

# BASKETBALL

## HISTORICAL FACTS

- Invented in 1891 by Dr. James Naismith, an instructor at the YMCA Training School in Springfield, Massachusetts.
- The game received its name from two half-bushel peach baskets that were attached to the gymnasium balcony.
- The peach baskets were attached 10 feet above the floor and established a measurement that remains in use today.
- The original game began with 13 basic rules that are the foundation of the modern game.
- Backboards were first used in 1894 to keep spectators from reaching out to deflect the ball.
- The game was originally played with 9 players on a team (Dr. Naismith had 18 students in his class).
- Five players on a team has been the standard since 1895.
- The National Basketball Association (NBA) was formed in June of 1946.
- The Women's National Basketball Association (WNBA) was formed in 1997.

## BASKETBALL RULES

THE GAME For high school teams, four quarters of eight (8) minutes each. The object of the game is to score the most points in the allotted time.

THE TEAM A team consists of five (5) players. A team may have any number of substitutes as long as they enter the game after reporting to the scorers and are beckoned in by the official.

SCORING A goal is made when a live ball enters the basket from above. If a player control foul occurs after a goal, the goal is canceled.

## SCORING TERMINOLOGY

FIELD GOAL - is a basket made from the field. Worth 2 or 3 points depending on where the shooter is positioned.

FREE THROW - is the privilege given to a player to score 1 or 2 points by unhindered shots for a goal from behind the free throw line.

A BONUS FREE THROW - is a 2nd free throw which is awarded for each common foul (except a player control foul) committed by a player of a team, beginning with the team's 7th personal foul in a half, provided the 1st free throw for the foul is successful.

A JUMP BALL - is a method of putting the ball into play to start the game and each extra period by tossing it up between two opponents in the center circle. It begins when the ball leaves the referee's hand, and ends when the tapped ball touches one of the eight non-jumpers, the floor, the basket or the backboard.

In all other jump ball situations the teams will alternate taking the ball out of bound for a throw-in.

A THROW-IN - is a method of putting the ball in play from out of bounds.

A DRIBBLE - is ball movement caused by a player in control who pushes or taps the ball to the floor once or several times.

DUNKING (OR STUFFING) - is the driving, forcing, pushing, or attempting to force a ball through the basket with the hand(s).

HELD BALL - occurs when two opponents have one or both hands firmly on the ball, and neither can gain possession without undue roughness.

PIVOT - this takes place when a player who is holding the ball steps once or more than once in any direction with the same foot. The other foot, called the pivot foot, is kept in contact with the floor.

PERSONAL FOULS - some personal fouls include: Holding, pushing, tripping, or charging, and contact with a shooting player.

- A player fouled while shooting is awarded 2 free throws if the shot misses.
- If the fouled offensive player is not shooting, the team gets possession out of bounds nearest where the foul occurred.
- An intentional foul results in 2 free throws.
- A flagrant foul (violent contact that may cause injury) is awarded 2 free throws and the offender is often ejected from the game.
- A technical foul is a non contact foul by a player or an intentional or flagrant foul during a dead ball.

#### VIOLATIONS - DEFINITIONS AND TERMINOLOGY

A VIOLATION - is an infraction of the rules resulting in a throw-in from out of bounds for the opponents. The following rule infractions are violations:

- Violation of the free throw provisions.
- Violation on the throw-in rules.
- Traveling with the ball, kicking it, or striking it with your fist.
- Dribbling a 2nd time (double dribble).
- Violation of the jump ball rules.
- Remain for 3 seconds within the free throw lane during possession.
- Be, nor may his or her team be, in continuous control of a ball which is in his or her backcourt for more than 10 seconds.
- Be the first to touch the ball which he or she or a teammate caused to get from frontcourt to backcourt.
- Excessively swing his or her arms or elbows, even though there is no contact with an opponent.

- When closely guarded, control the ball for 5 seconds.
- Commit basket interference or goaltend.

### DEFENSIVE AND OFFENSIVE TERMINOLOGY

BLOCKING OUT (BOXING OUT) - a term used to designate a defensive player's position under the backboard which prevents an offensive player from achieving good rebounding position.

