

BASKETBALL STUDY GUIDE

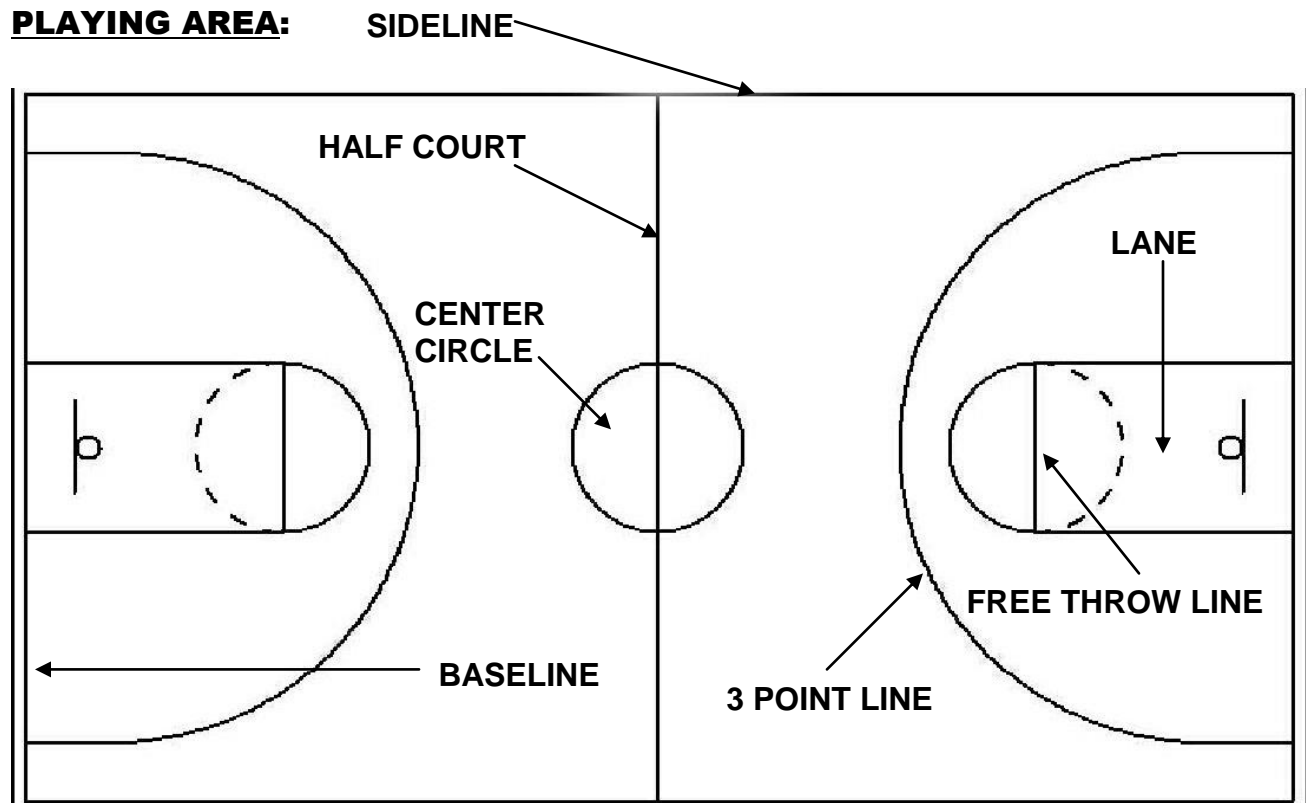
HISTORY:

Dr. James Naismith invented the game of basketball in 1892 at Springfield College in Massachusetts. The game is over 100 years old and was played with peach baskets at one time. Today's baskets are made out of fiberglass and are 10 ft in height. The game was originally used to condition athletes during the winter season. Today basketball is played in the Olympic Games and is considered an international sport.

