

PART 1. UNIT I
INTRODUCTION OF BASKETBALL



A. Desired Learning Outcomes

At the end of the unit, the student must have:

1. Traced the history and origins of basketball as a game, as fine as its nature and values of the entertainment.
2. Identified the significance of the basketball history and nature.
3. Enumerated the different events in basketball history, values, and nature.

B. Values and Thoughts Focus

Values: Appreciation of history; thoughtfulness; patience and concern for others.
Thoughts:

"The aim of life is appreciation; there is no sense in not appreciating things; and there is no sense in having more of them if you have less appreciation of them". - G. K. Chesterton

Patience is power. Patience is not an absence of action; somewhat it is "timing" it waits on the right time to act, for the right principles and in the right way. - Fulton J. Sheen

C. Course Content

Lecture/Discussion; Diagram Presentation; Film showing:

BACKGROUND

Basketball is a physical sport, typically participated on an interior arena in which 2 opposing group of five (5) players each endeavor to achieve by pitching an magnified sphere so that it tumble down from side to side of two hoops hovering, at all baseline of the arena, over their heads. The group gains the most such releases from end to end pitch goals or foul counted, succeed the match. Since of its unbroken deed and numerous grow, basketball is considered as the mainly admired viewers as healthy contributor games in the planet.

Basketball, tremendously well-liked around the planet, is a court entertainment participated by 2 groups of 5 participants each. The rationale is to deliver the sphere through a hoop or basket, and hence score further points than the contrasting team.

Even though basketball can be played out door, it was made-up to provide as a thrilling indoor work out for the coldness seasons in a northern weather. It rapidly became a viewer amusement, nevertheless, and currently attracts huge spectators to gymnasiums or arenas, particularly in the United States, South America, Europe, and Philippines.

The activity is participated on the proletarian level by high schools, colleges, other clusters, and, since 1936, by national teams in the Olympic Games. It is also played by proficient athletes, particularly in the United States and Europe. The leading championships asserted for are those of the National Basketball Association (U.S. professionals), the National Collegiate Athletic Association (U.S. colleges), and the Olympic Games.

HISTORY OF BASKETBALL

Basketball was invented in December 1891 by the Canadian clergyman, educator, and physician James Naismith. Naismith initiates the game when he was an instructor at the Young Men's Christian Association Training School (now Springfield College) in Springfield, Massachusetts. By the appeal of his director, Dr. Luther H. Gulick, he planned a vigorous amusement suitable for indoor winter amusement.

The entertainment occupied elements of American football, soccer, and hockey, and the first sphere used was a soccer ball. Squads had nine players, and the goals were wooden peach baskets attached to the walls. By 1897-1898, teams of five became set.

The entertainment quickly spread nationwide and to Canada and other parts of the world, participated by both women and men; it also became an admired informal outdoor amusement. U.S. servicemen in World War II (1939-1945) well-liked the game in many other countries.

A quantity of U.S. colleges assumed the delight between about 1893 and 1895. In 1934 the first college sports event were staged in New York City's Madison Square Garden, and college basketball began to magnetize heightened curiosity. By the 1950s basketball had become a main college sport, thus paving the way for an increasing of awareness in professional basketball.



The primary pro league, the National Basketball League, was formed in 1898 to defend players from mistreatment and to encourage a less bumpy competition. This union only lasted 5 years earlier to termination; its downfall spawned a number of insecurely prepared leagues throughout the Northeastern United States. One of the initial and supreme pro teams was the Original Celtics, planned about 1915 in New York City. They played as many as 150 games a season and conquered basketball until 1936. The Harlem Globetrotters, originated in 1927, a remarkable presentation group, concentrated in humorous arena antics and skilled ball handling.

In 1949 two succeeding professional leagues, the National Basketball League (twisted in 1937) and the Basketball Association of America (1946) combined to craft the National Basketball Association (NBA). The Boston Celtics, escort by their center Bill Russell, conquered the NBA from the late 1950s through the 1960s. By the 1960s, pro teams from coast to coast played before crowds of many millions yearly.

Wilt Chamberlain, a center for the Los Angeles Lakers, was another leading contender during that period, and his battles with Russell were eagerly expected. Kareem Abdul-Jabbar, also a center, came to fame during the 1970s. Jabbar mastered his distinguished "sky hook" shot while playing for the Los Angeles Lakers and conquered the resistance.

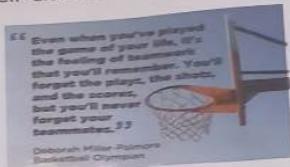
The NBA undergoes a drop in attractiveness during the late 1970s, but was saved, mainly through the growing popularity of its most famous competitors. Larry Bird of the Boston Celtics and Magic Johnson of the Los Angeles Lakers are attributed with injecting thrill into the league in the 1980s through their superior skills and decade-long contention. During the late 1980s Michael Jordan of the Chicago Bulls rose to stardom and helped the Bulls dictate the NBA during the early 1990s. A new production of basketball stars, including Shaquille O'Neal of the Orlando Magic and Larry Johnson of the Charlotte Hornets, have continued the NBA's growth in reputation.

