

Basketball Study Guide

History of the Activity

Basketball was invented in 1891 by James Naismith who wrote the sport's original 13 rules as part of a class assignment at the YMCA training school in Springfield, Massachusetts. The game was introduced in YMCA's across America and other foreign countries. It became a part of the Olympic Games in 1936.

Objective of the Activity (Scoring system)

Basketball is simply a game of keep-away with the additional challenge of trying to shoot the ball into the basket. The game starts with a jump ball in the center circle between two opponents. Once a player stops their dribble, they have two choices: pass to a teammate or shoot.

Scoring

A made basket is worth two points.

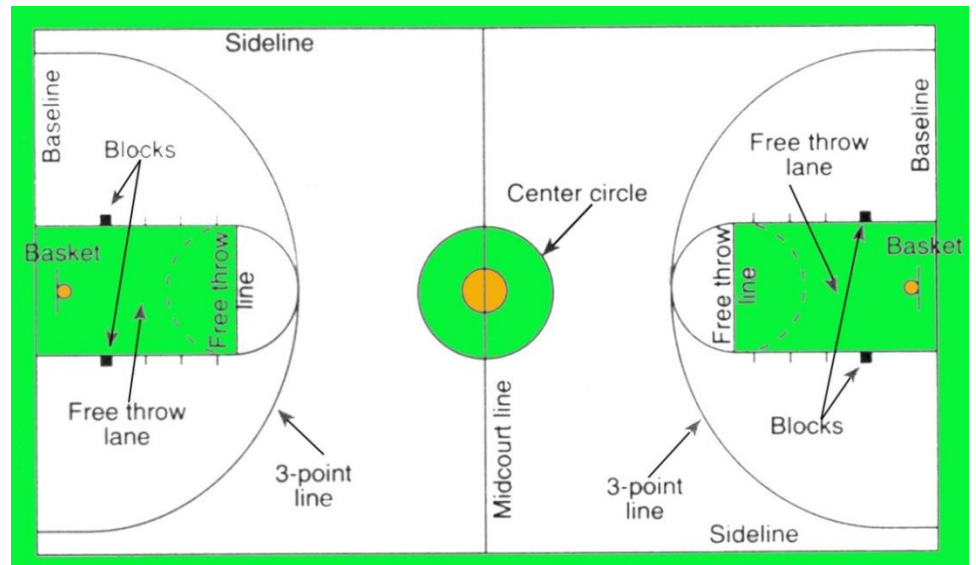
A free throw is worth one point.

A shot behind the three point arc is worth three points.

After a basket is made, the other team puts the ball into play from out of bounds under the basket. The offensive team has five seconds to put the ball in play.

Equipment/Playing surface

Most basketball courts are made from hardwood, which provides a smooth, unobstructed surface and a consistent bounce.



Players/Positions/Skills

Each team will have five players on the floor at one time. There are usually two guards, two forwards and one center.

Guards—best ball handlers, best decision makers

Forwards—bigger than guards, rebounders, scorers from inside and outside

Centers—traditionally biggest player on the floor, best rebounder, best scorer with his back to the basket.

Types of Defenses

-Man to Man Defense: Where players guard a certain player from the other team.

-Zone defense: Where a player is responsible for defending an area on the court.

Types of Passes

-Chest Pass—fastest and most accurate pass

-Bounce Pass—best pass to get around opponent

-Overhead (least used during basketball game)

B.E.E.F Shooting Technique

Balance: Dominant foot slightly ahead of the other foot and it is centered towards the basket.

Eyes: Eyes focused on the rim or backboard depending on what type of shot you take (Layup or jump shot)

Elbows: Shooting elbow is tucked under the ball and is in line with the dominant foot.

Follow through: Extend elbow towards the basket, snap wrist and pretend to stick hand inside a cookie jar.

Rules/Faults

Violations

A violation is a minor rule infraction which does not involve physical contact with an opponent.

When a violation occurs, the ball is turned over to the opposing team.

The most frequent violations called are:

- Traveling: a player taking two or more steps without dribbling the ball
- Offensive player being in the lane for more than 3 seconds.
- Double Dribble: a player dribbling the ball with both hands at the same time or dribbling the ball, then stopping to pick the ball up and then continuing to dribble again.
- Kicking the ball

A jump ball is called when two opposing players secure a firm grip on the ball.

Fouls and Penalties

A foul is an infraction that involves personal contact with an opponent. Unsportsmanlike conduct is also a foul. You are allowed five fouls per game and when a player receives their fifth foul they are not allowed to play in the game anymore.

The most common fouls are:

- Holding: using the hands, arms to restrict the movement of an opponent.
- Charging: a dribbler or shooter moving into an opponent who has established defensive position.
- Blocking: a defensive player impeding the progress of an opponent by extending an arm, leg, knee, hip or other part of their body.
- Pushing: using the hands, arms, or body to push and opponent.

A player is rewarded a free throw as follows:

- One free throw for a foul against the shooter whose shot goes into the basket.
- Two free throws for a foul against the shooter whose shot does not go into the basket.
- No free throws for a foul against a player who is not shooting.

Free Throw Rules

The shooter must shoot the ball within 10 seconds of being handed the ball. The shooter may not make contact or cross the free throw line until the ball hits the rim. The players may not leave their positions until the ball hits the rim.

Components of Fitness

Basketball requires cardiorespiratory endurance in order to run up and down the court for long periods of time. A basketball player who plays a full four quarter game runs approximately 3 to 5 miles. Muscular endurance is a component necessary for players to continue to play defense or offense without fatigue.