BASKETBALL STUDY GUIDE

HISTORY:

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 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 at. 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 a part of the Olympic Games in 1936.

THE GAME:

The object of the game is to score more points than your opponent. The ball is passed, thrown, bounced, batted, or rolled from one player to another. A player in possession of the ball must maintain contact with the floor with one foot (pivot foot), unless the player is shooting, passing, or dribbling. Physical contact with an opponent can result in a foul if the contact impedes the desired movement of the player.

BASIC RULES:

- Players: Five players per team on the floor at a time with unlimited substitutions. Usually
 players fill the standard positions of 2 forwards, 2 guards, and 1 center. The names of these may
 be changed depending on the offense played.
- Offense: Team or individual patterns or play which are used to get the ball into scoring position.
 There are two basic types of offensive attacks: the slow deliberate attack and the fast break attack.
- 3. <u>Defense</u>: Players may choose to play either a man to man defense (person to person) or zone. In man to man each player is assigned a specific person to guard/play defense on. In a zone defense players are assigned a specified area to guard. The object of defense is to try to take the ball away from your person or person in your assigned zone area, to force them to turn over the ball, or force them to take a low percentage shot.
- Scoring: Field Goals = 2 or 3 points, Free Throws = 1 point
- Timeouts: Timeouts are one minute or 30 seconds in length and can be requested during a dead ball or anytime by the team in possession of the ball.
- 6. Timing:
 - High school varsity games play (4) 8-minute quarters.
 - Time stops each time an official blows the whistle indicating a dead ball.
 - There is one minute between quarters and 10 minutes at the half.
 - Player has 10 seconds shoot a free throw
 - A player has 5 seconds to inbound the ball
 - Running time is used in physical education and intramural situations. The clock does not stop on dead balls.

Basketball Study Guide Physical Education

Illinois State University

Basketball Study Guide Physical Education:

Physical Education Teaching Manual Mabel E. Rugen, Jeanette B. Saurborn, 1936 Journal of Health, Physical Education, Recreation, 1952 Resources in Education ,1976 Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office, 1977 The Journal of Physical Education Luther Halsey Gulick, George John Fisher, Martin Isaac Foss, John Brown, Harold T. Friermood, 1927 The Journal of Health and Physical Education, 1932 Iournal of Basketball Guide ,1928 Physical Education and Recreation, 1977 **Special Events in the Girls Sports Program** American Association for Health, Physical Education, and Recreation. Division for Girls and Women's Sports, 1961 American Physical Education Review ,1927 Includes abstracts of magazine articles and Book reviews Manual. Programs, and Courses of Studies for Kentucky High Schools Kentucky. State Board of Education, 1927 Announcement for the Academic Year University of Arizona, 1926 **Annual Catalogue, with Announcements** University of Arizona, 1926 Recreation .1919 The Playground ,1928 Catalogue ... Illinois State University, 1928 **Announcement** Columbia University Bulletin Columbia University, 1925 Columbia University. Summer Session, 1922 **Iournal** of the Announcement of the ... Summer American Association for Health, Physical Education, and Recreation ,1950 Session University of Maine, 1928

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