

## **BASKETBALL STUDY GUIDE**

### **HISTORY:**

Basketball was invented during the school year of 1891-92 at Springfield College, Springfield, Massachusetts. **Dr. James A Naismith** conceived the idea of attaching peach baskets at opposite ends of the gym on the track that encircled the playing floor. This is where the height of 10 feet for the basket was arrived at. The game, basketball, derives its name from the original ball and basket used in the first games. The game was introduced in YMCA's across America and also to foreign countries. Basketball became a part of the Olympic Games in 1936.

### **THE GAME:**

The object of the game is to score more points than your opponent. The ball is passed, thrown, bounced, batted, or rolled from one player to another. A player in possession of the ball must maintain contact with the floor with one foot (pivot foot), unless the player is shooting, passing, or dribbling.

Physical contact with an opponent can result in a foul if the contact impedes the desired movement of the player.

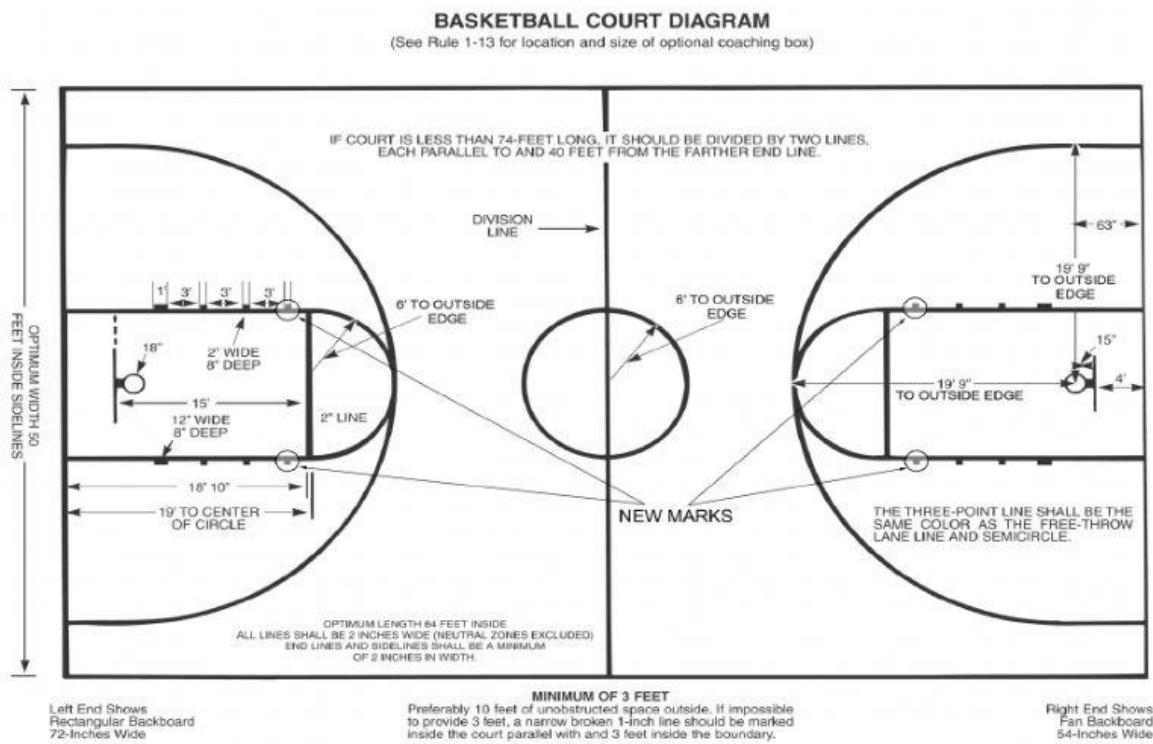
### **BASIC RULES:**

1. **Players:** Five players per team on the floor at a time with unlimited substitutions. Usually players fill the standard positions of 2 forwards, 2 guards, and 1 center. The names of these may be changed depending on the offense played.
2. **Offense:** Team or individual patterns or play which are used to get the ball into scoring position. There are two basic types of offensive attacks: the slow deliberate attack and the fast break attack.
3. **Defense:** Players may choose to play either a man to man defense (person to person) or zone. In **man to man** each player is assigned a specific person to guard/play defense on. In a **zone** defense players are assigned a specified area to guard. The object of defense is to try to take the ball away from your person or person in your assigned zone area, to force them to turn over the ball, or force them to take a low percentage shot.
4. **Scoring:** Field Goals = 2 or 3 points, Free Throws = 1 point
5. **Timeouts:** Timeouts are one minute or 30 seconds in length and can be requested during a dead ball or anytime by the team in possession of the ball.
6. **Timing:**
  - o High school varsity games play (4) 8-minute quarters.
  - o Time stops each time an official blows the whistle indicating a dead ball.
  - o There is one minute between quarters and 10 minutes at the half.
  - o Player has 10 seconds shoot a free throw
  - o A player has 5 seconds to inbound the ball
  - o Running time is used in physical education and intramural situations. The clock does not stop on dead balls.

