

BASKETBALL

History

Basketball was invented during the school year of 1891-92 at Springfield College in 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. 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 part of the Olympic Games in 1936.

Nature of the Game

Basketball is played by two teams of five players each. 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.

Safety/Etiquette

1. Clear the gymnasium and immediate playing area of movable obstructions and cover or pad those obstructions that cannot be moved.
2. No rough play or horseplay will be tolerated.
3. Be careful/aware of the walls during practice or play.
4. When possible make use of breakaway rims and pad the underside of the backboards.
5. No loose or hanging jewelry should be worn by competitors. Remove rings, bracelets and wristwatches.
6. Only gym shoes with sufficient traction should be worn.
7. Always be alert of play, even if you are standing on the sidelines.
8. Whenever possible during the drills or game play, participants of common ability levels should play against each other.
9. Good sportsmanship should be displayed by all.
10. Take periodic rest and water breaks.

Care of Equipment/Facilities

1. Balls are stored in portable bins and should be carefully returned to the bins at the end of each period of use. Do not kick the basketballs or throw them from a distance into the storage bins.
2. Balls should be checked often for proper inflation levels.
3. Do not sit on or throw the basketballs against the gym walls.
4. Do not hang on the rims or nets.
5. The playing floor should be swept and cleaned regularly.

Basic Rules

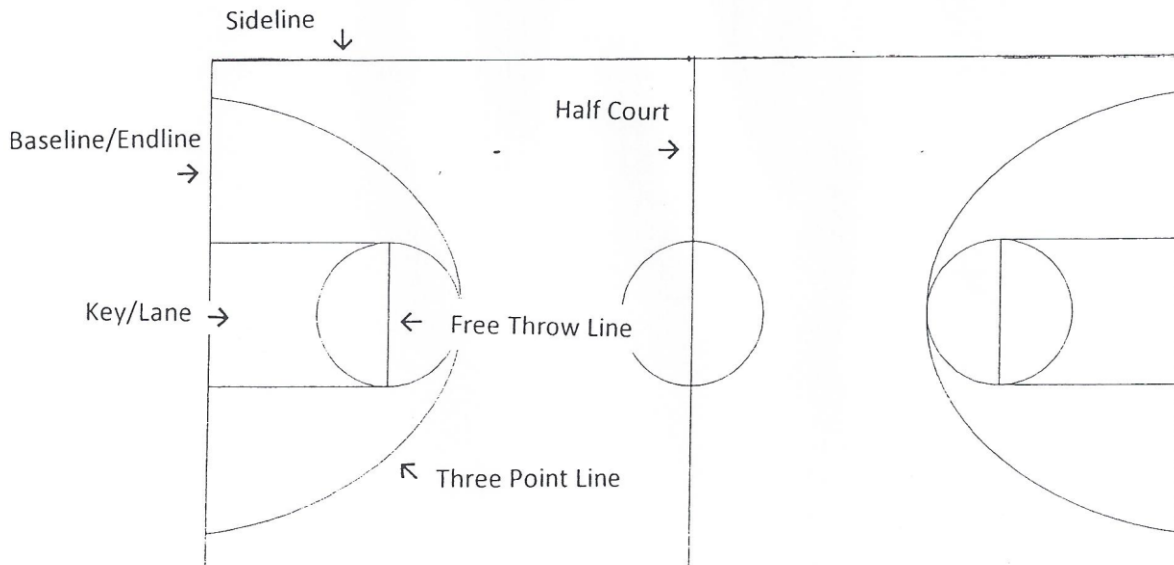
1. Players: Five players per team on the floor at a time with unlimited substitutions. Usually players fill the standard positions of 2 forwards, 2 guards, and 1 center. The names of these may be changed depending on the offense played.
2. Offense: Team or individual patterns of play that are used to get the ball into scoring position. There are two basic types of offensive attacks: the slow deliberate attack and the fast break 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 the 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. Each team gets a total of five timeouts for the entire game.
6. Timing:
 - High school varsity games play 8 minute quarters.
 - Time stops each time an official blows the whistle indicating a dead ball.
 - There is one minute between quarters and 10 minutes at the half.
 - A player has 10 seconds to shoot a free throw.
 - A player has 5 seconds to inbound the ball.
 - Running time is used in physical education and intramural situations. The clock does not stop on dead balls.

Play

1. The game is started with a jump ball in the center circle between two opponents.
2. A player is out of bounds when touching the floor on or outside the boundary line.
3. 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.
4. If the ball is caused to go out of bounds by the last player touching it, it is awarded out of bounds for a throw-in by the opposing team.
5. While the ball is alive, an offensive player cannot remain for more than 3 seconds in that part of the free-throw lane between the end line, the free-throw line, and the free-throw lane lines.
6. If an offensive ball handler, while in the front court, is closely guarded by the defense for 5 seconds, a violation is called and the defense is awarded the ball.
7. 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.
8. In physical education, intramurals, or pick up games, a “jump ball” is awarded to the defender.
9. 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 basketball, 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.