In 1959 a Basketball Hall of Fame was established in Springfield, Massachusetts. Its rosters surround the names of enormous players, coaches, referees, and people who have contributed extensively to the growth of the competition.

BASKETBALL VALUES:

Basketball athletes do learn great principles from the competition that ought to be functional to society. Passion, teamwork, discipline, selflessness, perseverance, respect, perspective, courage, leadership, responsibility, resilience, and imagination are

all great traits many players only use these characteristics as they relate to the match, besides, didn't relevant to their classified life.



NATURE OF THE GAME

The diversion of basketball is played with a round sphere by two teams, each with five participants usually two guards, two forwards and a center (or in recent basketball lingo - point guard, wings and post players).

The umpire starts the competition by tossing the sphere up (a jump ball) between the two contrasting center players, who stand facing each other at the center circle of the playing arc. The competitor who wins the ball may then pass, throw, tap, roll or dribble the sphere in any course, theme to the official regulations. The endeavor of the sport is to throw the sphere through the contender's hoop while preventing the other squad from receiving the sphere and scoring goals.

Releasing the sphere throughout the basket gain 2 points for a field goal, 3 points for a field goal ended from exterior the three-point line strained on the court and 1 point for a free throw. Logically sufficient, the cluster with the mainly points at the closing stages of the activity wins.

The entertainment consists of (2) halves, each of 20 minutes, with a 10-minute split between halves. If scores are level at the agreed 40 minutes, there is a two-minute split followed by an additional time of 5 minutes of play.

You cannot sprint with the sphere - this is recognized as "traveling". Nor can you obtain more than one step while holding the sphere. If you embrace dribbling, the sphere can only be stimulated by a pass or shot at the hoop. If you initiate dribbling again, you will be penalized for double dribbling. Each group is allowed up to (5) substitutes, who must stay off the arena until the coach decides to substitute an on-court player. Replacement could be done during time-outs, jump balls or once play is congest of a foul. If they do choose to make such a substitution, their rival can also make a substitution.

Normally, basketball is a non-contact sport, even though contact which gives no one an unjust benefit can occur. You should not embrace, push, indict, trip or obstruct the advancement of a challenger by using your arm, torso, hip or knee or by twisting your body out of a common situation, or utilize any bumpy strategy. If you act, you resolve of charged with an intentional foul. As soon as there is intention, the referee formulates a judgment with the subsequent fundamental ethics in mind:

- You must evade contact in any probable way.
- You are permitted to a usual empty spot on the arena as long as you don't cause contact in pleasing your court position.
- If a contact foul occurs, the foul is caused by the participant who is accountable for the contact.
- The participant causing the contact must not achieve any benefit from it.

UNIT II

FACILITY AND EQUIPMENT

Jersey
Basketball sneakers
Athletic shorts
Socks
Knee pads
Lace Guards
Extra Jersey
Mouth guard
Water bottle
Snack
Extra Socks

A. Desired Learning Outcomes

At the end of the unit, the student must have:

1. Differentiated the team members, the equipment, the facility, and identified their responsibilities in the team.
2. Distinguished the different officials in basketball game.
3. Discussed the main responsibilities of the different officials of the game, equipment, and facility.

B. Values and Thought Focus

Values: Persistence, respect for others, & honesty.

Being entirely honest with oneself is a good exercise. - Sigmund Freud

C. Course Content

Lecture/ discussion and Diagram Presentation/explanation on:



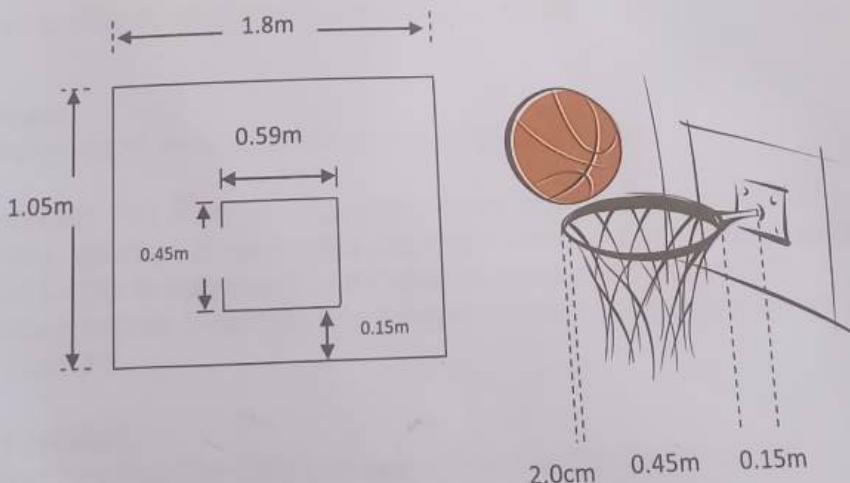
The Ball:

