

BASKETBALL STUDY GUIDE

HISTORY: Basketball was invented by during the school year of 1891-92 at Springfield College, Springfield, Massachusetts. Dr. James A Naismith conceived the idea of attaching peach baskets at opposite ends of the gym on the track that encircled the playing floor. This is where the height of 10 feet for the basket was arrived at. The game, basketball, derives its name from the original ball and basket used in the first games. The game was introduced in YMCA's across America and also to foreign countries. Basketball became a part of the Olympic games in 1936.

THE GAME: The object of the game is to score more points than your opponent. The ball is passed, thrown, bounced, batted, or rolled from one player to another. A player in possession of the ball must maintain contact with the floor with one foot (pivot foot), unless the player is shooting, passing, or dribbling. Physical contact with an opponent can result in a foul if the contact impedes the desired movement of the player.

BASIC RULES:

1. **Players:** Five players per team on the floor at a time with unlimited substitutions. Usually players fill the standard positions of 2 forwards, 2 guards, and 1 center. The names of these may be changed depending on the offense played.
2. **Offense:** Team or individual patterns or play which are used to get the ball into scoring position. There are two basic types of offensive attacks: the slow deliberate attack and the fastbreak attack.
3. **Defense:** Players may choose to play either a man to man defense (person to person) or zone. In **man to man** each player is assigned a specific person to guard/play defense on. In a **zone** defense players are assigned a specified area to guard. The object of defense is to try to take the ball away from your person or person in your assigned zone area, to force them to turn over the ball, or force them to take a low percentage shot.
4. **Scoring:** Field Goals = 2 or 3 points, Free Throws = 1 point
5. **Timeouts:** Timeouts are one minute or 30 seconds in length and can be requested during a dead ball or anytime by the team in possession of the ball.

PLAY:

- The game is started with a jump ball in the center circle between two opponents.
- A player is out of bounds when touching the floor on or outside the boundary line.
- The ball is out of bounds when it touches a player who is out of bounds or any other person, the floor, or any object on or outside a boundary, or the supports of the backboard.
- The ball is caused to go out of bounds by the last player touching it before it goes out. The ball would be awarded out of bounds for a throw-in by the opposing team.
- While the ball is alive, an offensive player cannot remain for more than three seconds in that part of the free-throw lane between the endline, the free-throw line, and the free-throw lane lines.
- If an offensive ball handler while in the front court is closely guarded by the defense for five seconds, a violation is called and the defense is awarded the ball.
- If two opponents are both firmly holding the ball a "jump ball" is called. A "jump ball" results in an alternating possession which is kept track of at the official table.
- In physical education, intramurals, or pick up games, a "jump ball" is awarded to the defender.
- Violations include causing the ball to go out of bounds, double dribbling, running with the ball, kicking the ball, striking the ball with the fist, interfering with the basket, illegal throw-in (taking more than 5 seconds or stepping on the line), being closely guarded for 5 seconds while in possession of the ball in the front court, and the three second lane rule.
- After one team makes a field goal or free throw the other team puts the ball into play from out of bounds under the basket at which the goal was made. Each team possessing the ball is required to advance it past the half-court line within 10 seconds after gaining possession.

TERMINOLOGY:

1. Baseline: the endline
2. Blocking Out: a term used to designate a defensive player's position under the backboard which prevents an offensive player from achieving good rebounding position.
3. Charging: personal contact against the body of an opponent by a player with the ball.
4. Cut: A quick offensive move by a player trying to get free for a pass.
5. Denial Defense: aggressive individual defense where the defensive player works hard to keep the offensive player from receiving a pass.
6. Double Dribble: when one person dribbles, stops and picks up the ball and starts to dribble again or dribble with two hands simultaneously.
7. Dribble: process of bringing the ball down the floor or moving the ball from place to place using the finger pads to tap the ball.
8. Field Goal: a basket scored from the field, worth two points, unless outside the three point line.
9. Free Throw: the privilege given a player to score one, two, or three points by unhindered throw for a goal from within the free throw circle and behind the free throw line.
10. Lay-up: a shot where a player releases the ball close to the basket while continuing to run off one foot.
11. Pick: a special type of screen where a player stands so the defensive player slides to make contact, freeing an offensive teammate for a shot or a drive.
12. Pivot: take place when a player who is holding the ball steps once or more than once in any direction with the same foot; the other foot, called the pivot foot, being kept at its point of contact with the floor.
13. Rebound: when a shot bounces off the backboard or basket and is pulled down by a player.
14. Traveling: when a player in possession of the ball within bounds progresses illegally in any direction.
15. Violation: an infraction of the rules resulting in a throw-in from out of bounds for the opponents.

PASS- Types 1)Chest 2) Bounce 3) Overhead

- **P**lacement of hands on the side of the ball.
- **A**rms out (elbows)
- **S**ee your target
- **S**tep into your pass

SHOOTING – use backboard, put ball in small square on backboard.

- **B**alance ball with one hand under the ball
- **E**lbow under ball
- **E**xtension of arm and ball up
- **F**ollow through snapping wrist and hand down

MAN to MAN helpside

- Floor is divided in half. When ball is on one side all defenders on same side.
- See both man and ball
- Stay between man and basket