

Basketball Study Guide

History:

The game of basketball was actually developed to help condition athletes during the winter months. In 1891 **Dr. James Naismith**, the physical education director at the YMCA College in Springfield, Massachusetts, introduced the game. The first basketball games were played with a soccer style ball and peach baskets as goals.

The first official game of basketball was not played until 1892, when Dr. Naismith developed 13 basic rules; some of which are still used today. The National Basketball Association and the National Collegiate Athletic Association now govern the rules of basketball.

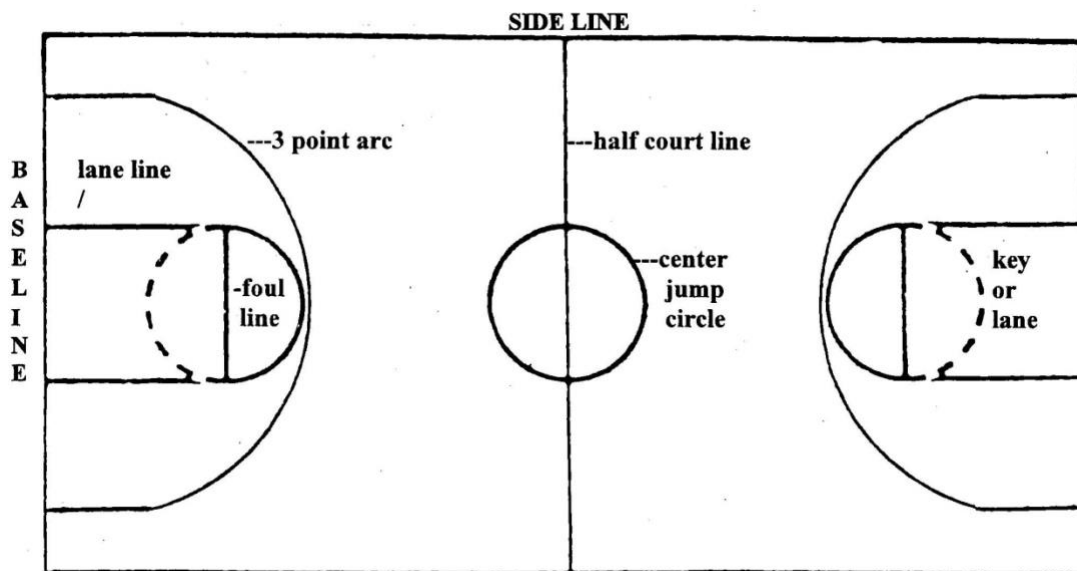
Equipment:

The basketball uniform usually includes athletic shorts and a sleeveless T-shirt. Athletic sneakers are worn to aid players in stopping and starting quickly. There are two **backboards** each one measuring 4 feet high by 6 feet wide and located in the center of each end of the court. The **basket** is comprised of an 18" diameter metal rim that has an open mesh net hanging underneath. The rim must be 6" from the backboard surface and must be exactly 10 feet from the floor.

The **basketball** used by men weighs 20 to 22 ounces and has a circumference of 30". The **basketball** used by women weighs 18 to 20 ounces and has a circumference of 29". The size of the women's basketball was reduced to allow for better ball control for female athletes. Balls are usually covered with leather, rubber, or a synthetic material; an official basketball is covered with leather.

Basketball Court:

The **basketball playing court** is rectangular in shape measuring 94 feet long by 50 feet wide for college teams and 84 by 50 feet for high school teams (See diagram below). Hardwood flooring is the most common type of surface.



Game Play:

Basketball is considered a **team sport**. Team work is essential for success. Each team has **five players** on the court usually consisting of two **guards**, two **forwards**, and a **center**. There are also usually several substitutes for each position on the bench that can come in any time that play is stopped.

Each **high school** game consists of 4 eight minute quarters, a **college** game consists of 2 twenty minute halves; a **professional** game consists of 4 twelve minute quarters. Play continues until the designated time expires. The team that scores the most points over that time span is declared the winner. The only other time that play is stopped is if the ball goes out of bounds or a foul or violation occurs.

An official will start every game with a **jump ball**. One player from each team will enter the **center circle** and when the official tosses the ball in the air will try to tip it to one of their teammates. The team that has possession of the ball is on **offense** and their primary goal is to dribble, pass, or hand the ball into position to shoot the ball into their offensive basket. In the game of basketball there are many different offensive plays that a team may run which would require varied positioning of its players. A ball that is shot into a teams' offensive basket from **inside** the **3 point arc** (see court diagram) is a **2 point field goal**. A ball that is shot by a player standing **beyond** the 3 point arc is a **3 point field goal**. After each made field goal the team **not** scoring puts the ball into play from out of bounds behind the **baseline** (see court diagram) nearest their defensive basket.

