

Basketball Study Guide

(revised 07/08)

I. HISTORY

- A. Basketball is the only major sport that originated in America. Dr. James A. Naismith introduced the game to a class at the YMCA College in Springfield, Massachusetts on January 20, 1892. He wanted a winter sport that would appeal to his students as much as football and baseball did during their respective seasons. The game was first played with a soccer ball and peach baskets at a height of ten feet (which is still the height used today).
- B. Smith College was the scene of the first basketball game for women. Even though the rules for the women's game have been altered many times, today there are no differences between the women's game and the men's game (except the size of the ball). The first book of rules governing women's basketball was published in 1901.
- C. The original game began with 13 basic rules that are the foundation of the modern game today.
- D. The game was originally played with 9 players on a team. Five players on a team has been the standard since 1895.
- E. Basketball was included in the Olympic Games for men in 1936 and for women in 1976
- F. FYI (for your information): www.usabasketball.com

II. THE COURT

- A. The game is played on a rectangular, hard- surfaced court, which ranges in size from a maximum length of 97 feet long by 52 feet wide for college down to a minimum of 74 feet long by 42 feet wide.

III. TEAM AND PLAYER POSITIONS

A team consists of 5 players.

- A. **Guard (point):** Shortest, quickest, plays out front, sets up the offense, excels in ball handling skills and passing, shoots jumpers from outside (top of key, 3 point arc).
- B. **Forwards (wings):** Medium height to tall, makes up the sides of the offensive set-up, excels in passing, outside shooting, running the floor and rebounding.
- C. **Center (post):** Tallest, usually takes the jump ball, plays the lane area, underneath the basket, excels in rebounding (blocking out) and close-range shooting (slams and put backs).

IV. PLAY

- A. The game begins with a **jump ball** at the center circle. There is only one jump ball in a regulation game. When the game ends in a tie, the overtime begins with a jump ball.
- B. **Scoring:** Field goal = 3 points or 2 points
Free Throw = 1 point
- C. After each goal or free throw is scored, the ball is put in play from behind the endline.

V. SKILLS

- A. **Dribbling:** is slower than passing as a means of moving the ball. Therefore it should not be overused
The dribble should be used only to:
 - 1. penetrate the defense or drive for the basket
 - 2. create a better passing lane
 - 3. get out of a crowdRemember, never dribble the ball when a pass can be completed successfully.
- B. **Passing:** The key to an effective offense is accuracy in passing. Passing is the quickest way to move the ball, thus allowing the offense to catch the defense off balance and out of position.

Types of Passes:	Chest	Bounce	Overhead/Jump	One-hand (long pass)
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C. **Shooting:** The primary objective of the game is to score goals. Therefore, all players should be able to shoot. Being able to shoot a variety of shots from varying distances increases the effectiveness of any player. Accuracy shooting requires hours of practice.

Types of Shots:	Set Shot	Jump Shot	Lay-Up	Hook Shot
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D. **Rebounding:** is gaining possession of the ball after an unsuccessful shooting attempt. Since approximately 60% of field goal attempts are missed, rebounding skill is essential for any team. Positioning, for the rebound is called “blocking out” or “boxing out”.

Keys to effective rebounding:	Positioning	Aggressiveness	Timing of jumps
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VI. DEFENSE

- A. **Player-to-Player or Man-to-Man:** Each player is responsible for guarding one offensive player. This defense takes extraordinary skill, stamina, and teamwork.
- B. **Zone:** Each player is responsible for covering a certain area of the court. The defense shifts in relation to the ball, rather than in relation to the position of the offense players. The zone defense is valuable in securing rebounds, in cutting off inside shooting, against taller opponents, and protecting players who are in foul trouble.

VII. VIOLATIONS AND FOULS

Any infraction (breaking) of the rules is either a foul or a violation.

A. **Violations:** Breaking of a rule for which the ball is put in play from out of bounds.

There are three categories: Ball, Line and Time (BLT).

The Penalty: Ball is awarded to the opponents out-of-bounds, to be passed inbounds within 5 seconds.

Violation examples:	Ball: * Kicking the ball	* Palming the ball	* Traveling	* Double Dribble
Line:	*Entering the lane too soon after a free throw	*Backcourt	* Any other line violation	
Time:	*Holding the ball for 5 seconds or more	* 3 seconds in the lane	*10 seconds to cross half court	

B. **FOULS:** There are two types of fouls.

1. **Personal Foul:** Physical Contact made when defending, usually when attempting to steal the ball or stop an opponent from scoring or passing.

The penalty: The player fouled must shoot one or more free throws. Conditions:

If the goal is missed--the player shoots two free throws. If the goal is made--the player shoots one shot.

A player is disqualified from further play on his/her 5th personal foul.

Examples: *Holding *Pushing *Tripping *Hacking *Reaching In *Over the back *Blocking *Charging

2. **Technical Foul:** Non-contact foul committed by a coach, player or fan.

There are two categories: delay of game and unsportsmanlike conduct,

The Penalty: Team fouled gets one or more free throws and the ball on the sidelines.

Examples:	Delay of game: *Taking too many time-outs	*Too many players participating at the same time
	*Entering the game without checking in	*Touching the ball after your team scores coming through the hoop
	Unsportsmanlike conduct: *Disrespect to an Official	
	*Profane language or distasteful gestures	
	*Slamming the ball down after a call by the referee	
	*Hindering an opponent by an extended arm, hip, or knee	
	*Fouling with intent to injury	

VIII. FITNESS BENEFIT

Basketball is considered a lifetime sport, meaning you that can be played throughout your life. The game has a high degree of movement and requires good muscular endurance and cardiovascular endurance.

It is an excellent sport for heart health and overall body conditioning.