The sphere is round and the external casing should be either leather, rubber or other appropriate synthetic textile. Its circumference should be between 75cm and 78cm (29.5 and 30.25 in) and its weight between 600gm and 650gm (20 and 22oz). It should be exaggerated to a pressure so that when it is dropped from a height of 1.8m (6ft) (measured from the floor to the bottom of the sphere) on to the playing surface, it will rebound to a elevation of between 1.2m and 1.4m (4 feet & 4 feet 7 inches), (calculated to the peak of the sphere).



In totting up to that stuff previously mentioned, the residence squad is usually accountable for presenting the subsequent: a clock, time-out watch, apparatus for displaying to participants and audience how much time is left on the 24-seconds regulation, an authorized score sheet, scoreboard noticeable to audience and participants, markers presenting the numbers 1-5 for utilize by the scorer to show how many fouls a participant commits, and 2 team-foul markers which are red and located on the scorer's table to show a 7th-player foul by a squad.

The Backboard, Ring, & the Ball:



The peak of the **hoop** is 10 feet (305 cm) exceeding the ground. Regulation backboards are 72 inches (183 cm) wide by 42 inches (110 cm) **tall**. All **basketball** rims (**hoops**) are 18 inches (46 cm) in **length**. The inner rectangle on the fiberboard is 24 inches (61 cm) wide by 18 inches (46 cm) **tall**.

The Technical Equipment:

The subsequent technical equipment shall be supplied by the residence team and shall be at the clearance of the officials and their assistants.

- a. The competition clock and the time-out watch. The timekeeper shall be given with at least a competition clock and a stopwatch. The clock, used for timing periods of play and the intervals amid them, as well as the stopwatch, used for timing time-outs shall be positioned thus that they may be clearly seen both the timekeeper and the scorer.
- b. A suitable device, visible to players and audience, shall be supplied for the management of the 24-seconds rule shall be activated by the 24 second operator.
- c. The markers numbered 1 to 5 shall be at the discarding of the scorer.
- d. The encoder shall be supplied by means of 2 foul markers. These shall be assembling such resources that when situated on the encoder's stand, they are easily seen to participants, coaches, and officials.
- e. The official score sheet shall be one approved by the International Amateur Basketball Federation.
- f. There shall be equipment for all signals provided under rules, including a score board visible to players, spectator and the scorer's stand.

Basketball Positions:

(Point guard, shooting guard, small forward, power forward, & center)

1. The **Point Guard** (PG) is the base general. He/she scheme the transgression similar to a symphony, guiding his teammates and locale them up for effortless baskets. He/she is a medium for the transgression and makes all and sundry around him superior. PG is nearly everyone frequently the shortest however quickest performer of the (5) basketball positions.

A high-quality PG possesses:

- brilliant sphere handling (typically the best sphere handler on the group)
- outstanding passing
- court visualization = the aptitude to perceive the entire arena and recognize wherever the entire teammates are at all times
- promptness
- excellent sphere gunner

In addition, high-quality PG has an excellent basketball IQ or sixth intelligence concerning the match. They are gifted to "read" the resistance and utilize openings.

At present, there are so many point guards that are what you might call shoot-first point guards; essentially that means they like to score a lot of points and frequently look for their shot. On the other hand, a clean point guard refers to a pass-first PG. The only thing on his mind is passing the ball and supporting his teammates for easy scores. Like "Jeremy Lin", "Kyle Lowry", "Jordan Loyd", "Stephen Curry", "Shaun Livingston", "D'Angelo Russell", "Quinn Cook", "Rajon Rondo", "Jonathan Gibson", "Marcus Smart", "Kemba Walker", "Brad Wanamaker", and "Lewis Alfred Tenorio", "Jayson Castro", "Christopher Ross, and Terrence Bill Romeo".



2. The Shooting Guard (SG) or off-guard (essentially meaning "the other guard") is the marksman of the squad. He is frequently the finest gunner on the squad and has the skill to drive down jumpers amid steadiness the entire arena. Actually, a performer that plays the 2 position is generally extensive and in good character.

Although the SG is energetic beating down jumpers, he has extra stuff to carry out!

- Knob the sphere well in order to generate his own shots and play the function of the PG at period.
- Shift without the sphere to find him-self unlock into a situation to obtain a pass and point but also exhausting out his protector from all that chasing as an extra windfall.

