

# BASKETBALL STUDY GUIDE

**History** : Dr. James A. Naismith invented basketball in 1891 in Springfield, Massachusetts. In the beginning, a peach basket was used as the hoop. A year later, Senda Berenson Abbott adapted Naismith's rules for women at Smith College. By 1932, things changed drastically for basketball when eight national federations founded the International Basketball Federation in Switzerland. Fourteen years later the National Basketball Association began. Then, in 1997, women began their own professional league, the Women's National Basketball Association.

## **Fun Facts**

- In 1962, Wilt Chamberlain scored 100 points in a single game.
- Most 3-point shots made in a single game is 12, held by Kobe Bryant
- Youngest player to score 1000 pts, LeBron James at the age of 20 in 41 days

## **Benefits of Playing**

1. You get a great workout.
2. You learn about the importance of teamwork.
3. You condition your leg muscles.
4. You can play inside or outside.

## **Terminology**

**B.E.E.F**: Balance, Eyes, Elbow, Follow-through

**Defense**: The act of preventing the offense from scoring. Defense is the team without the ball.

**Double Dribble**: The act of dribbling the ball, stopping the dribble or motion of the ball and beginning to dribble again. This results in a violation and turnover. (Dribbling with 2 hands.)

**Dribble**: The act of bouncing the ball up and down. The offensive player with the ball uses the dribble to move the ball around the court.

**Field Goal**: When the ball enters the basket from above the rim during play. It is worth two points.

**Foul**: Infraction of the rules, which include charging, blocking, pushing, holding, or tripping.

**Jump Shot**: A player stops their momentum with both feet on the ground and pulls up for a field goal attempt.

**Jump Stop**: A player stops their momentum with both feet on the ground. The player then can either shoot or pass.

**Lay-up**: A shot from alongside the basket, using the backboard as a guide. Right handed lay-ups are driven off your left foot and you raise your right hand and knee to complete the shot. The lay-up flows in one continuous motion.

**Man-to-Man Defense**: Players are responsible for guarding a specific player no matter where they go on the court.

**Pass**: When a player throws the ball to a teammate to advance the ball during a possession. (Bounce, Chest, Overhead)

**Pivot**: A center, the foot must remain touching the floor until the ball handler who has stopped dribbling is ready to pass or shoot.

**Rebound:** A term used to describe the actual retrieving of the ball as it rebounds from the backboard or the rim after a missed shot.

**Steal:** To take the ball from the hands of a player by the defender, or to intercept a pass.

**Traveling:** Illegally moving the ball by violating the dribbling rules, moving feet while not dribbling.

**Triple Threat:** A position in which the ball is being protected. You can pass, dribble, or shoot from this position.

**Violation:** An infraction of the rules, which includes traveling, double dribble, and stepping out of bounds.

#### IT HALF COURT GAME RULES:

- At the start of the game & after a made basket players need to check the ball at the half court line.
- If there is a foul or violation players that have been fouled or violated go to the nearest out of bounds line and pass the ball back inbounds.
- Players cannot dribble or shoot off a checked ball. Players must pass the ball to another player.
- If a defensive player rebounds a ball they must clear it past the free throw line before proceeding to the basket.
- If the ball goes out of bounds the other team needs to pass the ball back inbounds at that spot. Defense cannot cross the out of bounds line.
- You cannot double-team anybody. 1 Offensive Player = 1 Defensive Player
- You should never stand in a spot for more than 3 seconds. Offensive players should be moving all over the court. Therefore, defensive players are following them.