10. After one team makes a field goal or free throw, the other team puts the ball in 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.
11. Fouls:
 - Personal: involving pushing, charging, tripping, holding, body contact
 - After the fifth personal foul on a player, the player is disqualified from the game.
 - The offended player is awarded:
 - one free throw if the foul occurred during a field goal attempt and the basket was made.
 - two free throws if the foul occurred during a field goal attempt and the basket was missed.
 - no free throw, but the ball is awarded to the offended player's team out of bounds.
 - After the seventh TEAM personal foul in the half, the person fouled will be given a bonus free throw.
 - If you make the first bonus free throw you receive a second free throw.
 - If you miss the first bonus free throw, the ball should be played like a missed field goal.
 - After the tenth TEAM personal foul in the half, the person fouled will be given two free throws commonly referred to as the Super Bonus.
 - Intentional: foul involving "intent" to foul as opposed to trying to play the ball which awards the person fouled two free throws and team possession of the ball after the free throws.
 - Technical: involving delay of game, unsportsmanship like conduct, illegal entry, and excessive timeouts with the offended team being awarded two free throws and the ball out of bounds.

Basketball Court



BASIC SKILLS

DRIBBLING – the process of bringing or moving the ball place to place around the court using the finger pads to tap the ball.

1. Touch the ball with your fingertips, not your palms.
2. Get in a low stance.
3. Bounce the ball off the ground firmly, extend through your elbow.
4. Keep your hand on top of the ball.
5. Keep the ball low, below your waist.
6. Keep your head up, eyes up.
7. Protect the ball from the defender.
8. Don't pick up your dribble unless you are ready to pass or shoot.
9. Avoid dribbling violations such as traveling, double dribble, and carrying.

SHOOTING – Practice the B.E.E.F. method for shooting

B = Balance	Keep your feet shoulder width apart, with your dominate foot slightly ahead of your non-dominate foot.
E = Eyes	Focus on the rim.
E = Elbow	Dominate hand's elbow should be aligned with your torso in a 90° angle so you are looking at the back of your wrist.
F = Follow Through	Flick your wrist after releasing the ball. Imagine reaching into a cookie jar up on a high shelf.

Other shooting tips:

- Rest the ball on the finger tips not in the palm of the hand.
- Your non-dominate hand acts only as a guide to the ball. This hand doesn't assist in shooting the ball.
- If shooting from a greater distance you must jump in order to recruit power from your legs.

PASSING – an alternative way to move the ball around the court that is not comprised of the act of dribbling. There are three common passes in basketball.

1. **Chest pass** – the ball is thrown from your chest to your teammate's chest with no bounce or arc.
2. **Bounce pass**- The ball is thrown from your chest and is bounced once before entering your teammate's hands near their chest area. This pass is the most difficult pass to defend.
3. **Overhead pass** – The ball is passed from over your head into your teammate's chest.

Tips to proper passing:

- Grip the ball with both hands.
- Step with your non-dominate foot.
- Follow through with thumbs pointing down and fingers pointing to target.
- Aim for your teammate's chest so they can quickly be prepared to take a shot.
- Receivers of the pass should always meet the pass.

LAYUPS- a shot where a player releases the ball close to the basket while continuing to run off one foot.

Right handed layup:

Dribble with right hand

Jump off left foot

Shoot with right hand as you lift your right leg

Left handed layup:

Dribble with left hand

Jump off right foot

Shoot with left hand as you lift your left leg

Aim for the side of the box on the backboard you are shooting from.

Terminology

1. **Baseline** – the end line
2. **Boxing out** – a term used to designate a player's position under the backboard that prevents an opposing player from achieving a good rebounding position.
3. **Carrying** – In a carry, your hand makes contact with the bottom of the ball, then flips the ball over in the act of dribbling.
4. **Charging** – personal contact against the body of an opponent by a player with the ball.
5. **Cut** – a quick offensive move by a player trying to get free for a pass.
6. **Denial Defense** – aggressive individual defense where the defensive player works hard to keep the offensive player from receiving a pass.
7. **Double Dribble** – when one person dribbles, stops and picks up the ball and starts to dribble again or dribble with two hands simultaneously.
8. **Dribble** – the process of bringing the ball down the floor or moving the ball from place to place using the finger pads to tap the ball.
9. **Drive** – an aggressive move toward the basket by a player with the ball.
10. **Fake (Feint)** – using a deceptive move with the ball to pull the defensive player out of position.
11. **Fast break** – moving the ball quickly down the court in order to score before the defense can set up.
12. **Field Goal** - a basket scored from the field, worth two points, unless outside the three point line.
13. **Free throw** – the privilege given a player to score one point by an unhindered throw for a goal from within the free-throw circle and behind the free throw line.
14. **Lay-up** – a shot where a player releases the ball close to the basket while continuing to run off one foot.
15. **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, drive, or pass.
16. **Pivot** – takes 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, is kept at its point of contact with the floor.
17. **Press** – a team's attempt to take the ball away from their opponent before they can set up their offense.
18. **Rebound** – when a shot bounces off the backboard or basket and is pulled down by a player.
19. **Team's Back Court** – the part of the court containing the opponent's basket.
20. **Team's Front Court** – the part of the court containing the team's own basket.
21. **Telegraphing the Pass** – indicating where you are going to pass by looking or signaling.

22. **Throw-in** – a method of putting the ball in play from out of bounds.
23. **Traveling** – when a player in possession of the ball within bounds progresses illegally in any direction.
24. **Violation** – an infraction of the rules resulting in a throw-in from out of bounds for the opponents.

Grading

See activity unit breakdown, fitness grade breakdown, and final grading scale under NC/SC Grading Policy at the front of the Study Guide.

Technique Description/Skill Tests

Specific skills for activity units are taught on a regular basis. In some units, demonstrated knowledge of skills may be obtained through some form of skill testing. This testing is not outcome based.

