



Basketball Study Guide



History

Dr. James Naismith in Springfield, Massachusetts in 1892 invented basketball

Basketball Terms

Dead Ball: A ball which is out of play for a moment due to a foul, violation or the ball going out of bounds

Defense: The team WITHOUT the ball. In PE class, we play *Man-to-Man* defense

Dribble: Moving the ball across the floor by bouncing the ball off the ground

Foul: A broken rule involving contact between two players from opposite teams

Free Throw: A shot usually awarded to a player after they are fouled. The free throw line is 15 feet from the basket. One made free throw attempt is one point for your team

Offense: The team WITH the ball

Rebound: The act of grabbing the ball after a missed shot

Violations

Double Dribble: Dribbling the ball with two hands at the same time or dribbling, stopping and dribbling again

Traveling: Taking too many steps without dribbling the basketball

Carrying: Holding the ball with one hand for too long without dribbling

Types of Shots

Jump Shot: A type of shot, which you jump to take usually, further away from the basket

Lay-Up: A shot that is taken next to the basket, usually taken by shooting the ball off the backboard

Types of Passes

Chest: The chest pass is the most *common* pass in basketball and will be used most frequently in games. Midsection to midsection pass

Bounce: The most *effective* type of pass. The ball should arrive at the midsection or waist of the teammate on one bounce

Overhead: This type of pass is made over the head to another teammate who is down the court or to pass over a shorter player or a large group of players