BRIEF EXPLANATION OF THE GAME:

Each team consists of five players; a center, two forwards, and two guards. A high school game consists of four quarters with each quarter lasting eight minutes. Teams score points by shooting the basketball into the opponent's basket. The team with the most points at the end of the game is the winning team.

PLAYING AREA:



SCORING:

ONE POINT – is awarded for each free throw.

TWO POINTS – are awarded for each made basket shot in front of the three-point line.

THREE POINTS – are awarded for each made basket shot from behind the three-point line.

VIOLATIONS:

Blocking – Defensive man interferes with the movements of an offensive player. Offensive player sets a screen while moving.

Carrying – Dribbling the basketball with you hand under the ball.

Charging – The dribbler charges into the defensive player who is set.

Double Dribble – Touching the ball with both hands at the same time on a single dribble.

Traveling – Moving the ball without dribbling properly (e.g. walking, steps or running the ball).

Three-Second Rule – An offensive player cannot stand in the lane longer than 3 seconds.

Five-Second Rule – The amount of time an offensive player has to pass the ball inbounds to a teammate.

Ten-Second Rule – The amount of time that the offensive team has to get the ball across the half court line.

Foul – An infraction of the rules which can lead to free throws or the ball out of bounds.

Technical Foul – Unsportsmanlike conduct

PASSES:

Chest Pass

Bounce Pass

Overhead Pass

TERMINOLOGY:

Assist – A player who makes the pass that directly leads to a basket.

Attempt – A shot at the basket.

Backcourt – The part of the court containing the defense's basket.

Bank Shot – A shot that hits the backboard.

Free Throw Line – The line where a player who is fouled shoots from. It is also referred to as the foul line.

Foul Out – When a player receives five fouls they must leave the game.

Loose Ball – A ball that no player has control of.

Rebound – The recovery of a missed shot.

Screen – A stationary block of a defensive player.

Turnover – The offensive teams unexpected loss of the ball to the defense.

Steal – Defensive team gains control of the ball from the offensive team.

Man to Man – A type of defense where each player is assigned a specific offensive player to guard.

Zone – A type of defense where each player is assigned a specific area to guard.

Defense – The team without the ball trying to stop the other team from scoring.

Offense – The team with the ball trying to score.

Center Circle – Place on the court where the jump ball takes place.

Jump Ball – This is how the game starts. One player from each team meets in the center circle and jumps, trying to tip the ball to their own team.

BASKETBALL SKILLS ASSESSMENT KEY POINTS

Dribbling

- The body has to have a low center of gravity, with the knees slightly bent.
- Students need to be using their fingers to dribble, not the palm of their hands.
- Head needs to be in order to identify open teammates or to avoid the opposition.
- The dribble needs to be slightly out in front of the body.
- The dribble needs to be controlled.

Bounce/Chest Pass

- The ball needs to be held with hands
- The elbows need to close to the body, fingers spread with the thumbs pointed inward.
- Step toward the receiver and pass the ball with a strong wrist snap and push of the thumbs and fingers,
- Make sure the arms follow through in the direction of the pass.
- For the bounce pass, make sure the ball is bouncing 3/4 of the way to the intended target to insure that the target can receive the ball around waist level.

Receiving a Pass

- To receive a pass, spread the fingers but keep them relaxed.
- Catch the ball with your hands, not the chest.
- Look the ball all the way into the hands.
- When the ball hits the fingers, let the arms give slightly toward the body.

Shooting

- The shooter must demonstrate proper balance as well as aligning their body towards the basket.
- The shooters eyes/aim must be focus on the spot that they are aiming for, whether it is the front or back of the rim or the square on the backboard.
- The shooter must demonstrate the ability to keep their shooting elbow "tucked in" in order to produce an accurate shot.
- A proper follow through is essential because it will help generate proper ball rotation upon release.

Team Play/Rules

- Demonstrates an understanding of basic terminology.
- Demonstrates a basic understanding of rules and game play situations.
- Organizes and helps teammates to a common goal.
- Always demonstrates positive encouragement to teammates.
- Understands and exhibits proper safety issues.