The team **not** in possession of the ball is on **defense** and their primary goal is to prevent the other team from scoring. The two most commonly used strategies are **man to man** and **zone defenses**. In man to man defense each player on the defensive team matches up and guards one player from the offensive team. In zone defense each player is responsible for a specific area on the court and must match up with any offensive player that enters that space. While on defense players can attempt to steal the ball, block a pass or shot, or rebound a missed field goal attempt. They must attempt to do this without initiating illegal body contact with an offensive player. While some incidental contact is allowed in basketball, any time a player (either defensive or offensive player) gains an advantage through contact they will be called for a **foul**. When a foul is committed the opposing team will either be given the opportunity to shoot **free throws** (a 1 point shot from 15 feet while play is stopped – see the court diagram) or will be awarded the ball out of bounds.

The only other time that the game will be stopped is for a rules violation. A change of possession always follows a violation. Some examples of rules violations include:

- Traveling** when a player moves his/her feet while in possession of the ball without dribbling.
- Three Seconds** when an offensive player is in the key or lane (see court diagram) for more than 3 seconds.
- Double Dribble** when a player dribbles a second time after his/her first dribble has ended.

Basketball Skills:

Dribbling:

1. Keep a staggered balanced stance. Bend at the waist and the knees to be in a crouched position. Keep your weight balanced on the balls of your feet.
 2. Keep your head up – do **not** look at the ball.
 3. Keep your wrist relaxed and cup your hand slightly.
 4. Dribble the ball by pushing with the finger pads –**not** the palm of the hand.
 5. Never bounce the ball higher than the waist.
 6. Use the non-dribbling arm and hand to protect yourself from defenders while dribbling.
- for **speed dribbling:**
- Keep the body more upright leaning only slightly forward.
 - Push the ball forward out in front of the body.
 - The faster you are running the further forward you should push the ball.

Passing and Catching;

Chest Pass:

1. Stand with your feet shoulder width apart and your knees slightly bent.
2. Hold the ball with both hands with your fingers on the sides of the ball and your thumbs behind the ball.
3. Hold the ball at chest level with your elbows out to the sides.
4. Step forward when executing the pass.
5. Extend your arms outward and flip your thumbs downward (snap wrist upon release of ball) causing backspin on the ball.
6. Focus your eyes on your target and follow through in the direction of your partner's chest.
7. **Safety point: never throw a pass unless the catcher is looking at you and expecting the pass.**

Bounce Pass:

1. Same as the chest pass except as follows:
2. Keep your elbows at your side.
3. Focus on a point on the floor 2/3 of the way between you and your partner.
4. Extend your arms toward the spot 2/3 of the way to your partner.
5. Step forward and follow through toward that target spot on the floor.

Two Hand Overhead Pass:

1. Hold the ball with both hands above the head with your elbows out to the sides.
2. Extend the arms and flick the wrists with your fingers pointing down.
3. Focus on a target on your partner's shoulder.
4. Release the ball at the forehead.

Catching:

1. Step out toward the ball when receiving it.
2. Catch the ball with both hands, grasping it with the fingers.
3. Pull the ball into your chest.
4. Keep the eyes focused on the ball

Shooting

Lay-ups:

1. Dribble the basketball approaching the basket at an angle.
2. At a distance of two strides away from the basket (For a **right-handed** lay-up) pick up the ball with the left hand in front and under the ball.
3. Place the right hand on top and slightly behind the ball.
4. Bring the ball to shoulder and head height as the left foot pushes off of the floor.
5. Bring your right knee up.
6. Place the ball rather than throw it against the backboard aiming at the inside of the box painted on the backboard.
7. Follow through with the palm of the right hand high in the direction of the intended target.
8. **Reverse** hands and feet for a **left-handed** lay-up.

Jump shot:

1. Square the body toward the basket.
2. Right-handed shooters should place the right hand underneath the ball using their left hand on the side of the ball for balance (your right elbow should be directly below the ball).
3. Bring the ball slightly above and in front of the head.
4. Cock your wrist and jump upward.
5. Release the ball at the top of your jump and follow through in the direction of your target.
6. After release snap your wrist downward pointing your fingers at the basket.

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