Generally a SG has a "similar" expertise set to the PG, however with more of a disgusting approach.

M. Jordan, well thought-out by many to be the utmost basketball player ever, played shooting guard. Today, "Terence Davis", "Patrick McCaw", "Jodie Meeks", "Klay Thompson", "Glenn Robinson III", "Damion Lee", "Jacob Evans", "Alec Burks", "Avery Bradley", "Kentavious Caldwell-Pope", "Alex Caruso", "Danny Green", "Lance Stephenson", and "Jaylen Brown", "RJ Hunter", "Romeo Langford", are a shining examples of what a SG should be and "Alexander Cabagnot Jr", "Stanley Wayne Pringle Jr.", and "Quinton Brian Heruella".

*The point guard and the shooting guard dwell in what is called the backcourt since the guards habitually play out on the border, so they are chosen to the backcourt.

3. The Small Forward (SF) is the mainly flexible of the (5) basketball positions. In view of the fact that he is the (3) position, he's like the core kid (*that nobody pays attention to!*). His career is to gain points, recover, exceed, and secure well.

Small forwards are characteristically taller and stronger than shooting guards, but smaller than power forwards. Many times, small forwards are extremely multitalented in that they can slide down and play shooting guard or even play power forward in certain stretches of the game. On some teams that like to run a lot and play a small lineup, the small forward may even play center. Today, "LeBron James", "OG Anunoby", "Gordon Hayward", "Alfonzo McKinnie", "Jared Dudley", "Norman Powell", "Troy Daniels", "Jayson Tatum", "Malcolm Miller", "Stanley Johnson", "Roger Ray Pogoy", "James Carlos Yap" & etc.

A "**swingman**" refers to a small forward that can simply slide down and play shooting guard, playing efficiently at both basketball arrangements.

So the respond aptitude of the SF are:

- Quickness
- Scorer
- all purpose protector
- straight rebounder
- excellent passer

4. The Power Forward (PF) is the authority forward. The PG doesn't mind receiving in there and receiving behind and filthy, playing plenteous cars in the track rebounding, scoring, and getting put backs. The majority 4's in the NBA/PBA are in the 6'10"/6'4" height range; however, "Charles Barkley" and "Dennis Rodman" were both stunted stars at the PF position. Today, "Draymond Green", "Jonas Jerebko", "Omari Spellman", "Semi Ojeleye", "Daniel Theis", "Grant Williams", "Kostas Antetokounmpo", "Anthony Davis", "Kyle Kuzma", "Chris Boucher", "Eric Moreland", "Pascal Siakam", "Jeron Alvin Uy Teng", "Japeth Paul Aguilar", and "Jeth Troy Rosario".

The heart of the PF position is:

- rebounding
- blocking shots
- good post up (back to the basket) game
- get physical in the paint
- can knock down open shots

A "**point forward**" is a forward who is very well smoothed and can carry up the sphere and associated with the transgression like a PG. "Lebron James", "James Harden", "Stephen Curry", "Kawhi Leonard", "Jayson Castro", "Lewis Alfred Tenorio", and "Terrence Bill Romeo", is good examples.

5. The Center (C) is typically devoid of question as the tower and chief competitor of the (5) basketball positions. He/she dominates the highlighted area; he/she is the concierge and the very last resistance to the bin. The C frequently takes high fraction shots on the transgression; in other word unlock shots and points near to the hoop.

Alacrity, mobility, and potency are an attractive mixture for this spot.

