

BASKETBALL STUDY GUIDE



Questions

1. Where was Basketball invented? _____

2. Who invented Basketball? _____
3. What year was Basketball invented? _____
4. What was used for baskets when the game was first invented? _____

5. Are you allowed to dribble with both hands on the ball at the same time? _____
6. How many seconds are you allowed to be in the key? _____
7. If a violations occurs what happens? _____

8. What are the 5 main Basketball positions? _____

History of the Game

Basketball was first developed in 1891 by James Naismith as a way for athletes to keep in shape during the winter months in Springfield, Massachusetts. The early basketball games were played with a soccer-style ball and peach baskets. There was no limit in the number of players or balls that could be used at once. It was not uncommon to see a game with 50 players and 5 balls. In 1892, Naismith developed 13 simple rules to help govern the game. Some of these rules are still used today. The rules of the game were published in a national magazine and its popularity quickly spread throughout the United States. The game grew so fast that the first intercollegiate basketball game was played in 1896. In 1936, basketball became an Olympic Sport.

Object of the Game

- The object of the game is to advance the ball towards your opponent's basket by passing or dribbling the ball.
- Each team attempts to score the most points by shooting the ball into the basket. At the same time they try to prevent their opponents from scoring.

Violations

- All violations result in a turnover (the ball goes to the other team.)

Trouching

- A player, in possession of the ball, is moving without dribbling the ball.
- A player with the ball moves his/her pivot foot without dribbling.

Double Dribble

- Dribbling the ball with both hands at the same time.
- Dribbling the ball after picking up the original dribble.

Time Violations

- 3 Seconds in the key- An offensive player cannot stand in the key area for more than 3 seconds.
- 5 Seconds Call- taking five seconds or more to inbound the ball. Or closely guarded for 5 seconds without dribbling.
- 10 Seconds Call- taking 10 seconds or more to advance the ball past the mid-court line.

Fouls:

- A foul is when a defender makes physical contact with an offensive player.
- If a "shooter" (player attempting to make a basket) is fouled while in the act of shooting then that player would get two free throws. If not shooting (just dribbling) then the offensive team would maintain possession of the ball.
- A player is disqualified from the game if the player commits 5 fouls.

Basketball Positions

Basketball is a team sport that uses five players per team on the court at a time. These five players play different positions on the floor. Traditionally these positions are as follows:

- **Center**- (1) usually the tallest player and plays close to the basket.
- **Forward**- (2) tall players with better ball handling skills than the center.
- **Guard**- (2) usually shorter players, they have the best ball handling and passing skills.

Basketball Study Guide Physical Education

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Basketball Study Guide Physical Education:

Physical Education Teaching Manual Mabel Esther Rugen, Jeanette B. Saurborn, 1936 **Journal of Health, Physical Education, Recreation**, 1952 *Resources in Education*, 1976 **Manual, Programs, and Courses of Studies for Kentucky High Schools** Kentucky. State Board of Education, 1927 Guide To: Safety Education Dr. K. M. Valsaraj, Safety education guides students to recognize hazards and adopt safe practices in daily life It includes road home school and environmental safety aiming to prevent accidents promote awareness and encourage responsible behavior for overall well being Teaches students to recognize and avoid hazards Covers safety at home school road and environment Promotes awareness and precautionary measures Encourages responsible and disciplined behavior Aims to prevent accidents and ensure well being **The Journal of Physical Education**, 1930 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1977 The Journal of Health and Physical Education, 1932 *Journal of Physical Education and Recreation*, 1977 Basketball Guide, 1928 **Basketball: A Guide For Physical Education Teachers And Coaches** Koon Teck Koh, John Chee Keng Wang, 2020-03-20 Basketball A Guide for Physical Education Teachers and Coaches is a valuable resource for those beginning to teach the sport or even seasoned coaches looking for a fresh approach to the game The practical guide is a consolidated effort from two authors who have taught and coached the sport at various levels for many decades Their aim is to share knowledge and sound pedagogical approaches in teaching and coaching basketball This book will show you how to teach fundamental skills and concepts progressively through fun and innovative ways It includes many modified games and examples of lesson plans aim to develop competent and confident learners through differentiated instruction In this guide Koh and Wang advocate the importance of taking a game based approach to develop good decision making skills in the game You will be able to select different types of content with a skill concept plan and deliver a teaching coaching session to cater to different groups of learners Complete with numerous tactics skills and tips Basketball A Guide for Physical Education Teachers and Coaches is a wealth of information for instructors *American Physical Education Review*, 1927 Includes abstracts of magazine articles and Book reviews **Annual Catalogue, with Announcements** University of Arizona, 1926 **Announcement for the Academic Year** University of Arizona, 1926 Annual Catalogue Hampton Normal and Agricultural Institute, 1927 **University Bibliography** Columbia University. Libraries, 1910 *Special Events in the Girls Sports Program* American Association for Health, Physical Education, and Recreation. Division for Girls and Women's Sports, 1961 Elementary Course of Study, State of Washington, 1930 Washington (State). Superintendent of Public Instruction, 1930 **The Playground**, 1928 **Goucher Alumnae Quarterly**, 1930

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Table of Contents Basketball Study Guide Physical Education

1. Understanding the eBook Basketball Study Guide Physical Education
 - The Rise of Digital Reading Basketball Study Guide Physical Education
 - Advantages of eBooks Over Traditional Books
2. Identifying Basketball Study Guide Physical Education
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Basketball Study Guide Physical Education
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basketball Study Guide Physical Education
 - Personalized Recommendations
 - Basketball Study Guide Physical Education User Reviews and Ratings
 - Basketball Study Guide Physical Education and Bestseller Lists
5. Accessing Basketball Study Guide Physical Education Free and Paid eBooks
 - Basketball Study Guide Physical Education Public Domain eBooks
 - Basketball Study Guide Physical Education eBook Subscription Services
 - Basketball Study Guide Physical Education Budget-Friendly Options
6. Navigating Basketball Study Guide Physical Education eBook Formats
 - ePub, PDF, MOBI, and More
 - Basketball Study Guide Physical Education Compatibility with Devices
 - Basketball Study Guide Physical Education Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Basketball Study Guide Physical Education
 - Highlighting and Note-Taking Basketball Study Guide Physical Education
 - Interactive Elements Basketball Study Guide Physical Education
8. Staying Engaged with Basketball Study Guide Physical Education

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Basketball Study Guide Physical Education
9. Balancing eBooks and Physical Books Basketball Study Guide Physical Education
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Basketball Study Guide Physical Education
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Basketball Study Guide Physical Education
 - Setting Reading Goals Basketball Study Guide Physical Education
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Basketball Study Guide Physical Education
 - Fact-Checking eBook Content of Basketball Study Guide Physical Education
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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