

Basketball Study Guide

Introduction:

Basketball presents the opportunity to learn ball skills, coordination, agility, and body control.

History:

- 1.) James Naismith created the game of basketball in 1891.
- 2.) The original basket used for basketball was a peach basket.
- 3.) Basketball was developed in Springfield, Mass., the current site of the Basketball Hall of Fame.

Court:

The court measures a maximum of 94ft. long and 50ft. wide. The baskets are suspended 10ft. above the floor at the endline of each court.

Rules:

1. The game is divided into 20-minute halves for college and university teams and 8-minute quarters for high school teams.
2. A player is out-of-bounds when touching the floor on or outside the boundary line.
3. The ball is out-of-bounds when it touches a player who is out-of-bounds or any other person, the floor, or any object on or outside a boundary, or the supports or back of the backboard.
4. While the ball is alive, an offensive player cannot remain for ore than three (3) seconds in that part of the free-throw lane between the end line, the free-throw line, and the free-throw lane lines.
5. Violations include causing the ball to go out-of-bounds, double dribbling, running with the ball, kicking the ball, striking the ball with the fist, interfering with the basket, illegal throw-in (taking more than 5 seconds or

stepping on the line), and the three-second lane rule.

6. Fouls are classified as: (a) *personal* – involving pushing, charging, tripping, holding, body contact; or (b) *technical* – involving delay of game, unsportsmanlike conduct, illegal entry, excessive timeouts. For personal fouls, the offender is charged with one foul; a fifth personal foul results in disqualification.

Scoring:

A goal from the field other than from the three-point area counts *two* points.

A field goal counts three points if a player situated beyond the three-point goal line makes the shot. For a successful three-point goal, the player must have one or both feet on the floor and be beyond the three-point line when attempting the shot.

When a free throw is awarded for fouls, each successful free throw counts *one point*.

Skills:

Basic Stance:

- a. Pull the ball in close to your body for protection.
- b. Step back slightly with your free foot, away from your defender, pulling the ball back with you.
- c. Called the “triple threat” position, this enables you to pass, dribble, or shoot.

Dribbling:

The dribble should be used only to: (1) penetrate or drive toward the basket; (2) create a better passing lane; (3) get out of a crowd; (4) bring the ball down the court.

Dribbling should be done using the fingertips, not the palm of your hand.

The ball should be pushed downward and slightly forward.

The ball should not rise up above the wrist level on each dribble.

The opposite arm and forward foot should provide protection between the ball and the opponent.

Always keep head up with eyes facing the basket and teammates as much as possible.

Keep knees bent for better balance.

Types of Dribbling:

cross-over dribble, spin dribble, between-the-legs dribble, behind-the-back dribble

Passing:

Chest Pass

Ball is held in both hands, the fingers spread on the sides of the ball with the thumbs behind the ball.

The ball is released by extending the arms fully, snapping the wrists, and stepping in the direction of the pass.

The palms should be facing downward or slightly outward with elbow chest high on the follow-through.

The chest pass should be received chest high.

Bounce Pass

Follow the same procedures as the chest pass, except the ball should bounce at waist level to your teammate.

This pass is a short distance pass used to avoid a deflection or interception when a player is being closely guarded.

4.) Shooting:

Lay-up

The take-off should occur with the inside foot (foot closest to the basket). For instance: for a right handed lay-up the left foot will be your takeoff foot, for a left handed lay-up the right foot will be your takeoff foot.

The shooting arm and fingers extend upward to “lay” the ball against the backboard.

A lay-up should be performed with the right hand on the right side of the basket and the left hand on the left side of the basket.

Concentrate on placing the ball softly against the backboard.

Use the

white square along the basket as a target for where the ball should hit the backboard.

Set-Shot

Knees should be slightly bent in a balanced position. Right foot should be forward for a right handed player, left foot should be forward for a left handed player.

The shoulders should be square to the basket.

The ball should be held with the fingers, never in the palms of the hand.

The shooting hand is behind and slightly under the ball with the fingers spread.

The non-shooting hand is placed on the side of the ball and is used as a “guide” for the ball

The wrist flexes forward, while the guide hand comes off of the ball during the shot.

The wrist should be extended with the fingertips coming off last, creating a slight *backspin* on the ball.

A proper follow-through should have the guide hand held high, with the palm of the shooting hand facing the floor. Imagine your grabbing a piece of candy out of the basket and that is the hand position you should be in for your follow-through.

5.) Defense

Man-to-Man defense: the assignment of each player to guard one offensive player.

Zone defense: placement of defensive players in designated areas in and around the defensive basket. The most common zone defenses are the 1-3-1, the 1-2-2, the 3-2, the 2-1-2, and the 2-3.

Terminology:

Charging – personal contact against the body of a defensive opponent by a player with the ball.

Cut – a quick offensive move by a player trying to get free for a pass.

Field Goal – a basket scored from the field

Jump ball – a method of putting the ball into play to start the game by tossing the ball
up between two opponents in the center circle.

Overtime period – an extra period of playing time (5 minutes in college, 3 minutes played if the score is tied at the end of the regulation game.

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

Traveling – when a player in possession of the ball within bounds progresses illegally in any direction.

Safety:

- 1.)No horseplay.
- 2.)Return equipment in proper designated areas.
- 3.)No excessive fouls during the games or drills.

REVIEW QUESTIONS FOR BASKETBALL TEST

- 1.) Define “cut”**
- 2.) Describe the proper dribbling technique**
- 3.) Explain the differences in the length of periods between high school and college basketball**
- 4.) Who created basketball? Where was it created? What was the original type of basket?**
- 5.) List and explain the types of dribbling**
- 6.) Describe the proper techniques of the chest and bounce pass.**
- 7.) Describe the proper technique for a lay-up**
- 8.) Describe the proper technique for a jump shot or set shot**
- 9.) Explain what “triple threat” is**
- 10.) Explain the scoring system in basketball**
- 11.) Explain the various rules and violations of the game of basketball**
- 12.) Describe the court dimensions, and list the height of the basket from the floor**