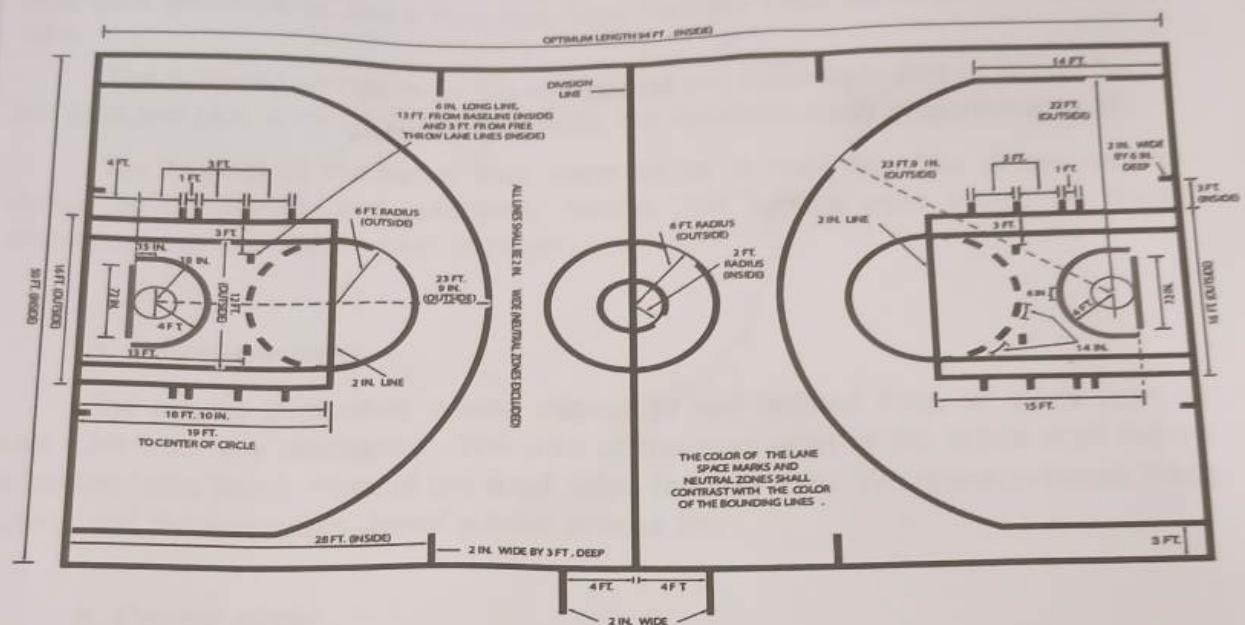
Keys for excellent center:

- good polished post up game.
- strong aggressive rebounder.
- imposing defensive presence, changing and blocking shots.
- soft hands and a soft touch around the basket.
- physically strong, good upper body strength.
- good passer, passing out of double teams finding the open teammate.

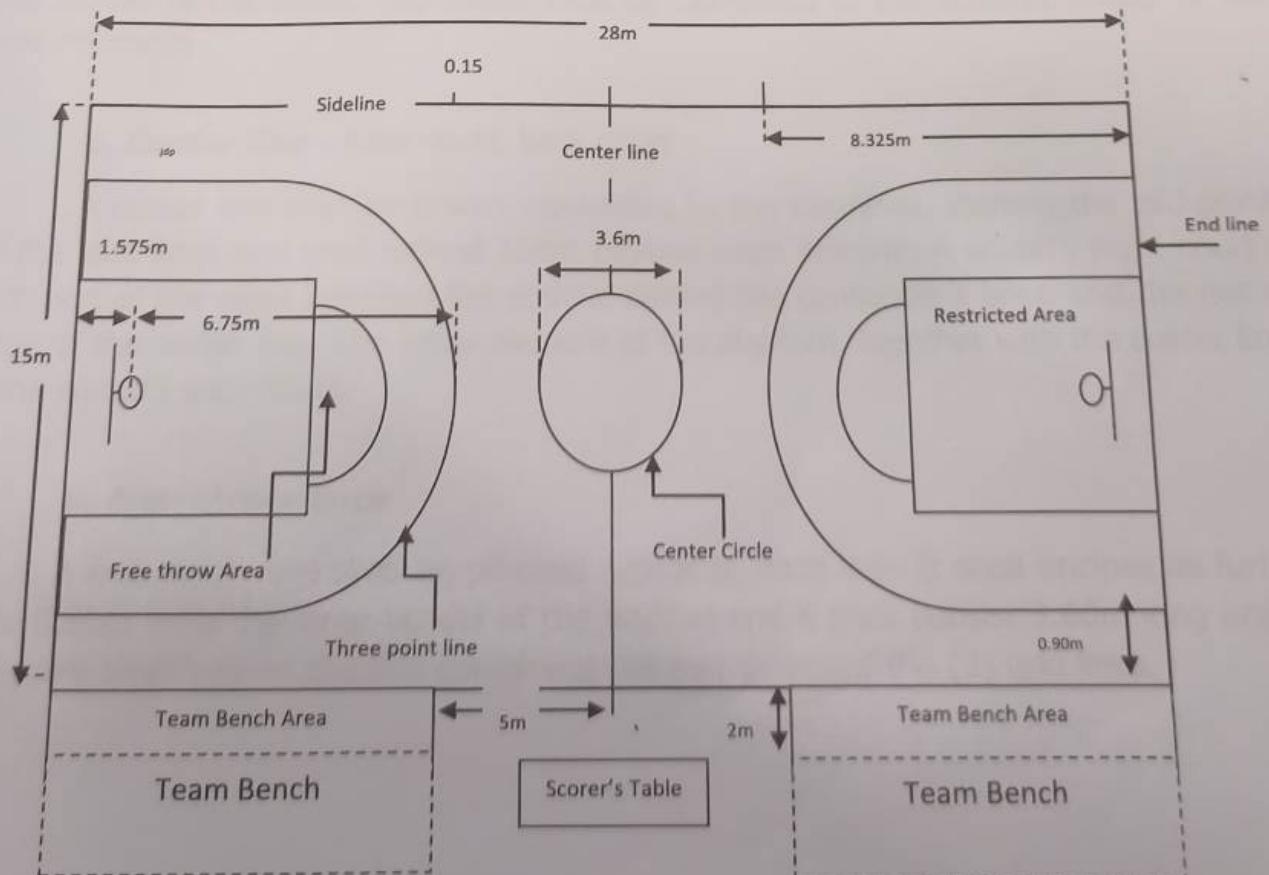
Nowadays, further and further participants are just so well rounded; it's intense and extreme to shelf an important person into a given location. You are seeing huge men who can knob the sphere and shoot 3 pointers; you'll also observe muscular bodily PG that can post up akin to "Andrew Bogut", "Enes Kanter", "Marc Gasol", "Demarcus Cousins", "Serge Ibaka", "JaVale McGee", "Robert Williams III", "Joachin Gunther Thoss", "Gregory William Slaughter", "June Mar Fajardo", "Japeth Paul Aguilar", "Jeth Troy Rosario", "Roger Ray Pogoy", "James Carlos Yap".

