

BASKETBALL STUDY GUIDE

History

Dr. James Naismith, an instructor at the International YMCA Training School, invented basketball in the United States in 1891. Naismith was asked by his supervisor to invent a game that could be played indoors, in the evening and during the winter season. The first ball used was a soccer ball with peach baskets hung at each end of the gym. After every basket someone would climb a ladder next to the basket to retrieve the ball. Naismith made a list of thirteen rules before the first game was attempted. Interestingly, twelve of these (with just a few modifications) are still in effect.

The Game

Basketball is played with five players on the court, all of whom can move the full length of the court and play both offense and defense. Most often teams play two guards, two forwards and one center.

A free throw is worth one point. A field goal inside the three-point line is worth two points. A field goal beyond the three-point line is worth three points.

A jump ball begins every game, done in the center circle.

Player who is fouled shoots free throws. Teams alternate spaces on the lane line with the defensive team closest to the basket. Players on the lane line and the free throw shooter may not go for the rebound until the ball hits the rim.

After each made shot, the ball is put back into play by the team that did not score from the out of bounds area at the end of the court at which the basket has been scored.

A player is out of bounds when he touches the floor on or outside the boundary line.

Techniques

Lay-Up – This shot is made on a drive to the basket jumping off the foot opposite of shooting hand. On the last dribble the ball is grasped by both hands and brought above the forehead with the shooting hand under the ball.

Shooting – Shooting hand under the ball, opposite hand is on the side of the ball. Strong foot is slightly ahead, knees bent and toes pointing at the basket you are shooting at. The wrist is extended back. As you bring the ball up to shoot, your knees extend up, your elbow is pointed at the basket and extends, your wrist snaps toward the basket. Though both hands are on the ball, good release is only done with the shooting hand.

Dribbling – The fingers are spread and the wrist flexed. Only your fingertips should touch the ball. The fingers control the direction of the ball; the wrist supplies the force. Eyes are up while dribbling so you can see open teammates. The ball should not bounce above the waist.

Crossover Dribbling – A dribbling technique used to change direction. When doing a crossover dribble the ball should change hands knee high so the defense cannot steal the ball. Four types of crossovers are behind your back, spin, between your legs, and in front of your body.

Chest Pass – Coming out of triple threat position the ball is held at your chest, hands on both sides of the ball with a balanced grip. Ball is released by extending your shooting arm, stepping with your strong foot. The ball should rotate as it would if you were shooting, and shooting hand should follow through pointing at target. Aim the pass at the receiver's chest.

Bounce Pass – Coming out of triple threat position the ball is held at your waist, hands on both sides of the ball with a balanced grip. Ball is released by extending your arms, stepping with your strong foot. The ball should hit the floor closer to the receiver than the passer. The receiver should catch the ball no higher than their waist.

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Baseball Pass – This pass is used to cover a long distance, usually to start a fast break. The ball is thrown with the dominant hand. The ball is brought back behind the ear with the hand behind the ball.

Screening – A screen is done by placing your body in the way of a defensive player. Screens are used by offensive players to help get teammates open. A screen can be set on any defensive player.

Defensive Stance – Body weight evenly distributed on the balls of the feet, head up, knees flexed, feet should be shoulder width apart and seat low.

Man-to-Man Defense – The basic principle of having one defensive person assigned to one offensive player and to guard them wherever they go. The basic concept of playing man-to-man is to keep your body between your person and the basket.

Zone Defense – The basic principle of each player guarding an area of the court.

Terms

Assist- a pass from one offensive player to another that results in a basket.

Back Court – half of the floor which contains the opponent's basket

Boxing Out – a skill used to prevent an opposing player from achieving a good rebounding position.

Defensive Player – a player whose team does not have possession of the ball

Free Throw - an unguarded attempt at the basket from the free throw line which is fifteen feet from the basket.

Front Court – half of the floor which contains your basket.

Offensive Player – a player whose team has the ball.

One and One - When the free throw shooter has to make the first free throw to get the second attempt.

Pivot – a player with the ball, cannot dribble, can turn and move one of his feet. The foot that is still is called your pivot foot. Turning and moving while one foot is set is called pivoting.

Rebound – a term applied when a shot bounces off the backboard or basket.

Steal – when a defensive player manages to take the ball away from the offense.

Turnover - when the offensive team is called for a violation or causes the ball to be given to the defensive team. Example: throwing the ball out of bounds.

Steal - when a defensive player manages to take the ball away from the offense. Example: intercepting a pass.

Rebound - when a shot is taken and missed and either team can claim the ball.

Triple threat position - a stance in which you can shoot, pass, or dribble out of.

Violations

Violations result in the awarding of the ball out of bounds to the opponent. Some common violations are:

Traveling - running with the ball without dribbling.

Double Dribble - using two hands to dribble or one hand and part of your body when dribbling.

Kicking - intentionally kicking the ball.

3 Second Call - offensive player standing in the lane area for more than three seconds.

Failure of the shooter to hit the rim on a free throw attempt.

Stepping on a boundary line while in possession of the ball

Fouls

Personal Foul - player who holds, trips, pushes, charges and so on, is called a personal foul by the referee.

Technical Foul - called against a player or coach for unsportsmanlike conduct.

For a technical foul the opponent shoots two free throws, the free throw shooter can be anyone from the other team that is in the game at the time the technical is called.

For a personal foul it is more complicated. Anytime you are fouled while shooting you will shoot free throws. If you make the shot you only get one free throw.

If you are fouled and not shooting the question of whether you shoot free throws depends on how many fouls have been called on the other team.