

Basketball Study Guide

History of the Activity

Basketball was invented in 1891 by James Naismith who wrote the sport's original 13 rules as part of a class assignment at the YMCA training school in Springfield, Massachusetts. The game was introduced in YMCA's across America and other foreign countries. It became a part of the Olympic Games in 1936.

Objective of the Activity (Scoring system)

Basketball is simply a game of keep-away with the additional challenge of trying to shoot the ball into the basket. The game starts with a jump ball in the center circle between two opponents. Once a player stops their dribble, they have two choices: pass to a teammate or shoot.

Scoring

A made basket is worth two points.

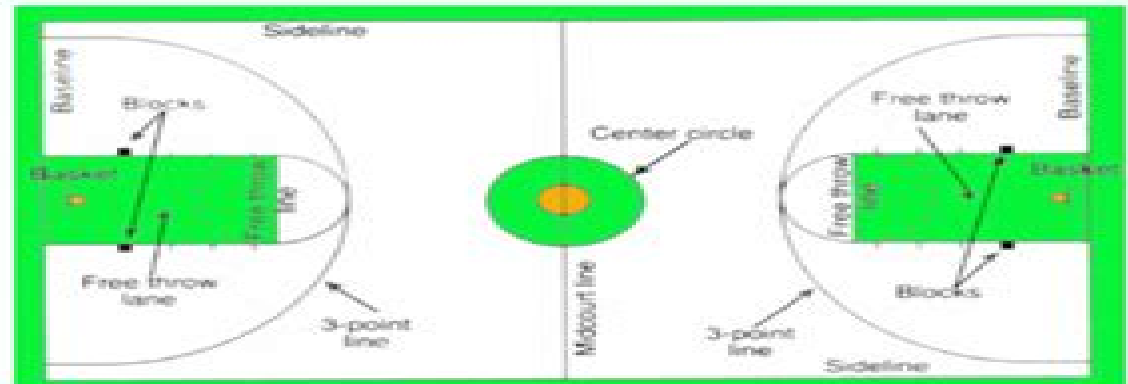
A free throw is worth one point.

A shot behind the three point arc is worth three points.

After a basket is made, the other team puts the ball into play from out of bounds under the basket. The offensive team has five seconds to put the ball in play.

Equipment/Playing surface

Most basketball courts are made from hardwood, which provides a smooth, unobstructed surface and a consistent bounce.



Players/Positions/Skills

Each team will have five players on the floor at one time. There are usually two guards, two forwards and one center.

Guards—best ball handlers, best decision makers

Forwards—bigger than guards, rebounders, scorers from inside and outside

Centers—traditionally biggest player on the floor, best rebounder, best scorer with his back to the basket.

Types of Defenses

-Man to Man Defense: Where players guard a certain player from the other team.

-Zone defense: Where a player is responsible for defending an area on the court.

Types of Passes

-Chest Pass—fastest and most accurate pass

-Bounce Pass—best pass to get around opponent

-Overhead (least used during basketball game)

Basketball Study Guide Physical Education

J Ma



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