In my judgment, I believe no matter what your cleverness set, put into action all areas of basketball and turn out to be the best-rounded and adaptable basketball participant you can be.

The Court:



Dimension and Parts of the Basketball Court:



The playing arena shall be a rectangular hard exterior free from obstructions and shall have dimension of 28m x 15m, calculated from the inside perimeter of the border lines.

The following variations in the dimensions are permitted: plus or minus 2m on the span and plus or minus 1m on the width, the variations being proportional to all.

The tallness of the upper limit ought to be at least 7m. The stages exterior should be consistently and sufficiently lighted. The lighting units should be placed where they will not hinder vision of player.

a. Boundary lines

The playing court shall subsist distinct by well-defined lines, at every point at least 12m from any obstruction. The lines of the long sides of the arena shall subsist called the "side lines", those of the short sides, the end lines. The space between these outline and the spectators should subsist at least 2m.

b. Center circle

The center circle shall have a circumference of 1.80m and it shall be marked in the middle of the arena. The radius shall be calculated to the external border of the circumference.

c. Center line – front court, back court

A center row shall be drawn, equivalent to the baselines, starting the mid-points of the side lines and shall extend 15cm beyond each sideline. A squad's front court is that part of the court between the endline behind the contender's hoop and the nearer edge of the center line. The other element of the stadium, together with the center line, is the squad's back court.

d. Free throw lines

A free throw line shall be pinched similar to each line. It shall enclose its further edge 5.80m from the inner border of the endline and it shall subsist 3.60m long and its mid-point shall laze on the line combining the mid-points of the (2) end lines.

The Competitor's Outfit:

Competitor of each squad must be dressed in the indistinguishable fashions which must not conflict with the rival team. Each competitor must dress in a numbered shirt and no 2-competitor in the same squad ought to dress in identical number. Competitors are numbered between 0/4 and 99. Voluminous shorts for mobility and sleeveless vests are the typical outfit. Basketball gear ought to be rubber-soled and with sheltered ankle supports, although these are not obligatory. Most significant of all, craft your outfit comfortable. It is momentous to have on towed socks; and it is not a bad thought to buy a pair of shoes a little too big to make possible you to wear 2-pairs of socks which will lessen the peril of blistering.

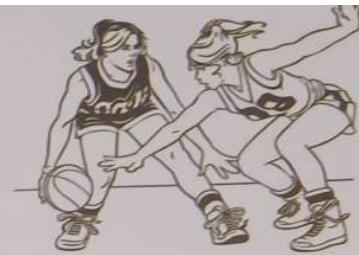


D. Assessment

Written test (30 items)

UNIT III

BASIC SKILLS OF BASKETBALL



A. Desired Learning Outcomes:

At the closing stages of the unit, the student must have:

1. Discussed any of the situations that concerning timing, coordination, agility, balances, reaction time and speed/power in basketball skills.
2. Reasoned out through different situations during the basketball game.
3. Enumerated and identified the different skills in basketball.
4. Performed the basic and advance skills in basketball.

B. Values and Thoughts Focus

Values: kindness, concern for others, teamwork, unity, and responsibilities.

Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved. - Mattie Stepanek

C. Course Content

Lecture/ discussions; exhibition & challenge mode; deliberate where applicable.

1. Catching

Obtaining the subject is a very significant skill to be mastered. The recipient should move toward the pass. Usually, the overhand catch is applied when the sphere is trapped above the waist. The fingers point up for this catch. The underhand catch is applied to catch a sphere underneath the waist. The fingers point down.

