when the ball leaves the dribbler's hand before he moves his pivot foot.

A legal dribble is bouncing the ball down the floor using a hand to bounce it. You can't bounce it + walk down the court.

A double dribble is when a player dribbles stops + holds on to the ball + then attempts to dribble again. This is called double dribble.