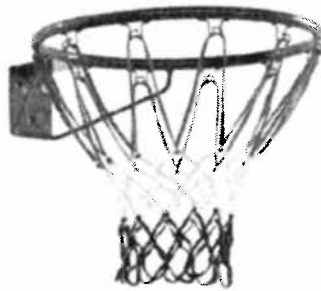


Basketball Handout

History of the Game:

Canadian physical education teacher, James Naismith, invented basketball in 1891 in Springfield, Massachusetts. The game was invented to provide an "athletic distraction" for his physical education class through the winter, and to keep his football and soccer athletes in good health. Originally, it was played by dribbling a soccer ball up and down an unspecified area and points were scored by shooting the ball into a peach basket. The iron hoops and netting were put into use years later. Naismith developed 13 original rules for the game which are still in use today.

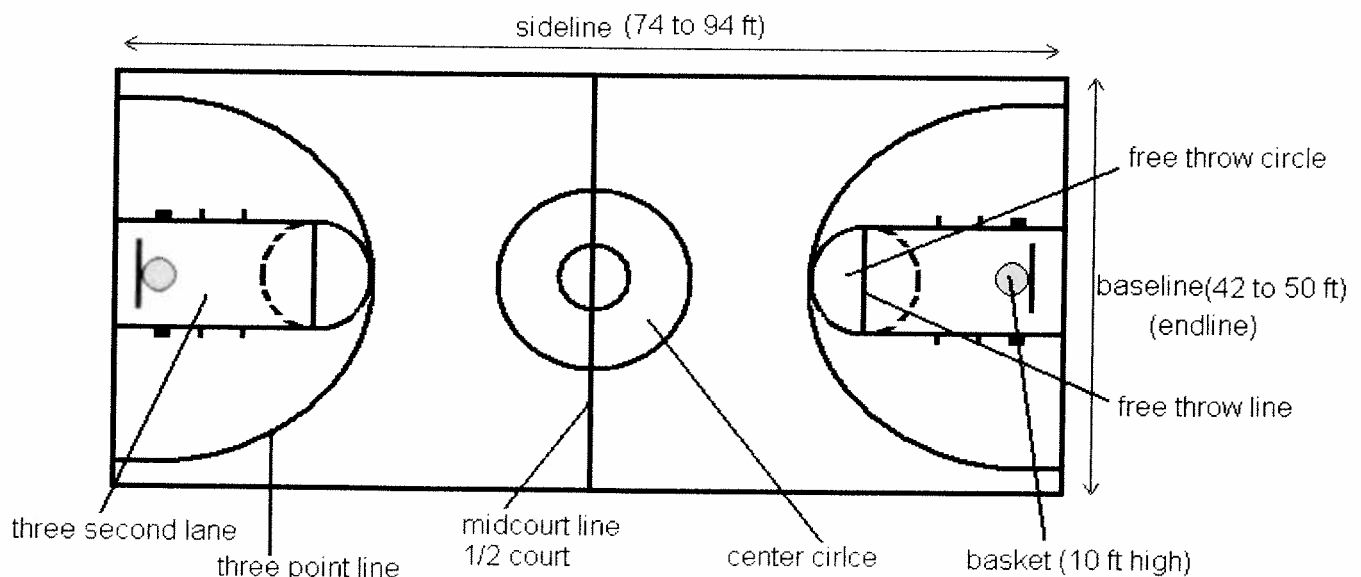


Equipment:

Ball: The ball is round with a circumference of 30 inches for men and 29 inches for women. Balls are usually made of high-grade leather or synthetic rubber.

Hoop: The basket consists of a metal ring, 18 inches in diameter. Netting is secured beneath the ring to capture the ball. The basket is secured to a rigid backboard.

The Court:



Basic Rules:

- There are **5 players per team** allowed on the court at one time. (2 guards, 2 forwards, 1 center)
- Scoring:
 - 1 point with a Free throw
 - 2 points with a Field goal (a shot inside the three point line)
 - 3 points with Three pointer (a shot outside the three point line)
- The game begins with a jump ball in the center circle.
- After a score, the ball is put into play by the team that did not score from the out- of-bounds area at the end of the court where the basket was scored.
- The ball or player is out of bounds when they are on, or over the sideline or baseline. (the ball is awarded to the other team at the spot the ball goes out)
- When the ball is in play, an offensive player cannot stay in the three second lane for more than 3 seconds.
- When two opponents have one or both hands on the ball, and neither can gain possession, it is called a held ball. A throw in occurs for the team that did not get the ball at the jump ball to begin

Violations: actions that turn the ball over to the other team that are not fouls.

Double Dribble – stopping your dribble and starting it again.

Traveling- walking with the ball without dribbling

Kicking- kicking the ball on purpose.

Illegal throw-in – stepping on or over the line when throwing in the ball.

Out of bounds – stepping out of bounds with the ball or being the last person to touch the ball before it goes out of bounds.

Fouls: Personal Fouls or Technical Fouls

- Personal Foul – a foul that involves contact with an opponent while the ball is alive or after the ball is in possession of a player for a throw-in.(pushing, tripping, charging, holding, body contact)
- Technical Foul – a foul that is beyond the normal play of the game. (delay of game, unsportsmanlike conduct)
- Players are only allowed 5 fouls per game.



Basketball Skills:

Pivot – a player is holding the ball steps in any direction with the same foot, the other foot being kept at its point of contact with the floor.

Dribbling – ball movement by a player in control who throws or taps the ball in the air or onto the floor and then touches it. The dribble ends when the player touches the ball with both hands at the same time, permits it to come to rest while in contact with it, or loses control of the ball.

Chest Pass – ball is held close to the chest with two hands, arms extend horizontally, snapping the wrists, and stepping in the direction of the pass. The pass arrives at the chest of the person who is receiving the ball.

Bounce Pass – short distance pass that is similar to a chest pass except that the ball is bounced on the floor about two thirds of the way to the person who receiving the pass.

Overhead Pass – ball is held with two hands over the head, the passer steps toward the intended receiver and arms are brought sharply forward, snapping the wrists to release the ball.

Baseball Pass- also known as the One-Hand-Overhead Pass, used to cover long distances, the ball is held slightly behind the head, the weight of the passer is brought forward as the passer brings the ball past their head, stepping in the direction of their target, extending the arm and snapping the wrist.

One- Handed Set Shot- ball is held from behind with one hand while the other hand is on the side of the ball and used as a guide. Usually used during a free-throw or a shot that is not contested by an opponent.

Jump Shot- same ball setup as a set shot, however the shooter jumps into the air with both legs when they release the ball.

Lay Up- a close in shot, high percentage shot, where the shooter plays the ball off the back-board into the basket.

Rebounding – gaining possession of the ball after an unsuccessful shooting attempt.

Man to Man Defense - preventing the opposing team to score by each player on defense marking an opponent on offensive team.

Zone Defense – preventing the opposing team to score by the placement of defensive players in a certain area around their own basket.