

BASKETBALL STUDY GUIDE



Questions

1. Where was Basketball invented? _____

2. Who invented Basketball?

3. What year was Basketball invented? _____

4. What was used for baskets when the game was first invented? _____

5. Are you allowed to dribble with both hands on the ball at the same time? _____

6. How many seconds are you allowed to be in the key? _____

7. If a violations occurs what happens?

8. What are the 3 main Basketball positions? _____

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.

Object of the Game

- 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.

Violations

- All violations result in a turnover (the ball goes to the other team)

Traveling

- 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.

Double Dribble

- Dribbling the ball with both hands at the same time.
- Dribbling the ball after picking up the original dribble.

Time Violations

- 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. Or closely guarded for 5 seconds without dribbling.
- 10 Seconds Call- taking 10 seconds or more to advance the ball past the mid-court line.

Fouls:

- A foul is when a defender makes physical contact with an offensive player.
- If a "shooter" (player attempting to make a basket) is fouled while in the act of shooting than that player would get two free throws. If not shooting (just dribbling) than the offensive team would maintain possession of the ball.
- A player is disqualified from the game if the player commits 5 fouls.

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:

- **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 skills.

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

10. What is the key?

11. What position does most of the dribbling?

12. The foot that stays on the ground is called the _____ foot.

13. When does a player take a "free throw"

14. 2 point shots are called?

15. Real basketball games are started with a

16. What are two shooting tips?
a. _____

b. _____

17. What are two dribbling tips?
a. _____

b. _____

18. Name one type of pass.

19. What is the free-throw line called?

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. In PE, we will ro sham bo for the ball to start games.
- **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.
- **Screen / Pick:** Is when an offensive player (without the ball) gets in the way of a defensive player in order for an offensive teammate to get "open" or to take a shot.

Shooting Tips

- Stayed balanced with knees bent.
- Hand in middle and under ball.
- Elbow pointing toward target.
- Athletic squat. Use legs for power.
- Follow through after shot. Index finger pointed at rim. ("Hand in cookie jar")

Types of Passes

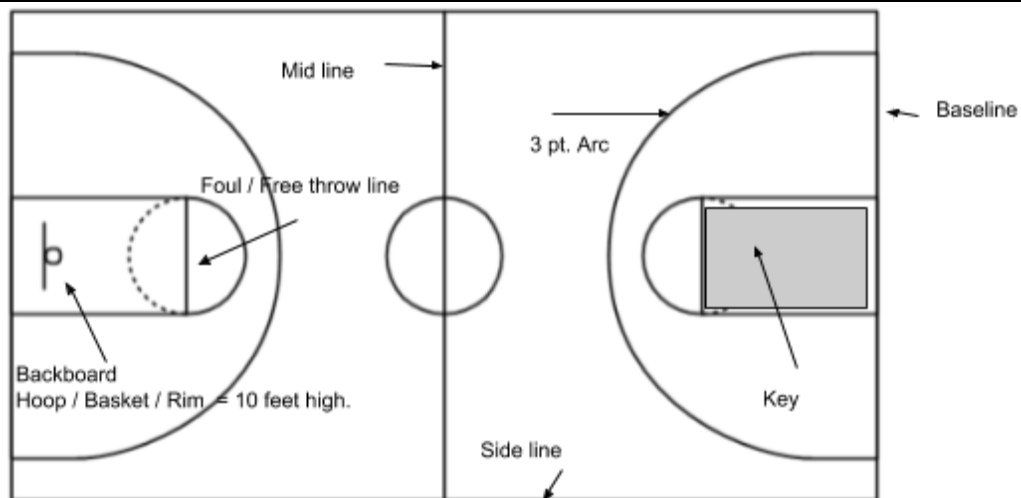
- Chest pass (one/two hand)
- Baseball pass
- Bounce pass (one/two hand)
- Two hand overhead pass

Dribbling Tips

- Protect the basketball at all times
- Create space by moving to the open space.
- Dribbling: keep ball low, your head up (to see), use your finger tips, and keep your body between your body and the defender.

Defensive

- Stay between your person and the basket.
- Keep your back to the basket.
- Point at the ball and the person you are guarding.
- Move your feet.
- Play a man to man or zone defense.



Scoring:

- Foul shots from free throw line = 1 point.
- Shots (field goals) made from inside 3 point arc = 2 points.
- Shots made from outside 3 point arc = 3 points.

