



# Basketball

## Answer the questions.

1. Who invented the game of basketball and list two changes to the original thirteen rules?
2. Why do you think that basketball has become such a popular world-wide sport?
3. How do superior dribbling skills contribute to basketball success?
4. Provide examples of three types of passes.
5. Why is a bounce pass less likely to result in a turnover?
6. Give two examples of modified games of basketball.
7. Under what circumstances should an overhand baseball pass be used?
8. How are shooting free throws different from other shots?
9. Describe proper layup technique.
10. What are the advantages of a jump shot verses a set shot?
11. List two strengths and weaknesses of a man-to-man defense.
12. List two strengths and weaknesses of a Zone defense.

**History** Dr. James Naismith, a Canadian Physical Education Instructor, invented the game of basketball in 1891. He was born in Almonte, Ontario and educated at McGill University and Presbyterian College in Montreal. While teaching at Springfield College in Springfield, Massachusetts he worked under the direction of American Physical Education Specialist Luther Halsey Gulick to create the sport of indoor basketball.

The game had 13 fundamental rules, which have been modified over the years. Originally, the game used a soccer ball and awarding points by landing the ball in a peach basket. Iron hoops and a hammock-style basket were introduced in 1893. Another decade passed before the innovation of open-ended nets and put an end to retrieving the ball from the basket each time a goal was scored.

Basketball became an Olympic sport in the 1938 Berlin Olympics. It is widely enjoyed sport, with leagues for all ages and abilities. Currently more than 30 million Americans participate in the sport.

## Skills

### **Chest or Push Pass**

- Hold the ball with both hands keeping elbows close to the body
- Fingers need to be spread apart with the thumbs pointed inward.
- Step toward the receiver and whip the ball with a strong wrist snap and push of thumbs and fingers.
- Make arms follow through in the direction of the pass.

**Bounce pass** This pass may be executed using on or two hands.

- For the **two-handed bounce pass**, hold the ball as you would for a chest pass, but at waist level. The **one-handed bounce pass** is executed directly from the dribble.
- Push the ball outward and down with enough force and at the proper angle to bounce the ball to a teammate.
- The bounce pass should only be used for short passes.

### **Two-handed Overhead Pass**

- Hold and throw the ball with both hands.
- Bring the ball well above and slightly behind the head with both hands.
- Release the ball with a strong wrist snap and extension of the arms.
- Arms and hands follow through in the direction of the pass.

### **Dribble**

- Dribble with the body low for protection and the head up.
- Dribble with the hand farthest from the defender and use the body to protect the ball.
- spread the fingers and relax the wrist and fingers. Control the ball with the fingers, pushing it down and forward.
- Do not bat or slap at the ball, keep a gap between the palm of the hand and the ball.

### **Rebounding**

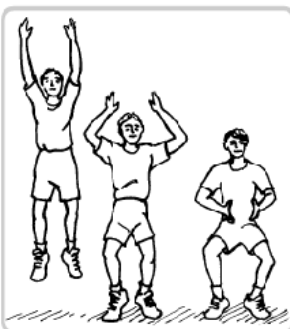
- Rebounding is used to retrieve a missed shot. It can be performed by offensive and defensive players.
- Time the jump to coincide with catching the ball at the height of the jump.
- Firmly grasp the ball with both hands on the sides of the ball.
- Keep elbow outside the ball to keep a tight grip and prevent opponents from stealing the ball.

### **Jump Shot**

- Come to a stop from the dribble and execute a controlled jump.
- At the same bring the ball overhead, with the shooting hand behind the elbow of the shooting arm under the ball and the other hand in front.
- At the peak of the leap, remove the balance hand and release the ball with extension of the right forearm and good wrist extension.

### **Lay-Up**

- Stop dribbling when the right foot is on the floor, step with the left foot, bring the right knee and jump off the left foot, leap high into the air, shifting the ball to the shooting hand and raise the shooting hand as high as possible above and in front of the head.
- Release the ball off the fingertips' laying it softly against the backboard.
- Use both hands to bring the ball up for the shot and do not remove the balancing hand too soon.



