

Basketball Study Guide

Freshman Physical Education

History

Basketball was invented in 1891 in Springfield, Massachusetts, by Dr. James Naismith. A teacher at the YMCA, he saw the need for an indoor game that could be played during the winter months. The game quickly grew in its popularity among both players and spectators, and in 1893, backboards were placed behind the rims to prevent overzealous fans from interfering with players' shots. The first professional basketball league was created in 1898..

The Basics

Basketball players move a ball on a court by dribbling, passing, and shooting. Points are scored when a player shoots the ball through the hoop. A basket (or field goal) counts as either two or three points, and free throws count as one point each. The team scoring the greater number of points in the allotted time wins the game.

Types of Basketball Shots

- Jump Shot - A shot performed while jumping in the air in which the ball is released at the highest point off the ground. It is often used when shooting over a defender trying to block the ball.
- Lay-up - Describes when a player moves to the hoop with the ball, steps up toward the rim, and rolls the ball off his or her fingertips into the basket.
- Bank Shot - A shot in which the ball first touches the backboard before it goes into the hoop. A player will often try a bank shot when shooting from a difficult angle.
- Dunk (or Jam) - A player jumps in the air and slams the ball into the basket.
- Hook Shot - A one-handed shot usually taken from near or inside the key. The shooter faces sideways to the hoop and arcs the ball over the defending player.
- Free Throw - A free shot taken from the foul line as the result of a foul. If a player is fouled while shooting the ball and misses the shot, he or she is given two or three free throws, depending on where the shot was taken from. If the shooter is fouled but makes the basket then only one free throw is taken. If the last free throw from that foul is missed, the ball is in-play

Fouls

- Personal Foul - Called when illegal body contact occurs between opposing players. Common examples are holding, charging, tripping, blocking, pushing, or interference. This results in either a player taking free throws or a team losing possession of the ball.
- Charging - Called when a player moving with the ball runs into a defender who has established a set guarding position. Possession of the ball goes to the defense.
- Blocking - A defensive player may not stand in the way of a dribbling player unless that defender has established a legal guarding stance.
- Technical Foul - Called against any player (or coach) for unsportsmanlike conduct. A technical foul awards the other team at least one free throw and possession of the ball.

- **Inbound Violation** - Players have five seconds to inbound the ball. If unable to do so the ball goes to the other team.

Who plays where?

Two teams of five players are on the court at one time. Teams usually line up with two guards, two forwards, and one center. All players contribute on offense and defense. Coaches may substitute players as often as they want, but only when the clock is stopped.

- **Center** - Plays underneath the basket. He or she is typically the tallest player on the team. The center's main tasks are to gain position under the hoop to get "rebounds," take shots, and on defense block shots by opposing players.
- **Forwards** - Generally play along the court baselines on either side of the basket. Along with the center, they are the team's main rebounders. Offensively they shoot from both outside and in close to the hoop.
- **Guards** - As the main ball handlers, they are typically the best "dribblers" and passers on the team. They are responsible for bringing the ball up the court and passing it to open players for scoring opportunities. The point guard calls the offensive plays and controls the tempo of the game. The shooting guard generally plays near the top of the "key" and is often relied upon to take the three-point shot.

Basketball Terminology:

Air Ball - Describes an outside shot that completely misses everything: the backboard, rim and net.

Backboard (or Glass) - The wooden or glass board on which the basket hangs. It is used for bank shots.

Backcourt and Frontcourt - The names for the half-court areas in which the two teams play defense and offense respectively. One team's frontcourt is the opposing team's backcourt.

Baseline - The out-of-bounds line at either end of the court under each basket.

Block (or Rejection) - Occurs on a shot in which a defender swats the ball away before it descends toward the basket.

Bounce Pass - A pass made by skipping the ball off the court to a teammate.

Double Dribble - Once a player stops dribbling, he or she must pass or shoot the ball before dribbling again. Also, players may not have two hands on the ball at the same time while dribbling. Either violation of this rule results in a turnover.

Dribbling - Players control and move the ball using one hand at a time to bounce it along the court.

Field Goal (or Basket) - A shot through the hoop (other than a free throw). Basket scores either two or three points.

Fouled Out - If a player commits a certain number of fouls in a game he or she is removed from play.

Inbound - The playing area of the court. A ball is passed inbounds after a field goal, certain fouls, or any time after the ball goes out of play.

Jump Ball (or Tip-off) - Starts the game at center court. The referee tosses the ball up between the two centers who jump to tip it toward a teammate.

The Key (or Paint) - The court area made up of the free-throw lanes, the free throw line, and the free-throw circle.

Loose Ball Foul - Called by the referee when a personal foul occurs when neither team controls the ball.

Perimeter (or Three-point Line) - The semicircle line on the court enclosing the basket and key. Field goals made from beyond this line are worth three points.

Rebound - Term that describes when a player grabs and controls the ball as it comes off the basket after a missed shot.

Shot Clock - Within a specified time from when a player inbounds the ball, a shot must be taken and the ball must touch at least the rim. Failure to do so results in a turnover.

Steal - When a defender takes the ball away from an offensive player.

Traveling (or Walking) - Called when a player with the ball takes too many steps or moves both feet without dribbling. This violation results in a turnover.

Turnover - When possession of the ball switches from one team to the other.