BLOCKING (DEFENSIVE) - illegal personal contact which impedes the progress of an opponent.

CHARGING - personal contact against a defensive player by a player in possession of the ball.

DENIAL DEFENSE - an aggressive individual defense where the defensive player works hard to keep the offensive player from receiving a pass.

DRIVE - an aggressive move towards the basket by an offensive player in possession of the ball.

FASTBREAK - moving quickly into offensive position before the defensive team has an opportunity to set up.

OUTLET PASS - is a term used to designate a direct pass from a rebounder to a teammate, with the main objective being the start of a fastbreak.

A SCREEN - is an offensive maneuver where a player is positioned between the defender and a teammate in order to free the teammate for an uncontested shot.

PICK - is a special kind of screen where a player stands so the defensive player slides to make contact, freeing an offensive teammate for a shot or a drive.

POSTING UP - cutting to the 3-second lane and hesitating in anticipation of the pass.

REBOUND - a term used for the action of the ball as it bounces off the backboard or rim.

### BASKETBALL SKILLS AND TECHNIQUES

PASSING - Quickest way to move the ball.

Chest Pass - The ball held in both hands about chest high and released by extending the arms fully, snapping the wrists, and stepping in the direction of the pass.

Bounce Pass - Short distance pass used when the player is closely guarded. The ball should bounce approximately two-thirds of the distance between players at waist height.

Overhead Pass - Used to pass over a defensive player. Ball is held with both hands over the head and as the passer steps forward, transfers his or her body weight. The arms are brought forward with a wrist snap throw.

One Hand Overhead Pass (Baseball Pass) - Used to cover long distances. The ball is brought back to the ear, close to the head, with fingers spread wide.

CATCHING AND HOLDING THE BALL - attempt to catch every pass regardless of how it is thrown. Meet the ball with the hands held out in front of you. Catch with the pads of the fingers and bring the ball to the body to protect it before dribbling, passing, or shooting.

DRIBBLING - It is slower than passing so it should not be overused.

Use it to:

- Penetrate or drive for the basket;
- Create a better passing lane;
- Get out of a crowd;
- Bring the ball down the court.

Technique - with the hand cupped, the pads of the fingers control the direction of the ball, while the wrist and finger flexion provide the force.

High-speed Dribble - used when a player is unguarded and moving quickly....1) leading a fastbreak; 2) driving to the basket; 3) bringing the ball down with no opposition.

Low-control Dribble - used when closely guarded. Keep both ball and body low. The more frequent contact, allows for control and change of direction.

Crossover Dribble - used when the person is loosely guarded. Rebounds to the opposite hand must be done quickly with only one bounce.

SHOOTING - Primary objective in basketball is to make baskets / score. Know your point of aim. There can be two targets: 1) the rim, and 2) the backboard spot.

One-handed Set Shot - Used for most long shots. Feet in forward/backward stride position, ankles, knees, and hips should be slightly flexed. Ball is held above the forehead (to aim for the basket). Held in the fingers, with the shooting hand behind the ball. Guide hand comes off when the wrist flexes forward. Follow-through is very important.

Jump Shot - is a very effective offensive weapon. Shooter jumps into the air by pushing off with both legs. Same action as the one-handed set shot.

Lay-up - One of the high percentage shots of the game. This is due to the closeness of range. Use the backboard to bank the ball in. At the last dribble the ball is firmly grasped with the fingers of both hands, and carried above the head. The shooting arm and fingers extend upward to "lay" the ball against the backboard.

Rebounding - Approximately 60 percent of the field goals attempted are missed. Therefore, it is essential to any team to know how to rebound. The KEYS: Positioning, aggressiveness, and timing the jump.

## BASKETBALL POSITIONS

- Five team players usually include a *center*, two *guards*, and two *forwards*.
- The *center* (post, pivot) is usually the tallest player. He or she often takes the jump balls and is responsible for rebounding and close-range shooting.
- *Guards* are usually the best ball handlers. They advance up the court by dribbling and passing. The *point guard* sets up a team's offensive pattern like a quarterback.
- *Forwards* are responsible for shooting and rebounding missed shots.