

BASKETBALL STUDY GUIDE

Basketball was invented in 1891, by Dr. James Naismith of Springfield, Massachusetts. Actual baskets used to collect peaches were used as the first goal. This is how 'basket' ball got its name.

The game is normally played with 5 players on each team. The game is started with a jump ball in the center circle of the court. The object of the game is to score more points than the opponent.

PASSING:

- Fastest way to move the ball
- Step in the direction of the pass
- Aim for the receiver's chest
- Use appropriate pass

RECEIVING:

- Move toward the ball
- Catch with soft hands
- Push thumbs towards the floor, causing backspin

TYPES OF PASSES:

Chest Pass

1. Hold the ball with two hands at chest level
2. Thumbs are positioned behind the ball
3. Step toward teammate and release the ball toward their chest
4. Used for short distance passes

Bounce Pass

1. Same as 1 and 2 for chest pass
2. Release the ball toward the floor approximately 2/3 of the distance away from you.
3. Used for short distance passes

Overhead Pass

1. Hold ball with two hands above your head
2. Step toward teammate and release ball with two hands
3. Very similar to a soccer overhead throw-in
4. Used for shorter distance passes

Baseball Pass

1. Hold ball with two hands – bring up to ear with throwing hand
2. Step toward teammate with opposite foot
3. Throw the basketball with one hand like a baseball
4. Used for long distance passes

DRIBBLING: a method of moving the ball up and down the court.

1. Use fingertips to push ball down to ground
2. Keep ball at waist level
3. Keep head up

Control Dribble: Ball is low and protected by your body when in a crowd of players

Speed Dribble: Ball is pushed out in front of you as you move quickly when players are not near you.

SHOOTING

Lay Up:

1. Approach the basket at an angle
2. Take off of the opposite foot
3. Bring the ball up with two hands and release with one
4. Aim high and soft off the backboard

Outside Shooting:

1. Put backspin on the ball by snapping your wrist on the follow through
2. Ball should travel in an arc – NOT a straight line to basket
3. Use backboard when possible
4. Keep ball out in front of your head

Foul Shot

1. A free, unguarded shot taken from behind the free throw line
2. Awarded to a player who has been fouled

Field Goal – any shot, other than a free throw, that is attempted by a player

FOULS: a foul is breaking the rules for which one or more free throws are given to the opposing team.

Examples: Pushing, Holding, Tripping, Hacking, Personal Contact including Blocking and Charging

SCORING:

- foul shots are worth 1 point
- baskets made anywhere inside the three point line are worth 2 points
- baskets made from outside the three point line are worth 3 points

VIOLATION: breaking the rules of the game. Ball is awarded to the opposing team and put into play from out of bounds.

COMMON VIOLATIONS:

1. Traveling – walking with the ball
2. Double dribble – using two hands at once OR dribbling, stopping and dribbling again.
3. Offensive player stays 3 seconds in the key
4. Carrying the ball
5. Out of bounds

PIVOT: a maneuver that protects the ball by keeping your body between the ball and the defensive player. The pivot foot must remain in contact with the floor while the other foot can move around.

DEFENSE:

1. Stay between the person you're guarding and the basket
2. Keep knees slightly bent and feet spread apart
3. Hands should be out in front of you – palms up
4. Move side to side as your opponent moves
5. No contact with player