

Basketball Handout

BACKGROUND

Basketball was invented by **Dr. James Naismith** at **Springfield College (MA) in 1892**. For the first game, Dr. Naismith had a school custodian attach a peach basket to the wall, ten feet from the floor, at each end of a large hall. The players then tried to score by tossing the ball into the baskets. Although the game has undergone many changes since its debut, the basic concepts remain the same.

BASIC RULES & CONCEPTS

A boy's basketball measures **29 ½-30"** in circumference and a girl's basketball is one inch smaller.

A regulation team is made up of **5 players** who play three basic positions: **guard** (2), **forward** (2), and a **center** (1).

Scoring- A basket scored inside the three point arc is worth **2 points**. A basket scored outside the three point arc worth **3 points**. A free throw is worth **1 point**.

Timing- A high school game consists of four 8 minute quarters. A college game consists of two 20 minutes halves. The professionals play four 12 minute quarters.

Fouls- In high school and college players are disqualified after **5 fouls**. In the pros a player is disqualified after 6

Basic Passes- **Bounce Pass, Chest Pass, Baseball Pass, and Two-Handed Overhead Pass.**

Basic Shots- **Set Shot, Jump Shot and Lay-up.**

Basic Team Defenses- **Man-to-Man Defense** where each player is assigned a specific man to guard and **Zone defense** where a player is responsible to guard anyone in his/her assigned area.

TERMS

Free Throw- The privilege given to a player to score a point by making an unhindered throw from behind the free throw line.

Screen- When an offensive player uses his body to slow a teammate's defender and free that teammate to receive a pass or take an open shot.

Pivot- Stepping in one or more directions with the same foot while keeping the other foot (pivot foot) at its point of contact with the floor.

Traveling- Moving (walking/running) with the ball illegally

Fast Break- Beating the defense down the floor to create a numerical advantage and a high percentage scoring opportunity.

Foul- Personal contact against the body of another player.

Technical Foul- a non-contact foul by a player, team, or coach for unsportsmanlike conduct or failure to abide by the rules.

Objectives:

Students will learn and be able to describe the basic skills (dribbling, passing, shooting) and apply them in lead-up and modified activities. *NASPE 1&2*

Students will know and understand the above terms/rules while participating in modified activities. *NASPE 2*

Students will learn a variety of enjoyable activities (other than game play) that can be played with a basketball outside of school alone, with friends, or family. Teaching and providing information on these activities can promote physical activity, positive social behaviors, and confidence. *NASPE 3&5*

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