

# Basketball Mom Glossary

New to youth or AAU basketball? This quick-reference glossary is designed for basketball moms who are learning the game in real time. Save it, share it, and come back to it whenever the sidelines start sounding like a foreign language.

**AAU:** Amateur Athletic Union; competitive club basketball outside of school teams.

**Ball Handler:** Player responsible for controlling and advancing the ball.

**Basketball IQ:** A player's understanding of the game and decision-making ability.

**Bench:** Players not currently in the game.

**Box Out:** Positioning your body to secure a rebound.

**Fast Break:** Quick transition offense after a rebound or turnover.

**Man-to-Man Defense:** Each defender guards one specific opponent.

**Minutes:** Time a player spends on the court.

**Press:** Aggressive defense designed to force turnovers.

**Rotation:** The substitution pattern decided by the coach.

**Starter:** Player who begins the game.

**Transition:** Switching from offense to defense or vice versa.

**Zone Defense:** Defenders guard areas rather than specific players.

You don't need to know everything to support your child—you just need to keep learning. Welcome to the Basketball Mom journey.

