

# **BASKETBALL**

*PACKET # 4*

## **INSTRUCTIONS**

This Learning Packet has two parts: (1) text to read and (2) questions to answer. The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news. The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## **INTRODUCTION**

Basketball is an extremely popular sport. More people watch basketball than any other sport in the United States. It is played in driveways, parking lots, back yards, streets, high schools, colleges and professional arenas. Basketball's popularity is not confined to the United States. The game is also enjoyed internationally, with rules available in thirty languages. Basketball is included among the Olympic sports.

## **HISTORY OF THE GAME**

In 1891, a physical education instructor at a YMCA Training School in Massachusetts invented basketball as an indoor activity for boys. The game began with two peach baskets tied to balconies and a soccer ball used to shoot baskets. Two years later, two college teams began to play basketball. The game's popularity has increased continuously ever since. The National Basketball Association (NBA) is the largest professional sports league. It was created when the Basketball Association of America and the National Basketball League merged in 1949. The majority of professional players are recruited by the NBA from college ranks.

## HOW THE GAME IS PLAYED

### *GENERAL PLAYING RULES*

The game of basketball is easy to understand. Players try to prevent their opponents from scoring while each team tries to get the ball through the basket that the other team is defending. Although the game is not difficult to understand, a tremendous amount of mental and physical endurance and skill is required from the five players on each team.

A basketball team consists of a center, two forwards and two guards. The forwards are positioned near the opposing team's basket so that they can be ready for shooting and rebounding. The center is located near the basket or near the free-throw line so that he/she can be ready for shooting and rebounding. Guards normally bring the ball down the court to begin offensive play.

The game begins with a jump ball. The referee tosses the ball into the air. As it comes down, one player from each team jumps upward in an attempt to tap the ball to a teammate. Once the ball is in play, team members dribble the ball in order to get closer to the basket or pass it to another player. "Dribbling" the ball means bouncing it on the floor repeatedly with one hand. "Passing" means throwing the ball to a teammate. Passing is vital to scoring plays. In fact, most professionals consider good passing to be almost as important as accurate shooting.

When the ball is put into the basket, it is called a "field goal" and two points are awarded to the team that scores. If the shot, however, was taken past the three-point line, then three points are earned. The National Basketball Association instituted a new distance of 20'-6" from the basket for the 3-point line. A "free throw" means a toss from behind the freethrow line, with no interference from the opposing team. If a player has been fouled by an opponent, the fouled player gets a free throw. If the free throw ball goes into the basket, the team gets one point.

There are two types of fouls in basketball—personal fouls and technical fouls:

A personal foul means that a player holds, pushes or trips an opponent.

A technical foul may occur when the game is delayed, too many time-outs are taken, players leave or enter the court illegally or participate in misbehavior such as disrespect toward the referee.

A team may lose possession of the ball for "traveling." Traveling occurs when a player runs or walks with the ball. Double dribbling (bouncing the ball with both hands or stopping dribbling, then starting again) can also cause a team to lose possession of the ball.

## ***DEFENSE AND OFFENSE***

Professional basketball teams play four 12-minute quarters. College-level play amounts to two 20-minute halves, and high school basketball is four 8-minute quarters. In the case of a tie game, teams play overtime. Professional teams play 5-minute overtimes. High school and college teams play shorter overtimes.

### **DEFENSE**

The zone and player-to-player (once called “man-to-man”) systems are two defensive techniques. The zone system uses each player as a guard, protecting a specific zone near the basket that his/her team is defending. Guarding the ball is more important than any particular player in this type of defense.

In the player-to-player (“man-to-man”) system, the opposite is true. Each player guards a player from the opposing team in order to keep the opposition from scoring.

### **OFFENSE**

The fast-break offensive style offers fast movement from one part of the court to another and a chance for scoring. It is characterized by fast, quick passes down the court and using more players on the attack than the opposition has for their defense. Slower, more deliberate play characterizes the slowbreak style. This technique calls for more thoughtful action; players maneuver carefully in order to shoot in this type of offense.

## **PLAYING TECHNIQUES**

### ***TYPES OF SHOTS***

**ONE-HAND SHOT** A shot executed with both hands holding the ball initially. The ball is then pushed into the basket with one hand.