## Questions Continued

13. What is the advantage of passing the ball versus dribbling the ball?
14. List three violations and the resulting action.
15. List three fouls and the resulting action.
16. Draw and label a regulation basketball court.
17. Describe the technique used in rebounding
18. What do you consider to be three of the most important qualities of a successful basketball team?
19. Diagram an offensive play that would result in an open shot in a half-court offense.
20. Diagram an in-bounds play that would result in an open shot.

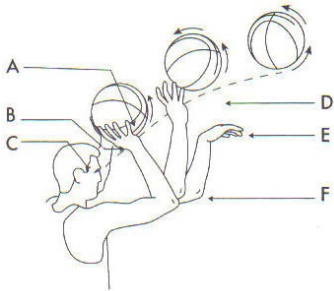


Figure 7-14. The release action. See text for details.

## Free-Throw

- Focus on the center of the hoop when shooting the ball. The ball should be rolled off the fingertips, causing back-spin.
- The wrist should be cocked with the ball resting on the fingers and not touching the inside palm of the hand.
- The elbows should be on line to the target area.
- The opposite hand should be placed on the ball in a position that is comfortable. This hand should not interfere with the shooting motion.
- The eyes should be focused on the basket.
- The shoulders should be squared off to the basket.

## Vocabulary

1. **Chest Pass:** a two handed pass from chest to chest without touching the ground
2. **Bounce Pass:** a one or two handed pass which contacts the floor and is received by a teammate at waist level
3. **Dribble:** to bounce and control the ball with one hand while walking or running.
4. **Free Throw:** an unobstructed shot from the foul line, worth one point, awarded as a penalty for a foul by the opposing team.
5. **Lay up:** a shot from alongside the basket, using the backboard as a guide.
6. **Jump shot:** a field goal attempt in which the ball is released at the top of a vertical jump. Also called a "jumper"
7. **Rebound:** a shot that bounces off the basket or backboard and remains in play, to be recovered by either team.
8. **Box Out:** Boxing out is a technique used to obtain rebounds by players positioning themselves between the other player and the basket, and maintaining body contact with the player he is guarding.
9. **Man Defense:** a style of team defense in which each player is assigned to guard a specific player
10. **Zone Defense:** a style of team defense in which each player is assigned to guard a designated floor area, rather than a specific player.
11. **Screen:** is a blocking move by an offensive player, by standing beside or behind a defender, to free a teammate to shoot, receive a pass, or drive in to score
12. **Assist:** A pass or handoff resulting in a basket by a teammate
13. **Charge:** foul by an offensive player who runs into a defensive player who has established legal court position.
14. **Travel:** Illegally moving the ball by violating the dribbling rule.
15. **Double Dribble:** is a violation in which a player dribbles the ball, clearly holds it with a combination of either one or two hands and then proceeds to dribble again.
16. **Pivot:** The pivot is a skill used to elude an opponent when a player has the ball. A *Forward Pivot* is executed by keeping one foot in place on the floor and moving the other forward and across the foot in place. A *Reverse Pivot* is executed by

## Rules

- To win a team must score more points than their opponent
- One point per successful free throw, two points per two-point field goal, and three points per three-point field goal.
- There are five players per team.
- The ball is advanced by dribbling and passing down court.
- Games are started with a jump ball in the middle of the court.
- *Turnovers* occur when rule *violations* are made. Some examples of this include, but are not limited to;
  - a. Traveling, Stepping out of bounds, Double Dribble
  - b. Moving the ball into the backcourt once it has been advanced to the frontcourt (over and back).
- The ball must be taken out of bounds by the opposing team after a basket is made.
- The two main types of defense are Zone and Man-to-Man.
- The five positions consist of two forwards, two guards, and one center.
- There is a 3 second time limit in the key on offense.
- There is a 5 second time limit to throw the ball in.
- Free throws are awarded when *fouls* occur. Some examples of this include, but are not limited to; **Charging, Blocking, Pushing, Holding, Tripping, Hacking or Kneeing**

