**BASKETBALL**

* **Basic game play**
  + Basketball games begin with a jump ball, usually between the two tallest players, with the simple strategy of obtaining positionpossession of the ball. After the opening jump ball to start the game any jump ball situation results in the team’s alternating possessions of the ball. The team losing the opening jump ball is awarded the next jump ball possession, with teams alternating possessions for the rest of the game.
* **Scoring**
  + Two points are awarded for any basket scored inside the offensive team’s three-point line during continuous play.
  + One point is awarded for each made free throw.
  + Three points are awarded for field goals made from outside the three-point line.
  + Two-point and three-point baskets may also be awarded if the opposing team accidentally shoots the ball into the other team’s basket. This is rare but does happen at all skill levels.

**Fouls and Violations**

* **Fouls**

If the foul is the team’s seventh, eighth, or ninth foul in a half, then the opposing team gets a bonus and is allowed to shoot a one and one. This means that if the player shooting the free throw makes the first attempt, the player is given a bonus free throw.

If the foul is the team’s tenth or higher foul, then the player who was fouled gets to shoot 2 free throws. This double bonus lasts until the end of the half.

* **Time of games**
  + High school games are played in four, 8-minute quarters. Halftime between the second and third quarters is 10 minutes. If the score of a high school game is tied at the end of the regulation four quarter, 3-minute overtime periods are played as needed to break the tie.
  + Collegiate men and women play two 20-minute halves. Halftime between the two halves is 15 minutes. If the score is tied at the end of the game, 5-minute overtime periods are played as needed to break the tie.
  + NBA games are played in four, 12-minute quarters with a halftime between the second and third quarters lasting 15 minutes. If the score is tied at the end of the game, 5-minute overtime periods are played as needed to break the tie.
  + WNBA games are played in four, 10-minute quarters with a halftime between the second and third quarters lasting 15 minutes. If the score is tied at the end of the game, 5-minute overtime periods are played as needed to break the tie.

Fundamentals of the Game

**Helpful passing and catching tips**

* Be sure to look where you are passing the ball and watch yourself catch it. At higher levels players often do not look, but as a beginner or intermediate player it is important to watch the ball.
* You have plenty of time, unless you play in college or professional basketball which use a shot clock, and are not under the gunon the clock to make quick split second decisions. Remember this and you will become a better passer and make better decisions with the ball.

Shooting (The videos show players shooting with their elbows out…I’ve never seen that as recommended form—bad visual example).

3. Passing and catching

Good passing is key to maintaining possession of the ball and being able to move into scoring position and is also the fastest way to move the ball. Each player must be able to pass, which includes that they are able to and catch the basketball. If a player is unable to catch the ball, then you are playing with one less player on offense. As you improve in your skills and confidence you will learn to make better and faster decisions on what to do and where to pass the ball. There are four types of passes that are used in basketball: chest (most commonly used), bounce, overhead, and baseball. The following guidelines and drills will help you work on your eye-hand coordination and help you become a better passer by learning how to perform each of these four types of passes and help you to focus when catching the basketball.

Basketball Assessment

**8. Which of the following violations may be committed by any players on the court at any given time?**

Time restrictions

Jump ball – This is not a violation, but a means of bringing the ball into play. Therefore, “all of the above” would be misleading.

Goaltending

**All of the above** (answer)

**16. When passing it is important to remember to:**

Make fast, quick decisions – As a ball handler, I would argue that this would be true too.

Never look where you are passing

**Lead your teammate if they are moving in a positive direction** (answer)

Always jump and pass the ball while in the air