**HOOK SHOT** The ball is thrown to the basket over one shoulder of the player who is handling the ball. The center and forwards on a team will find this shot extremely valuable.

**TWO-HANDED SHOT** A shot usually made when a player is not close to the basket. The ball is thrown with two hands. This type of shot tends to be quite accurate.

**JUMP SHOT** A shot in which the player shoots the ball into the basket at the top of the jump.

**LAY-UP** A shot in which a basket is attempted from under the net; generally considered one of the easier shots.

**TIP-IN** A shot in which the ball is tapped back into the basket as it rebounds from the backboard.

**FREE-THROW** A shot in which a player who has been fouled shoots from behind the free-throw line.

## ***BASIC PASSES***

**TWO-HANDED CHEST PASS** A pass used for short, fast passing of distances up to twenty feet.

**TWO-HANDED OVERHEAD PASS** A popular pass that can be used from anywhere on the court; especially good for closely-guarded players.

**ONE-HANDED OVERHEAD PASS** A pass used as a long pass from any position on the court. Like all onehand passes, this move takes more time to perform and requires excellent control.

**BOUNCE PASS** This pass is used when two players are relatively close to each other. The ball usually bounces once before being caught by the other player.

**ONE-HAND UNDERHAND PASS** An effective move when the passer is moving at fast speeds; difficult to perform and should be used only when no alternative exists.

## **EQUIPMENT AND CLOTHING**

A basketball is about two and a half feet in circumference and weighs 22 ounces. Baskets are made of a metal ring with an inside diameter of 18 inches. Netting or webbing hangs from the ring. Two baskets, one at each end of the court, hang 10 feet above the floor. The standard basketball court measures about 50 feet by 94 feet. Clothing is loose-fitting and designed for freedom of movement.

Contemporary “long shorts” were made popular by superstar Michael Jordan of the Chicago Bulls. Shoes are specially designed to withstand pounding the floor in jumps and other movements, as well as to brace the feet and ankles during violent lateral movements.

# STUDENT RESPONSE PACKET

# BASKETBALL

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## **WHAT TO DO**

The following questions will help you to have a greater appreciation and understanding of basketball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. **Be neat, spell correctly, and write in complete sentences.**

1. What are some of the physical benefits of playing basketball?
  
  
  
  
  
  
  
  
  
  
2. True or False: More people watch basketball than any other sport in the United States.
  
  
  
  
  
  
  
  
  
  
3. What is the object in any game of basketball?
  
  
  
  
  
  
  
  
  
  
4. What comprises a team in basketball? How many players and what positions?
  
  
  
  
  
  
  
  
  
  
5. How does any game of basketball begin?

6. What is a field goal?

7. Name at least three types of shots.

8. Name at least three types of passes.

9. Name two defense techniques.

10. What is the difference between a fast-break and slow-break offensive style?

# Crossword

Use the clues below to discover words in the above puzzle. Circle the words.

1. One of the five players - usually the tallest
2. Acronym for the world's largest basketball association
3. A basketball team usually has two of these shorter players
4. There are usually two of these players on the team
5. One person jumps so high his hand is above the rim when he slams the ball through the hoop
6. You are on \_\_\_\_\_ when the other team has the ball
7. When one grabs the ball after a missed shot
8. A type of shot where the ball is thrown over one shoulder
9. A \_\_\_\_\_ goal is when a player shoots the ball into the basket for two or three points
10. A \_\_\_\_\_ throw is worth one point if it goes in the basket
11. You are on \_\_\_\_\_ when your team has the ball
12. Inside diameter in inches of a basketball rim
13. State in which basketball was invented
14. This type of foul can be called on a player for bad conduct
15. A professional game is made up of four of these
16. One of the two types of fouls
17. Number of players on a basketball team
18. Height in feet of the basket above the floor
19. A defensive technique that uses each player to guard a specific area
20. This person controls the game by calling the fouls and determining who gets the ball

Name: \_\_\_\_\_ Date: \_\_\_\_\_

V D E F E N S E A N N R R Q O E C Z S T E C H N I C A L U  
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