

Basketball Study Guide

History

Basketball is a game played by two teams on a hardwood court 50 x 90 feet. Each team attempts to score points as they move the ball down the court by passing, dribbling, and shooting it into their basket. At the same time they try to prevent their opponent from scoring. Each 5 member team, usually 2 guards, 2 forwards, and 1 center, attempts to win by scoring more points than their opponent. The game begins with a tossed ball at the center jump circle between any two opponents and ends when one team has more points following a specified time.

The game was first introduced by Dr. James A. Naismith in 1891. He was the Physical Education Director at the International YMCA Training School (now Springfield College) in Springfield, Massachusetts. Basketball is a unique team sport in that it was totally originated by one man with one specific objective in mind. That being to design an active, enjoyable indoor game that could be played between the two popular sports of “fall” football and “spring” baseball.

The first game was not played with a basketball. Whether it was a soccer ball or a volleyball is not known for certain, but we do know that the ball was shot into a peach basket. Hence the name “basketball”. This proved to be inconvenient, as a ladder placed beside the basket was needed to remove the ball. As the game gained popularity, the rules, as well as the equipment, changed continually. In 1936, it became an Olympic sport.

Today basketball is enjoyed by over 50 million people in more than 60 countries.

Terms

Assist – pass made to a teammate who scores

Athletic Position - feet slightly staggered, weight on the balls of your feet, knees bent.

Backboard – a rectangular or fan-shaped surface to which the basket is attached.

Backcourt – the half of the court, including the mid-court line, nearest the opponent's basket.

Backdoor – a cut behind the defensive player.

Two reasons for a backdoor cut:

- 1) when your defender is in the passing lane (path the ball travels as it goes between two people).
- 2) when the defender turns his head to see the ball and can't see you

Baseball – a one handed, overhand pass.

Basket – the 18” cylinder and the net.

BEEF – Balance, elbow up, eye on the target, follow through. (4 points of emphasis when shooting).

Bounce Pass – a pass which bounces on the floor before being caught.

Chest Pass – a 2 handed pass from the chest of one player to that of a teammate.

Defense – team not in possession of the ball.

Drive – an offensive maneuver toward the basket by a player with the ball.

Fast Break – moving the ball quickly down the court to score before the defense can set up.

Foul – infraction of the rules resulting in loss of possession or the awarding of one or more free throws.

Free Throw – an uncontested shot from behind the free throw line, awarded following a foul.

Front Court – the half of the court nearest a team's basket.

Give and Go – an offensive maneuver involving one player making a pass to a teammate and then moving to the basket for a return pass.

Jump Ball – putting the ball in play by tossing it between two players in the center circle. Used to start the game.

Jump Stop – maneuver used to catch the ball and be able to stop without traveling or dribbling. The ball is caught as you jump, therefore, your feet are off the ground.

Lay-Up – a short range shot off the backboard and into the basket.

Man to Man – defense involving each player guarding one offensive player at all times.

Offense – team in possession of the ball.

Passing Lane – the path the ball travels as it goes between two people.

Pivot Foot – the foot that must stay in contact with the floor, when you turn with the ball.

How do I determine my pivot foot? - The pivot foot is the foot that hits the floor first after catching the ball or the foot that is in contact with the ground as you catch the ball. (I.E. –picking up your dribble) If both feet are in contact with the ground you may choose your pivot foot by stepping with the other foot.

Press or Pick – defense, either man to man or zone, involving pressure in both the front and back courts.

Rebound – a ball that bounces off the backboard and or basket.

Screen – offensive maneuver involving one player positioning him/herself behind a defender in order to free a teammate for a pass or shot.

Step Foot – the foot that you step with as you turn with the ball.

Traveling – moving the feet in any direction in excess of the prescribed limits while holding the ball.

Violation – infraction of the rules which results in loss of possession and a throw in from out of bounds.

Zone – defense involving placement of players in designated areas in their backcourt, thereby requiring them to guard those offensive players entering that area.

Rules and Regulations

You can't hold the opponent with your arms or hands.

On offense – you can't be in the lane, the paint, more than three seconds.

If closely guarded, you must dribble, pass or shoot within 5 seconds.

Once you establish your pivot foot you can't pick it up or change it.

You must keep your body in bounds, inside the boundary lines.

Strategies

1. Stay spread out.
2. Communicate with teammates.
3. Get in front of the defense, move to meet the ball.
4. Cut away from the person guarding you.
5. Turn and face the basket when you catch the ball. (Pass first, dribble second.)