

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.

BASICS

Basic Dribbling- **Control Dribbling** and **Speed Dribbling**

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

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

TERMS

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- When a player inbounds progress illegally (walking) in any direction.

Double Dribble- When a player who is dribbling stops dribbling and begins dribbling again. Also, when a player uses two hands to dribble the ball.

Three Point Line- Is the area on each end of the court that is rounded like an arc. Shooting from this area points are worth **three points**. Inside the area points are awarded as 2pts.

Key- The Key is the rectangular area on the floor in front of the basketball hoop. The **Top of the Key** is the rounded area beyond the **Free Throw Line**.

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

Free Throw Line- Is the line at the top of the key where if fouled you are awarded a **Free Throw**.

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

Foul- Personal contact against the body of a 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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