

Double dribble--- when a player stops dribbling and then starts dribbling again OR when a player dribbles with both hands simultaneously.

Traveling--- when a player stops dribbling and starts to walk or run with the ball

Allowed 1.5 after you stop dribbling ONLY when you are shooting a lay in/up

Three types of passing--- Bounce, chest, overhead  
Step into pass with dominant foot

When shooting a lay in/up with your left hand you should lift/jump off your right leg and shooting with your right hand you jump off your left foot.

Your non dominant hand is to support and guide the ball

Dominant hand is under the ball to shoot

Your elbow crease of your SHOOTING arm should be at about eye level