

BASKETBALL STUDY GUIDE

History of the Game:

Basketball was invented during the school year of 1891-92 at Springfield College, Springfield, Massachusetts. Dr James A. Naismith conceived the idea of attaching peach baskets at the opposite ends of the gym on the track that encircled the playing floor. This is where the height of 10 feet for the basket was arrived. The game, basketball, derives its name from the original ball and basket used in the first games. The game was introduced in YMCA's across America and also to foreign countries. Basketball became part of the Olympic games in 1936.

Nature of the Game

- Playing area is called the court.
- Game is started with a jump ball.
- Time limit for a Middle School game is 4 eight minute quarters.
- The object of the game is for a team to score more points than their opponents.

Teams

- Two teams play against each other on a team.
- Each team has 5 players on a court.
- Positions 2 guards, 2 forwards, 1 center.

Scoring

- Field Goal (basket) a basket made from the court = 2 points.
- Free throw (foul shot) a basket made from the free throw line = 1.
- A basket taken from behind the 3 point line = 3 points.

Terminology

- Dribble: To move the ball by bouncing it on the floor.
- Double dribble: To stop dribbling then start dribbling again.
- Foul: Any infraction of the rules which is charged and penalized by a game. If a player receives four fouls they must leave the game.
- Traveling: When a player with possession of the ball walks without dribbling, passing or shooting.
- Baseline: The endline.
- Layup: A shot where the player releases the ball close to the basket while continuing to jump off one foot.

- **Rebound:** When a shot bounces off the backboard or basket and is pulled down by a player.

Health Related Fitness

- **Cardiovascular Endurance:** your ability to continue to run up and down the court for long periods of time.
- **Muscular Strength:** your ability to play defense or offense w/o fatigue
- **Flexibility:** your ability to bend or move smoothly.

Skill Related Fitness:

- **Coordination:** hand-eye ability to dribble, pass and shoot.
- **Speed:** be able to have a change of pace.
- **Agility:** movement in any direction while on the run.