

# Basketball Study Guide

## History

Basketball was created by Dr. James Naismith as an indoor game to play in between football and baseball seasons. It originated at a YMCA in 1891 in Springfield, Massachusetts. Peach baskets were used as the hoop and a football was used as a ball. Basketball has developed and evolved over the years, and has become a popular fast-paced game that involves physical fitness, fundamental skills, and disciplined strategies.

## Skills

### **Passing:**

Playing basketball relies on making effective passes to teammates throughout the game. There are many types of passing techniques, and a few are listed below:

- *Chest Pass* – a two-handed pass that is made from the level of a player's chest, where the arms and hands extend toward their target. The passer should step forward with the pass and the ball should hit their target in the chest. This pass is the most widely used pass in the game of basketball.
- *Overhead Pass* – a pass made with two hands over the head, snapping the arms forward toward their target. The passer should step towards their target and the ball should hit them in the chest.
- *Bounce Pass* – a pass made with two hands, similar to the chest pass, but where the ball will bounce three-fourths of the way towards the target and hit the target at waist level.

### **Dribbling:**

To dribble a ball, the player should use the fingertips on one hand. The ball should be in front of the player, bouncing below waist level while keeping the ball under control. The player should stay low, keep their eyes up, and protect the ball with the non-dribbling arm.

### **Shooting:**

To shoot a basketball, the player must have good fundamentals, a balanced stance, and follow-through. The shot should be made one-handed, facing the target, feet should-width apart, eyes on the basket, balance, and follow-through.

### **Defense:**

Players not in possession of the ball will play defense on the other team. Each player will pick an opposing player to guard and to keep from scoring a basket. Guarding a player must be maintained by not fouling the opposing player, with the goal of regaining possession of the ball for your team. Defensive players should remain low, stay between your player and the basket, and keep your hands up.

## Terminology

- Defensive Player:** Player whose team does not possess the ball.
- Double Dribble:** Violation that occurs when a player dribbles the ball with two hands, OR dribbles the ball, stops dribbling, and then starts to dribble again. This results in the ball going to the opposing team.
- Dribble:** A play where a player bounces the ball on the ground one or more times continuously. This needs to be completed with one hand. Dribbling with two hands is a violation.