



Physical Education Cherokee High School



Basketball Study Guide

Basketball teaches many elements that promote health and wellness:

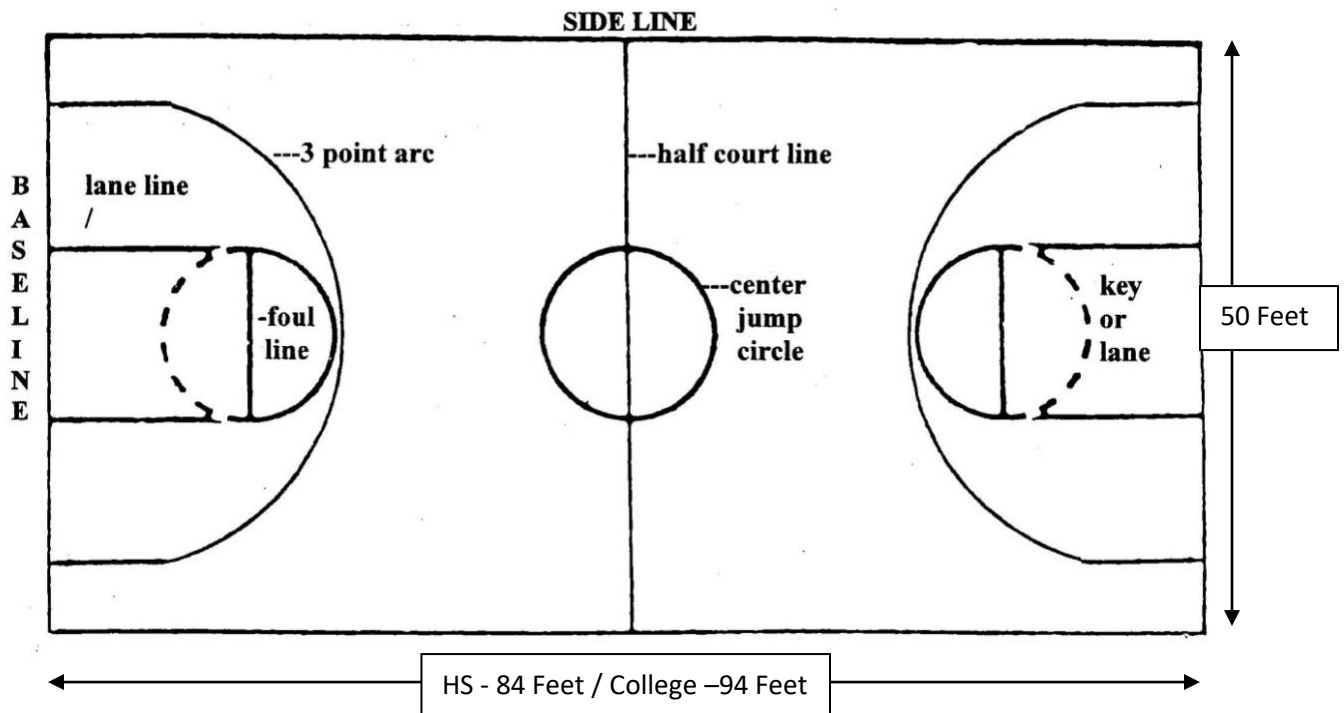
1. You need to have **cooperation** so the players on the same team can work in unison with each other.
2. **Teamwork** helps the players work together to accomplish the task.
3. **Strategy** is used to manipulate the defense or offense for a higher success rate.
4. Dribbling the ball with one hand and shooting teaches **hand-eye coordination**.
5. **Cardiovascular fitness** and **agility** is obtained by running up and down the court during game play.

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 Pro League formed in 1898 to protect players from exploitation and to promote a less rough game. On February 9, 1895 the first intercollegiate 5-on-5 game was played between Hamline University and the School of Agriculture.

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.



Equipment:

There are two **backboards** 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 has a circumference of 30". The **basketball** used by women 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.

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**. The **guard** position is usually comprised of the better shooters and ball handlers on the floor. They are responsible for starting the offense. **Forwards** score and defend from a position close to the basket. **Centers** play a similar position to the forwards and the usually take the jump ball to start the game.

Each **high school** game consists of 4 eight minute quarters. Play continues until the designated time expires. The team that scores the most points over that time span is declared the winner. If the score is tied at the end of regulation the game will go into overtime to determine a 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.

Rules

1. **Personal Foul** Any time a player (either defensive or offensive player) gains an advantage through contact.
2. **Technical Foul** Violations and misconduct that officials believe are detriment to the game; penalized by a free throw opportunity to the non-offending team and possession of the ball.
3. **Flagrant foul** Unnecessary or excessive contact against an opponent.
4. **Charge** an offensive foul which occurs when an offensive player runs into a defender who has established position.
5. **Block** the use of a defender's body position to illegally prevent an opponent's advance; the opposite of charging.
6. **Traveling** when a player moves his/her feet while in possession of the ball without dribbling.
7. **Three Seconds** when an offensive player is in the key or lane (see court diagram) for more than 3 seconds.
8. **Double Dribble** When a player dribbles a second time after his/her first dribble has ended.
9. **Jump ball** Also happens during game play when players opposing teams both grab the ball. Position is alternated to each team when this happens.

Skills/ Strategy

1. **Offense** The team with possession of the ball.
2. **Defense** The act of preventing the offense from scoring; the team without the ball.
3. **2 Pt field goal** When the ball enters the basket from inside the three point arc.
4. **3 Pt field goal** When the ball enters the basket from behind the three point arc.
5. **Free throw** An unguarded shot taken from the foul line by a player whose opponent committed a personal or technical foul; it is worth 1 point.
6. **Lay-up** a shot taken after driving to the basket by leaping up under the basket and using one hand to drop the ball directly into the basket.
7. **Bounce Pass** Pass that hits the floor about three quarters of the way to the receiver.
8. **Chest Pass** This pass is the simplest, safest and most accurate pass in basketball.
9. **Dribbling** Bouncing the ball while walking or running, must be done with one hand.
10. **Man Defense** Each player on the defensive team matches up and guards someone from the opposing team.
11. **Zone Defense** In [zone defense](#) (link example is of a 2-3 zone) each player is responsible for a specific area on the court and must match with any offensive player that enters their space.
12. **Offensive Rebound** When someone from the offensive team gains possession of the ball after a missed shot.
13. **Defensive Rebound** When someone from the defensive team gains possession of the ball after a missed shot.
14. **Box-Out** Technique used to obtain rebounds. Create space between your opponent and the basket to grab a missed field goal attempt.
15. **Pivot** The use one of your feet as a base of your movement and you are free to change direction and look for a pass or shot as long as your pivot foot is not moved.