

## Basketball

Basketball is a very popular sport played on a court in recreational settings, driveways, schools, colleges, and at the professional level. Basketball is played Internationally and is an **Olympic game**.

A team is made up of **five** people that attempt to score “**baskets**” and attempt to prevent the other team from scoring. A team is usually made up of a **center, two forwards and two guards**. The forwards are responsible for getting **rebounds** and scoring close to the basket. The guards normally bring the ball down the court and shoot from outside area. The center should be able to play underneath the basket to the top of the key. They are also responsible for scoring and rebounding. All five players can score, rebound, shoot, steal, dribble, pass and defend.

**A jump ball** starts the game. One player from each team jumps in an attempt to tap the ball to a teammate. Once the ball is in play, team members must **dribble** the ball to get closer to the basket or to **pass** it to another player. Dribbling the ball entails bouncing the ball with **one** hand. Once a dribble is stopped it cannot be restarted, the player must **pass** or shoot the ball.

To score in basketball the ball must be thrown into a basket. The basket is **elevated ten feet high** at the end of the court attached to a backboard. It is called a **field goal** and **two points** are awarded to the teams that score. If a player shoots and makes a basket from behind the three point line, three points are awarded. If an opponent fouls a player, then the fouled player gets a **free throw**. If the free throw goes in the basket, the team gets **one** point. There are two types of fouls, **personal fouls and technical fouls**. A personal foul means a player holds, pushes, or trips an opponent. Technical fouls would be when a player is disrespectful, enters the game illegally, delaying the game, or intentionally attempting to hurt someone.

A team may lose possession of the ball for **traveling** which means running or walking with the ball without dribbling. **Double dribble** is when a player bounces the ball with both hands or stops dribbling and then starts again. Double dribble is illegal and the team will lose possession of the ball.

**EQUIPMENT-** The basketball is about 21/2 feet in circumference and weighs about 22 ounces. The basket has a metal ring with an inside diameter of 18 inches and a net is attached to the metal ring. Girl’s basketballs are smaller than boy’s basketballs. The basket hangs ten feet above the floor. The court is usually 50 feet wide and 94 feet long.

### SHOTS-

**One hand push shot-** initially both hands hold the ball as the ball is pushed into the basket with one hand.

**Hook shot-** the ball is thrown to the basket over one shoulder of the player handling the ball.

**Two handed shot-** the ball is thrown with two hands

**Jump shot-** a player shoots the ball into the basket at the top of a jump.

**Lay-up-** a basket is made from underneath the net when the ball is placed up on the backboard.

**Tip-in-** the ball is tapped back into the basket as it rebounds from the backboard.

**Free throw-** player who has been fouled shots from the free throw line for a free throw-1 point.

### **PASSES-**

Two handed Chest Pass

Two handed Overhead Pass

One-hand Baseball Pass

One-hand Underhand Pass

### **PLAYING THE GAME-**

A basketball game is split up into **four quarters**. Common **Defenses** are **zone and man-to-man systems**. In a zone defense each player guards an area. In man-to-man, each player guards a man. **Offense** in basketball is varied. Many teams play a **fast break system** that requires speed and fast scoring opportunities. A “slow break” or **set up offense** is slower and more controlled.

### **HISTORY-**

In 1891, a physical education instructor, James Naismith, at a YMCA in Massachusetts invented the game of basketball as an indoor activity. Two peach baskets were tied to balconies and a soccer ball was used to shoot baskets.

### **TERMS TO UNDERSTAND**

Pivot- a circular movement from a planted foot in order to change direction

Turnover- executing a bad pass or making an error that allows the opponents to get the ball

Blocking out- Positioning the body near the basket and in front of an opponent to prevent that player from getting a rebound

Bank shot- a shot at the basket that rebounds off of the backboard

Base line- the end lines of the court under each basket

Press- To guard the opponents full court

Charging- An offensive player with the ball moving into a stationary player

Rebound- catching the ball after it hits the rim but has not entered the basket.