

BASKETBALL STUDY GUIDE



Questions

<p>1. Where was Basketball invented? _____ _____</p> <p>2. Who invented Basketball? _____</p> <p>3. What year was Basketball invented? _____</p> <p>4. What was used for baskets when the game was first invented? _____ _____</p> <p>5. Are you allowed to dribble with both hands on the ball at the same time? _____</p> <p>6. How many seconds are you allowed to be in the key? _____</p> <p>7. If a violations occurs what happens?</p> <p>8. What are the 3</p>	<p>History of the Game Basketball was first developed in 1891 by James Naismith as a way for athletes to keep in shape during the winter months in Springfield, Massachusetts. The early basketball games were played with a soccer-style ball and peach baskets. There was no limit in the number of players or balls that could be used at once. It was not uncommon to see a game with 50 players and 5 balls. In 1892, Naismith developed 13 simple rules to help govern the game. Some of these rules are still used today. The rules of the game were published in a national magazine and its popularity quickly spread throughout the United States. The game grew so fast that the first intercollegiate basketball game was played in 1896. In 1936, basketball became an Olympic Sport.</p> <p>Object of the Game</p> <ul style="list-style-type: none">• The object of the game is to advance the ball towards your opponent's basket by passing or dribbling the ball.• Each team attempts to score the most points by shooting the ball into the basket. At the same time they try to prevent their opponents from scoring. <p>Violations</p> <ul style="list-style-type: none">• All violations result in a turnover (the ball goes to the other team) <p><u>Traveling</u></p> <ul style="list-style-type: none">• A player, in possession of the ball, is moving without dribbling the ball.• A player with the ball moves his/her pivot foot without dribbling. <p><u>Double Dribble</u></p> <ul style="list-style-type: none">• Dribbling the ball with both hands at the same time.• Dribbling the ball after picking up the original dribble. <p><u>Time Violations</u></p> <ul style="list-style-type: none">• 3 Seconds in the key- An offensive player cannot stand in the key area for more than 3 seconds.• 5 Seconds Call- taking five seconds or more to inbound the ball.• 10 Seconds Call- taking 10 seconds or more to advance the ball past the mid-court line. <p>Basketball Positions Basketball is a team sport that uses five players per team on the court at a time. These five players play different positions on the floor. Traditionally these positions are as follows:</p> <ul style="list-style-type: none">• Center- (1) usually the tallest player and plays close to the basket.• Forward- (2) tall players with better ball handling skills than the center.• Guard- (2) usually shorter players, they have the best ball handling and passing
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main Basketball positions? _____

9. If you are on offense do you have the ball? _____

10. What is the key? _____

skills.

Basketball Vocabulary

- **Assist:** A pass made to a teammate who scores.
- **Defense:** Team not in possession of the ball. They are defending their own basket.
- **Double Team:** Two defensive players guarding one offensive player.
- **Key:** The painted area extending from under the hoop to the free throw line.
- **Jump Ball:** The way a game is started. (Not in PE) The referee throws the ball center court.
- **Lay-Up:** A short shot that is taken from one or two feet from basket.
- **Man-to-Man:** Defense involving each player guarding one offensive player at all times.
- **Offense:** The team in possession of the ball who are trying to score.
- **Pivot:** A stationary foot that is established and does not lift off the floor.



Shots

- Jump shot
- Set shot
- Lay- up
- Hook
- Dunk

Passes

- Chest pass (one/two hand)
- Baseball pass
- Bounce pass (one/two hand)
- Two hand overhead pass

Strategies

Offensive

- Protect the basketball at all times
- Attack the basket.
- Create space by moving to the open space.
- Pass to open teammates

Defensive

- Stay between your person and the basket.
- Move your feet.
- Play a man to man or zone defense.