

Basketball Study Guide

I. **History**

Basketball was first introduced in 1892, by Dr. James Naismith, at the YMCA College in Springfield, Massachusetts. Basketball is one of the few sports that began in the USA. The game has had many changes since it's beginning and has become a sport requiring both skill and finesse.

II. **Basketball terms**

Charging – A foul in which a player runs into an opponent who is stopped and is in position on the court.

Dead Ball – A ball, which is whistled dead because of a foul or violation.

Defense – The team, which does not have the ball. Man-to-man and zone are the two basic types of defense.

Dribble – A move in which a player pushes the ball to the floor causing it to rebound from the floor back to the hand.

Field Goal – A score made by making a basket from anywhere on the playing court. A field goal inside the 3-point arc is worth 2 points and outside the arc is worth 3 points.

Foul – A broken rule usually involving contact between two opponents.

Free throw – An unguarded shot from the free-throw line, given to the player who has been fouled. One point is scored for each free throw made. On a missed free throw the ball must hit the rim in order to be in play. If it misses the rim, it is a dead ball.

Jump Ball – The ball is tossed between two players with their teammates in position outside the center circle. This is used to start the game and all overtime. For all other jump balls situations, alternate possession of the ball will be used. The teams alternate taking the ball out of bounds.

Lane – The area from the end line to the free-throw line. The lane lines form the sides where the players stand for a free throw.

Mid-court Line – (10 second line) – The centerline that divides the court in half.

Offense – The team, which has possession of the ball.

Pass – The act of throwing or handing the ball to a teammate.

Pivot – a move in which a player steps once or more than once in any direction with the same foot. The other foot (pivot foot) does not move.

Rebound – The act of jumping and grabbing the ball after a missed field goal or free-throw attempt.

Bonus – On the 7th team foul in a half and every additional foul after seven, a one-and-one bonus will be given. If the shooter makes the first shot, he/she will be given a second bonus shot. If the first shot attempt is missed and touches the rim, it becomes a live ball and is played. The super bonus is in effect on the 10th team foul for the half. The shooter will be awarded two free throws for each additional foul.

Technical Foul – Any act which shows poor sportsmanship. Examples: arguing with officials, using bad language, pushing, tripping, and swinging your arms or fists on purpose.

III. **Shots**

Jump Shot – A shot in which the player jumps up and releases the ball at or near the top of the jump. The player should come down in the same spot and should shoot the ball with one hand using good follow through.

Set Shot – A shot in which the player stops, sights the basket, and shoots the ball. The shot is started from the chest area and ends with a good follow through.

Lay-up – A shot in which the ball is banked off the backboard with the player reaching either his/her right or left arm during the shot. Example: In a lay-up from the right side, the player would jump toward the basket with the right knee thrust upward as the right arm extended toward the backboard to lay the ball into the basket.

IV. **Passing**

- A. Chest
- B. Bounce
- C. Two Handed Overhead
- D. Baseball

V. **Players**

Guards – Guards are players who play on either side of the court. Their job is to bring the ball down the court and start the offensive pattern. They are usually the best ball handlers and outside shooters on the team.

Forwards – Forwards are players who usually play near the basket on either side of the lane. They are also good ball handlers and rebounders.

Center or Post – The center is usually the tallest player and best rebounder. When this player plays near the free-throw line, his/her position is called high post; when he/she plays near the basket, his/her position is called low post.