BASKETBALL
History of Basketball
James Naismith was the Canadian physical education instructor who invented basketball in 1891. He was the physical education teacher at McGill University (1887 to 1890) and at Springfield College in Springfield, Massachusetts (1890 to 1895). At Springfield College (which was then the Y.M.C.A. training school), James Naismith, under the direction of American phys-ed specialist Luther Halsey Gulick, invented the indoor sport of basketball.
The first formal rules were devised in 1892. Initially, players dribbled a soccer ball up and down a court of unspecified dimensions. Points were earned by landing the ball in a peach basket. Iron hoops and a hammock-style basket were introduced in 1893. Another decade passed, however, before the innovation of open-ended nets put an end to the practice of manually retrieving the ball from the basket time a goal was scored.
It all started with two peach baskets affixed to a 10-foot-high railing and with a soccer ball in a YMCA (Young Men's Christian Association) in Massachusetts.
Rules of Basketball
Rules of Basketball

- Basketball is a team sport/invasive game.
- The objective of the game is to score more points than the other team.
- Each team has 5 players on at a time (2 guards, 2 forwards, 1 center).
- Court is divided into 2 sections.
- Game starts in the center with a **tip-off**.
- After a basket is scored the other team has 8 seconds to cross the mid-line by passing/dribbling. You may not cross back into your territory.
- When a basket is scored, the team can receive 2 or 3 points.
- Game is played in 8 minute **quarters**.
- If a ball goes out of bounds, the opponent gets an **inbound pass** (similar to a soccer throw in).
Fouls
Personal & Technical
Personal Fouls
A player shall not hold, punch, charge, trip or impede the progress of an opponent by extended arm, shoulder, hip knee or by bending the body in other the normal position, nor use any rough tactics.

- If a player is shooting while they are fouled, she is awarded the opportunity to make two free throw shots.
- If a player is NOT shooting while fouled, they get an inbounds/turnover and have 5 seconds to pass the ball into the court.
Technical Fouls

One point will be awarded to the opposite team and possession at half court for unsportsmanlike conduct: Delaying the game, abusive language, discourtesy to the officials.

*A student will be removed if persistent in this area.*
Violations

- Walking/traveling
- Carrying/palming
- Double dribble
- Backcourt violation
- Time Restrictions:
  - 5 seconds to pass the ball inbounds during a turnover
  - Player cannot hold the ball for more than 5 seconds
  - 8 seconds to cross the mid-line after a basket is scored
  - You are only allowed to stand in the key for 3 seconds
Other Rules/Violations

1. Player may **pivot** (move on one foot with ball).
2. Once a player has held the ball after dribbling, they must pass it. They may not dribble again.
3. Player may not kick the ball or strike it with a fist.
4. No obstruction (one hand must be up) and no reaching in while turning over the ball inbounds.
5. May not be passed over center line.
Basketball Video (play about 5 minutes of video):

1. How many fouls did each team commit?
2. What happened when a team was fouled?
3. What happened after a basket was scored?
4. Did you see any defensive strategy?
5. Did you see any offensive strategy?
6. What different kinds of passes were made?
7. How did they shoot the ball?
Basketball Skills

Passing

Dribbling

Shooting
Dribbling

Dribbling is used to advance the ball, break for a basket, or maneuver out of a difficult situation. The dribbler's knees and trunk should be slightly flexed, with head and eyes forward. You should look beyond the ball. The ball is propelled by the fingertips with the hand cupped and relaxed.
Dribbling

Strong hand

Weak hand

Cross over

Between the legs

Behind the back
Passing

**Bounce Pass**- Bounce the basketball from your waist to intended players waist halfway between you and the person you are passing to.

**Chest Pass**- Pass from your chest with elbows bent to intended players chest with enough force to reach him or her.

**Skip Pass**- Pass from over head, similar to a soccer thrown in.
Shooting

One-handed push shot
Lay-up shot
Free-throw shot
Jump shot

BEEF - balance, eyes, elbow, follow through
Positions: 2 guards, 2 forwards, 1 center

- Point Guard
- Shooting Guard
- Power Forward
- Small Forward
- Center
Starting the Play after a basket is scored

1. If a basket/point is made, the team (who did NOT score the point) gets the ball. They pass the ball in UNDER their basket. They then must DRIBBLE past the mid-line into their opponent’s territory to try and score. They have 10 seconds to cross the mid-line. The defending team may defend them on both sides of the court.
Basketball Quote:

The game of basketball has been everything to me. My place of refuge, place I've always gone where I needed comfort and peace. It's been the site of intense pain and the most intense feelings of joy and satisfaction. It's a relationship that has evolved over time, given me the greatest respect and love for the game.

Michael Jordan