

Basketball Study Guide

History

Basketball was born in 1891 out of a need to find a sport that could be played indoors during the winter. James Naismith is credited with creating the game we call basketball. Naismith came up with the idea of using a light ball (soccer balls to begin with) that could be bounced and shot into a basket. The first hoops were old wooden peach baskets nailed to the balcony of the gym. Basketball became very popular because it could be played indoors while also providing a stimulating and rigorous workout. Naismith developed rules for the game which included no running with the ball but rather encouraged players to pass instead. No physical contact was allowed and if contact was made a foul was called on the offending player. The modern game of basketball has seen many changes over the years such as the addition of the three point shot, dunking, lane violations and many other enhancements. In addition, basketball has evolved into a multi-billion dollar business. There are professional leagues all around the world.

Positions

Five players start the game for each team. Traditionally each team is comprised of 2 guards, 2 forwards and 1 center. Guards usually handle the ball and run the offense. The forwards are primarily responsible for rebounding, shooting and muscling up down in the paint. The center is the biggest player on the court normally playing with their back to the basket most of the time. The center scores, rebounds & blocks shots.

Object

The object of the game on offense is to put the ball through the hoop for either 1 point = free throw, 2 points = regular shot or 3 points = long shot. On defense, the team tries to prevent the other team from scoring. Games range in time from 32 minutes up to 48 minutes per game.

Defensive Systems

Man to man: player against player.
Zone: playing an area of the court.

Offensive Systems

Fast break: moving the ball quickly and shooting.
Set system: coming down the court and setting a play.

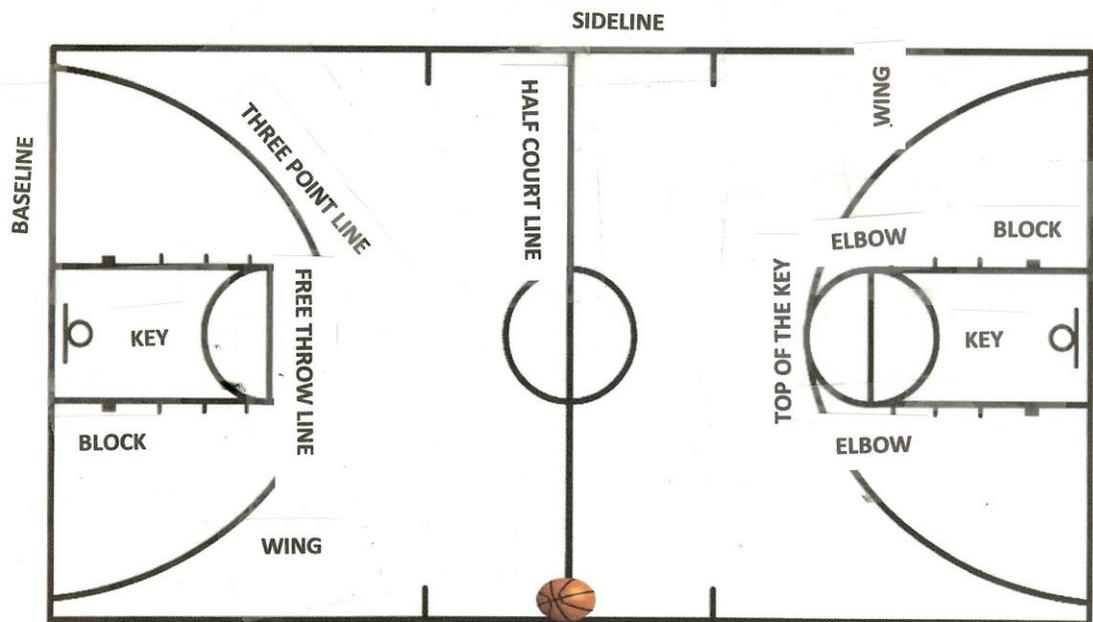
Types of Fouls and Violations

Fouls

Loose ball:	fouls which occur when neither team has possession of the ball
Non-shooting:	fouls which occur when a player is not shooting the ball
Personal:	fouls which are called for actions against another player such as holding, pushing, tripping, reaching in, elbowing, blocking and charging
Shooting:	fouls which occur while a player is shooting the ball
Technical:	fouls which are called for unsportsmanlike conduct

Violations

Double-dribble:	when a player dribbles, stops, and then dribbles again
Time:	3 seconds in the key 5 seconds to throw the ball in bounds 10 seconds to cross the half court line
Traveling:	violation which occurs when a player takes steps without dribbling the ball



TERMS

- Dribble:** to bounce ball on the floor by tapping it with one hand
- Field goal:** when the balls goes through the hoop other than a free throw (worth 2 or 3 points)
- Foul:** is a rule violation that results in either the opposing team being given the ball or the fouled player shooting at least one free throw
- Free throw:** a shot awarded to a fouled player. Each made shot is worth 1 point
- Jump ball:** occurs when an official tosses the ball in to the air between two opposing players who try to tap it to a teammate
- Pass:** to throw the ball to a teammate
- Pivot:** a way of moving while holding the ball. A player may step in any direction with one foot but must keep the other pivot foot in one spot of the court
- Rebound:** to grab the ball as soon as an unsuccessful shot bounces off the basket rim of off the backboard
- Turnover:** when the offensive team loses possession of the ball without taking a shot
- Violation:** an illegal action resulting in a team's losing possession of the ball or jump ball