

Basketball Handout

History

- Dr. James Naismith is known worldwide as the inventor of basketball.
- At YMCA Training School in Springfield, Massachusetts, USA in 1891, the sport of basketball was born.
- The first game was played with a soccer ball and two peach baskets used as goals.

Description

- Basketball is a team sport in which two teams of five active players each try to score points against one another by propelling a ball through a 10 feet high hoop under organized rules.
- Shooting the ball through the basket scores points, the team with more points at the end of the game wins.
- The ball can be advanced on the court by dribbling it or passing it between teammates.
- Disruptive physical contact is not permitted and there are restrictions on how the ball can be handled.
- The game is either played in four 8-minute quarters (high school), two 20-minute halves (college), or four 12-minute quarters (professional).
- The game is initiated in the jump circle with a jump ball. A jump ball is when the referee throws the ball in the air between the two opposing players. The two players attempt to tip the ball to another teammate.

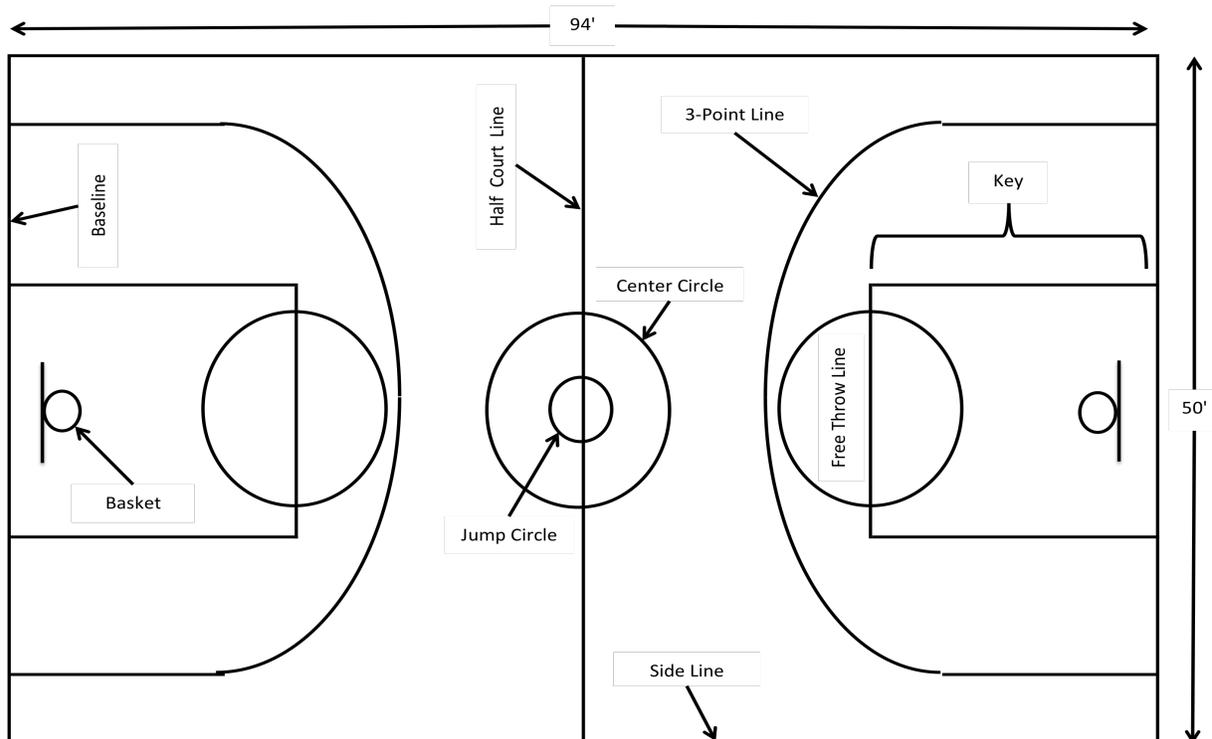
Scoring

- Baskets made within the 3-point line are worth 2 points.
- Baskets made beyond the 3-point line are worth 3 points.
- Basket made from the free throw line given as a result of a foul are worth 1 point.

Court Dimensions

- The basketball court is the playing surface, consisting of a rectangular floor with baskets at either end. In professional or organized basketball it is usually made out of a hardwood.

Basketball Court



A full-sized court is 94 feet by 50 ft. The baskets are always 10' above the floor.

Violations

- A violation is when a player breaks a rule of basketball without making physical contact with another player.
- The result of a violation is a change in possession at a location on the court closest to the infraction.
- A list of the most common violations can be found in the “Key Terms” section of this handout.

Fouls

- A foul is when a player breaks a rule of basketball while making physical contact with another player.
- If the player was fouled in the act of shooting, this results in the player taking free throw shots. The player is awarded 1 shot if the basket was made during the foul, 2 shots if the basket was not made and was taken within the 3-point line, and 3 shots if the basket was not made and the shot was taken from beyond the 3-point line.
- Players who are fouled not in the act of shooting typically receive the ball out of bounds at a location on the court closest to the infraction.
- The most common fouls can be found in the “Key Terms” section of this handout

Positions

Although the rules do not specify any positions whatsoever, they have evolved as part of basketball. The following are the basic 5 positions:

- *Two Guards*
- *Two Forwards*
- *One Center*

Shooting

The most common shot used is the *jump shot*.

- The jump shot is taken while in mid-air, near the top of the jump.
- This provides much greater power and range, and it also allows the player to elevate over the defender.
- Failure to release the ball before returning the feet to the ground is a traveling violation.

Another common shot is called the *layup*.

- This shot requires the player to be in motion toward the basket, and to "lay" the ball "up" and into the basket, typically off the backboard.

Passing

The *chest pass* - The ball is passed directly from the passer's chest to the receiver's chest.

The *bounce pass* - Here, the passer bounces the ball crisply about two-thirds of the way from his own chest to the receiver. The ball strikes the court and bounces up toward the receiver.

The *overhead pass* - is used to pass the ball over a defender. The ball is released while over the passer's head.

Key Terms

Traveling – A violation in which the ball-handler moves both feet to a different spot on the floor without dribbling.

Double Dribble – A violation in which the ball-handler dribbles with both hands or when the ball-handler dribbles, picks up the dribble (stops dribbling) then dribbles again.

Carrying - A violation in which the player's hand is underneath the ball while dribbling.

Back Court - A violation that occurs when a team has established ball control in the front half court, then returns the ball to the backcourt.

Kicking – A violation where the player is deemed to have kicked the ball.

Charging – A foul where the ball-handler makes contact with a player whom has already established position on the court.

Hacking – A foul in which a defender makes contact with the shooter on the arm or wrist while in the act of shooting.

Reaching – A foul in which a defender makes contact with the ball-handler while reaching-in an attempt to steal the ball.

Key – The area on the court that is located under the basket and in front of the free throw line (see court diagram)

Pivot – When a player establishes one foot as the pivot foot; that foot must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot.

Back Board – The rectangular structure, 6' x 3 1/2', to which the basket is attached.

Rebound – when a player grabs a ball that is coming off the rim or backboard after a shot attempt.

Zone Defense – a defense where each defender is responsible for an area of the court and must guard any player who enters that area

Player-to-Player Defense (Man to Man) - The defensive style where each defensive player is responsible for guarding one opponent.