## Basketball Court: High School Dimensions

-84 feet long and 50 feet wide

-The lane (paint) is 12 feet wide, length of a free throw is 15 feet, and height of the basket is 10 feet



### PLAY:

- The game is started with a jump ball in the center circle between two opponents.
- A player is out of bounds when touching the floor on or outside the boundary line.
- 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 of the backboard.
- The ball is caused to go out of bounds by the last player touching it before it goes out. The ball would be awarded out of bounds for a throw-in by the opposing team.
- While the ball is alive, an offensive player cannot remain for more than three seconds in that part of the free-throw lane between the end line, the free-throw line, and the free-throw lane lines.
- If an offensive ball handler while in the front court is closely guarded by the defense for five seconds, a violation is called and the defense is awarded the ball.
- If two opponents are both firmly holding the ball a "jump ball" is called. A "jump ball" results in an alternating possession which is kept track of at the official table.
- In physical education, intramurals, or pickup games, a "jump ball" is awarded to the defender.
- 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), being closely guarded for 5 seconds while in possession of the ball in the front court, and the three second lane rule.

- After one team makes a field goal or free throw the other team puts the ball into play from out of bounds under the basket at which the goal was made. Each team possessing the ball is required to advance it past the half-court line within 10 seconds after gaining possession.
- **Fouls:**
  - **Personal:** involving pushing, charging, tripping, holding, body contact
    - After the fifth personal foul on a player, the player is disqualified from the game
    - The offended player is awarded:
      - one free-throw if the foul occurred during a field goal attempt and the basket was made
      - two free-throws if the foul occurred during a field goal attempt and the basket was missed
      - no free-throw, but the ball is awarded to offended player's team out of bounds
  - After the seventh TEAM personal foul in the half, the person fouled will be given a BONUS free throw.
    - If you make your first bonus free throw you receive a second free throw.
    - If you miss the first bonus free throw the ball should be played like a missed field goal.
  - After the tenth TEAM personal foul in the half, the person fouled will be given two free throws commonly referred to as the Super Bonus.
  - **Intentional:** foul involving "intent" to foul as opposed to trying to play the ball which awards the person fouled two free throws and team possession of the ball after the free throws.
  - **Technical:** involving delay of game, unsportsmanlike conduct, illegal entry, and excessive timeouts with the offended team being awarded two free throws and the ball out of bounds.

**Positions/Descriptions:** You need to know the name of each position as well as its corresponding number and the typical abilities that player would possess.

1. **Point Guard:** the best ball handler and passer on the team.
2. **Shooting Guard:** The best outside shooter on the team.
3. **Small Forward:** Good at shooting, rebounding, and driving to the basket. ATHLETE!!!
4. **Power Forward:** Best rebounder, typically a very strong defensive player.
5. **Center:** Typically the biggest player. Stays close to the basket. Good Rebounder.

## TERMINOLOGY:

1. **Assist**: a pass by an offensive player to a teammate that leads directly to a score.
2. **Baseline**: the end line
3. **Blocking Out**: a term used to designate a defensive player's position under the backboard which prevents an offensive player from achieving good rebounding position.
4. **Charging**: personal contact against the body of an opponent by a player with the ball.
5. **Cut**: A quick offensive move by a player trying to get free for a pass.
6. **Denial Defense**: aggressive individual defense where the defensive player works hard to keep the offensive player from receiving a pass.
7. **Double Dribble**: when one person dribbles, stops and picks up the ball and starts to dribble again or dribble with two hands simultaneously.
8. **Dribble**: process of bringing the ball down the floor or moving the ball from place to place using the finger pads to tap the ball.
9. **Drive**: an aggressive move toward the basket by a player with the ball.
10. **Fake (Feint)**: using a deceptive move with the ball to pull the defensive player out of position.
11. **Fast break**: moving the ball quickly down court in order to score before the defense can set up.
12. **Field Goal**: a basket scored from the field, worth two points, unless outside the three point line.
13. **Free Throw**: the privilege given a player to score one, two, or three points by unhindered throw for a goal from within the free throw circle and behind the free throw line.
14. **Lay-up**: a shot where a player releases the ball close to the basket while continuing to run off one foot.
15. **Pick**: a special type of screen where a player stands so the defensive player slides to make contact, freeing an offensive teammate for a shot or a drive.
16. **Pivot**: take place when a player who is holding the ball steps once or more than once in any direction with the same foot; the other foot, called the pivot foot, being kept at its point of contact with the floor.
17. **Press**: a team's attempt to take the ball away from their opponent before they can set up their offense.
18. **Rebound**: when a shot bounces off the backboard or basket and is pulled down by a player.
19. **Steal**: a defensive player takes the ball from the offensive team.
20. **Team's Back Court**: the part of the court containing the opponent's basket
21. **Team's Front Court**: the part of the court containing a team's own basket
22. **Telegraphing the Pass**: indicating where you are going to pass by looking or signaling.
23. **Throw-In**: a method of putting the ball in play from out of bounds.
24. **Traveling**: when a player in possession of the ball within bounds progresses illegally in any direction.
25. **Violation**: an infraction of the rules resulting in a throw-in from out of bounds for the opponents.

## **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.