Suggested Activities:

- a. Chest Catching
- b. One hand Catching
- c. On Air Catching
- d. Board Catching
- e. Diagonal Catching
- f. Long distance Catching

2. Passing

The distance the sphere has to travel and the location in which the sphere is trapped often determines the preference of pass.



The kinds of pass:

a. Chest pass

This is used to cover short distances.

Preparatory position:

- Sphere is seized by the fingers with the thumbs at the rear.
- Elbows are bent and lock to body.
- Knees are bent and feet in stride position.

Body action:

- Ball is brought slightly downward, then upward, and pushed away from chest; arms are pushed forward from shoulders as elbows straighten.
- Arms follow through toward receiver.

b. Bounce pass

The bounce is used with a pass so that the sphere might spring into the receiver's hands. This pass may utilize the overhand, underhand, or chest pass. Ball should bounce at a point three-fourths of the distance from passer to receiver so it caught on waist height.

c. One-hand underhand pass

This pass uses the throwing pattern described in softball. The left-hand, however, is put on peak of the sphere to secure it as ball is brought forward.

d. Shoulder pass/ Baseball pass

This pass utilizes the overhand throwing pattern integrated in the softball unit. The left hand, however, is located on peak of the sphere to steady it in the backswing, but is removed as ball is brought forward.

Suggested Activities:

- a. One-by-one passing
- b. Two columns passing
- c. Endline-to-Endline Passing

- d. Circular Passing
- e. Core Passing
- f. Zigzag Passing

3. Dribbling

This is a permissible way for a participant to move with the sphere. This is executed by bouncing the sphere sequentially. Sphere is not permissible to rest or be caught in one or both hands between bounces. Ball is pushed forward slightly with fingertips, which are used to manage bounce to maintain the sphere below the waist. (Low, Middle & High)



Suggested Activities:

- a. One hand Dribbling (R/L)
- b. Alternate Dribbling (R-L)
- c. Speed Dribbling
- d. Double Ball Dribbling
- e. Endline-to-Endline
- f. Obstacle Dribbling

4. Shooting

The basic pattern for shooting is those of throwing:

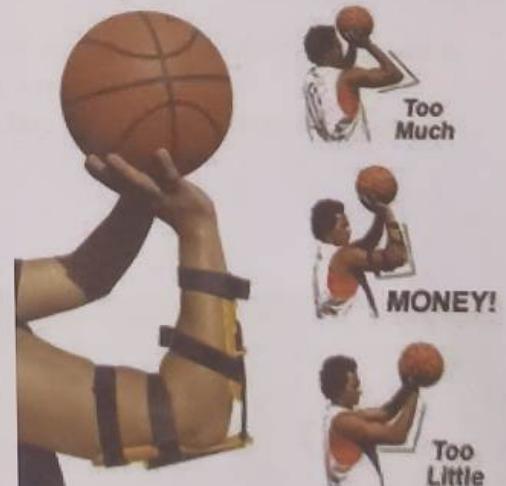
a. *Two-handed set underhand shot*

Preparatory position:

- Ball is apprehended in line to the shoulder.
- Fingers equally distributed under the sphere and thumbs are pointing upward so that the frame of the hoop can be seen over the sphere.

Body action:

- Knees bend as ball is brought down flanked by the legs.
- Knees straighten as ball is brought upward.
- Ball is released after the arms are completely far-reaching in the path of the hoop.
- The follow through should be prominent in the path of basket.



b. One-hand push shot

Preparatory position:

- Ball is unbiased by the fingers of the shooting hand.

Body Action:

- Ball is brought upbeat and in contour with shoulder as a shooting hand; elbows are bent.
- As ball is gratis, the executing arm extends upward and seal to the hoop.
- The wrist flexes as the limbs guide the sphere.
- The follow through is elevated and then to the hoop.



c. Two-hand chest shot

Preparatory position:

- Ball is held as for a chest pass.

Body Action:

- As shot is released, slightly lower ball and release it with an upward extension of knees and arms a snap of wrist and fingers.
- Concentrate eyes on nearest frame of the basket and create an exertion to "lay" ball over this rim.

d. Lay-up shot

This manner of shot is similar to the mechanics of the one-hand push shot, but the sphere is intended at the fiberboard so it can bounce back into the hoop. Player approaches the bin from the side by way of dribbling or accepts a pass from a colleague as he is running.



As player jumps high in air, the sphere is brought to a location off the shoulder of the shooting board.

With the arm wholly extended, the sphere is pushed and guided by the fingers to a blemish on the backboard.

