COLEGIO FUENLABRADA

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Subject: Physical Education

HISTORY AND RULES

History of the Game

Basketball was first developed in 1891 by James Naismith as a way for athletes to keep in shape during the winter months in Springfield, Massachusetts. The early basketball games were played with a soccer-style ball and peach baskets. There was no limit in the number of players or balls that could be used at once. It was not uncommon to see a game with 50 players and 5 balls. In 1892, Naismith developed 13 simple rules to help govern the game. Some of these rules are still used today. The rules of the game were published in a national magazine and its popularity quickly spread throughout the United States. The game grew so fast that the first intercollegiate basketball game was played in 1896. In 1936, basketball became an Olympic Sport.

Object of the Game

- The object of the game is to advance the ball towards your opponent's basket by passing or dribbling the ball.
- Each team attempts to score the most points by shooting the ball into the basket. At the same time they try to prevent their opponents from scoring.

Violations

- All violations result in a turnover (the ball goes to the other team)

Traveling

- A player, in possession of the ball, is moving without dribbling the ball.
- A player with the ball moves his/her pivot foot without dribbling.

Double Dribble

- Dribbling the ball with both hands at the same time.
- Dribbling the ball after picking up the original dribble.

Fouls:

- A foul is when a defender makes physical contact with an offensive player.
- If a "shooter" (player attempting to make a basket) is fouled while in the act of shooting than that player would get two free throws. If not shooting (just dribbling) than the offensive team would maintain possession of the ball.
- A player is disqualified from the game if the player commits 5 fouls.

Scoring:

- Foul shots from free throw line = 1 point.
- Shots (field goals) made from inside 3 point arc = 2 points.
- Shots made from outside 3 point arc = 3 points.

Basketball Vocabulary

- **Assist:** A pass made to a teammate who scores.
- **Defense:** Team not in possession of the ball. They are defending their own basket.
- **Double Team**: Two defensive players guarding one offensive player.
- **Key:** The painted area extending from under the hoop to the free throw line.
- **Jump Ball:** The way a game is started. (Not in PE) The referee throws the ball center court. In PE, we will ro sham bo for the ball to start games.
- **Lay-Up**: A short shot that is taken from one or two feet from basket.
- **Man-to-Man:** Defense involving each player guarding one offensive player at all times.
- **Offense**: The team in possession of the ball who are trying to score.
- **Pivot:** A stationary foot that is established and does not lift off the floor.
- **Screen / Pick:** Is when an offensive player (without the ball) gets in the way of a defensive player in order for an offensive teammate to get "open" or to take a shot.

Basketball Positions

Basketball is a team sport that uses five players per team on the court at a time. These five players play different positions on the floor. Traditionally these positions are as follows:

- **Center-** (1) usually the tallest player and plays close to the basket.
- **Forward-** (2) tall players with better ball handling skills than the center.
- **Guard**- (2) usually shorter players, they have the best ball handling and passing skills.

BASKETBALL HISTORY AND RULES QUIZ

1. Where was basketball invented?

2. Who invented basketball?

3. When was basketball invented?

4. When did basketball became an Olympic Sport?

   1891 1936 1896

5. Are you allowed to dribble with both hands at the same time?

   Yes No

6. What happens when a violation occurs?

- A turnover
- A free shot
- A player is disqualified

7. If a player with the ball moves their pivot foot without dribbling, it is...

- Travelling
- Double Dribble
- Foul

8. How is the key area marked on the court?

- It's a circle
- It's painted
- It's written on the floor

9. If a foul happens when a shooter is attempting to score, the shoother will get...

- A turnover
- A Disqualification
- Free throws

10. The action of two defending players guarding one offensive player is known as...

- Assist
- Screen / Pick
- Double team

11. How is a game started?

- With a ro sham *(rock, paper, scissors)*
- With a jump ball
- With a lay-up

12. Match the descriptions with the positions for players in basketball:

Guard	The tallest player who plays close to the basket
Forward	Tall player with better ball handling skills than the Center
Center	Short player with the best ball handling and passing skills