

# Basketball Unit – Info and Study Guide

## History

- 1981 – Dr. James Naismith invented the game of Basketball
- 1895 – The backboard is introduced to prevent fan interference
- 1936 – Basketball is added to the Olympics as a medal sport
- 1946 – NBA was founded
- 1950 – NBA begins racial integration
- 1954 – The NBA introduces the shot clock to reduce stalling tactics
- 1996 – Women's NBA, (WNBA) was founded

## Rules

- **Games:**
  - 48 minute games, (four 12 minute quarters)
  - Number of players: 5 vs. 5
  - 2 referees
- **Starting and restarting a game:**
  - The ball is started at center-court at the beginning of the game and half-time
    - **Jump-ball** - *The team kicking-off must kick the ball forward across the line.*
  - If a basket is made, the ball is taken out and put back in to play by a:
    - **Throw-in** - *the ball is taken out by the opposite team, at the sideline nearest the basket.*
  - If the ball goes out of bounds on a side line it will be put into play by a:
    - **Throw-in** - *The player must pass in the ball by standing outside the court.*
  - If there is a foul committed, the ball can go back into play by:
    - **Throw-in**
    - **Free-Throw**
- **Scoring**
  - 1 point = free throw
  - 2 points = layup or any shot inside of the three point arch
  - 3 points = any shot behind the three point arch
- **Conduct**
  - No fouling, pushing, tripping, tackling, traveling, charging, elbowing, blocking,
- **Punishment**
  - Turnover
    - Offensive team loses the ball and the defending team takes possession of it.
  - Free Throws
    - After a team reaches 7 team fouls, the opponents get to shoot free throws each time they are fouled.
  - Ejection
    - If a single player commits 5 fouls, they are ejected from the game and cannot return.
- **Winning**
  - The team with the most points wins.
- **Equipment**
  - Jersey or athletic attire
  - Tennis shoes

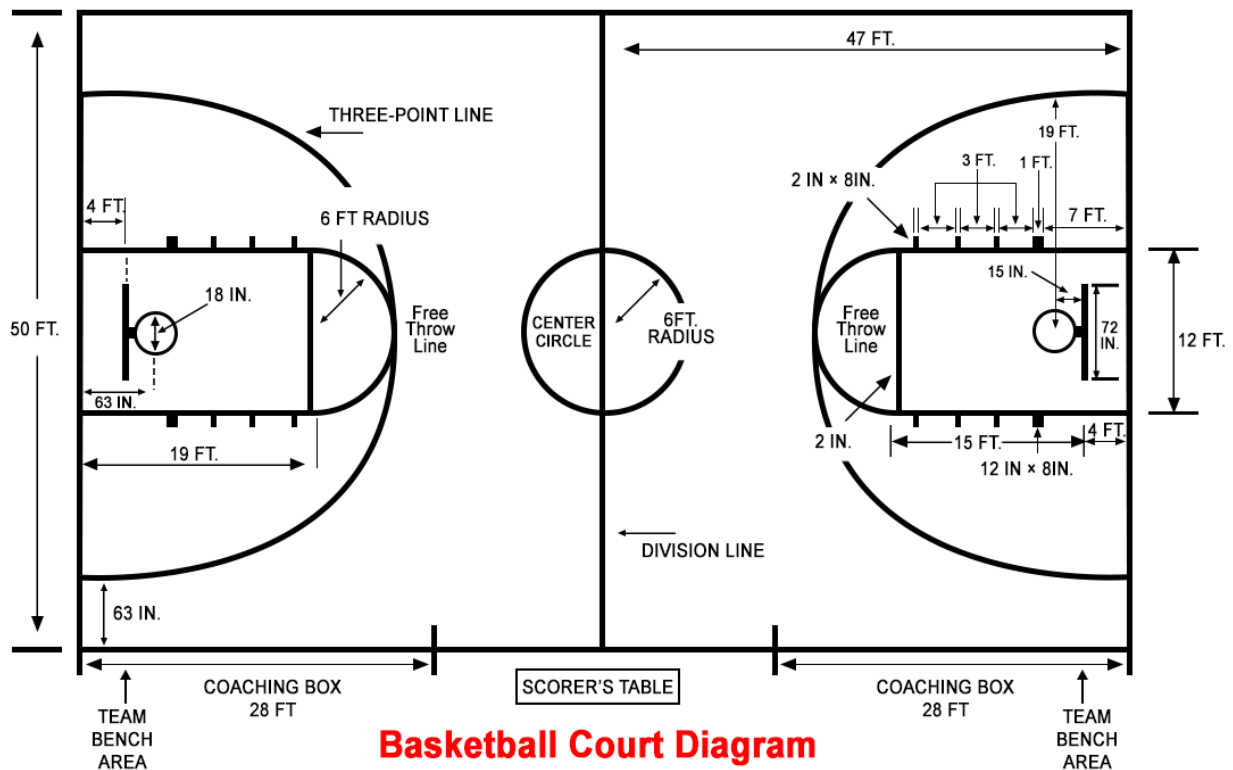
## Skills

- **Passing**
  - Bounce Pass Cues: step, push with both hands, bounce, send to your partner's stomach area
  - Chest pass Cues: step, push with both hands, send to your partners stomach area
- **Receiving**
  - Cues: Be ready, catch with both hands
- **Dribbling**
  - Use your finger pads, bounce no higher than your waist, keep the ball close
- **Shooting**
  - Cues: hand under ball, guide with non-shooting hand, extend, follow through
- **Rebounding**
  - Gaining possession of the ball after a shot is taken.
- **Defending**
  - Cues: hands up, eyes on the ball, quick feet

**Court**

Rectangular court split in to two even halves:

- 1- Center circle
- 2 – Side line
- 2- Free Throw Lines
- 2- Baskets
- 2- Keys
- 2- three point arches



## Positions

- **Center:**
  - Usually the tallest player. Position demands a lot of physical contact. On offense, receives ball and shoots close to the basket. Serves as the last line of defense, blocking opponents' shots and rebounding their misses.
- **Power forward:**
  - Tall player who relies on strength and toughness to control activity in the lane. Frequently rebounds, especially on defense. Has a decent shot from short-range and scores many points by rebounding missed shots and quickly shooting them.
- **Small forward:**
  - Versatile and very athletic player. Aggressively attacks the defense by driving and cutting towards the basket, but also has a consistent outside shot.
- **Shooting guard:**
  - A tenacious defender with an aptitude for stealing the ball. On offense, serves as the secondary ball handler and sharpshooter. Has the ability to convert shots from three-point range.
- **Point guard:**
  - Leader of offense who uses superb passing and dribbling skills to set up teammates for open shots. Has a reliable jump shot and ability to break down a defense by driving into the lane.