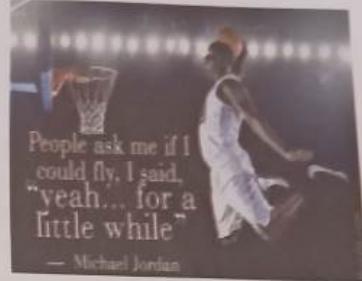
e. Dunk

A one or two-handed thump where the contender jumps to attain further than the level of the hoop and slams the sphere into the hoop. One of the most awesome explosions in the game.



f. Hook shot

Is an action in which the offensive participant, typically turned perpendicular to the basket, smoothly throws the sphere with a sweeping motion of his arm in upward arc with a follow through which ends above his head? Contrasting to the jump shot, it is shot with only one hand; the other arm is frequently used to generate a gap between the gunner and the defensive contender. The attempt is fairly tricky to block, but few contender have mastered the blast more than a few feet from the hoop.



People ask me if I could fly, I said, "yeah... for a little while"

— Michael Jordan

g. Set shot

A two-handed shot in basketball made from a standing position.



h. Jump shot

A jump shot is an endeavor to achieve a basket by jumping, typically straight up, and in mid-jump, propelling the sphere in an arc into the basket. It is



able by the participant bringing his or her elbow up until it is aligned with the ring, then sent towards the ring in a high arc. It is measured the easiest shot to make from a distance. The rationale of the jump is to shoot from an elevated position and therefore make it more complex for the protector to block. It is the most helpful in open play but can

attest to be hard as soon as there is a taller player screening the shooter. There also exists another variant of a jump shot by shooting during the upwards progress of the jump to put more power behind the shot, this shot is frequently done by women or players lacking enough force to allow far distance shots. This shot has other advantages like a quicker release and therefore a faster execution time (comparable to the *set-shot*) and several disadvantages like a lower shooting height and less time for the gunner to aim in contrast to the mid-air jump shot.

Suggested Activities:

- a. Perimeter Shooting
- b. Free throw
- c. Three Point Area Shooting
- d. Half-court Shooting
- e. Ring-base Shooting
- f. Grant and Go Shooting

D. Assessment

Practical test (200 points)

Written test (30 items)

UNIT IV

BASIC RULES IN BASKETBALL

A. Desired Learning Outcomes:

At the end of the unit, the student must have:

1. Discussed any of the situations that concerns basic rules and regulations in basketball.
2. Reasoned out through different situations that occurs during the basketball game.
3. Enumerated the different fouls & violation in basketball.
4. Identified the different violations & fouls in basketball.
5. Recognized the consequence for a particular violation in basketball.

B. Values and Thoughts Focus

Values: attentiveness, determination, obedience, and self-discipline.

We all have dreams. But in sort to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort. - Jesse Owens

C. Course Content

Lecture/ discussions; exposition & challenge mode; deliberate where applicable.

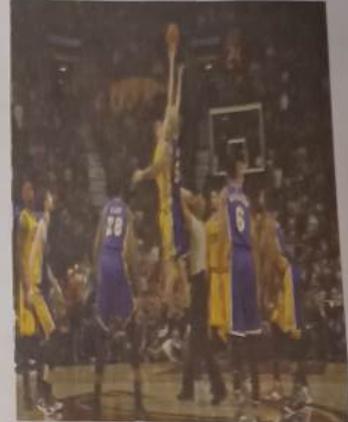
A. The start of the competition

The competition shall be in progress by a jump ball in the center circle. The umpire shall make the toss between any (2) contenders. The same method shall be considered at the start of the 2nd half, if necessary, of each extra period.



B. Jump ball

A jump ball takes place when the official tosses the sphere between two rival players. The two jumpers shall stand with their feet inside that half of the circle which is closer to their own baskets, with one foot near the center of the line that is between them. The official tosses the sphere upward between the jumpers to a height greater than either of them can get to by jumping and such that it will go down amid them. The sphere must be tapped after it reaches its uppermost point. A jump ball shall be retaken if it touches the ground without being tapped.



Violations at some point in a jump ball:

1. A jumper leaves the jumping position in advance of the sphere is tapped.
2. A non jumper enters the circle.

If there is infringement by both groups or if the official makes a bad toss, the jump ball shall be retaken.

Penalty: the sphere is in favor to a contender for a throw-in from the side line adjacent to the spot where the disobedience occurred.

3. Held ball - A held sphere should only be called when one or more participants of competing groups have one or both hands definitely on the sphere so that neither competitor could gain possession without too much roughness.

A jump ball shall be obtained when held ball is called.

C. Personal foul

A personal foul is a participant foul which engages contacts with a contender, whether the sphere is in play, alive or dead.



- **Blocking** – is personal contact which obstruct the advancement of a contender.

Charging – is personal contact, with or without the sphere, by pushing or moving into a contender's upper body.



3. ***Guarding from the rear*** - which results in personal contact is an individual foul.
4. ***Hand is checking*** – is the battle by an attentive participant in guarding circumstances where the hands are used to contact a contender to either delay his advancement or to assist the protective participant in guarding his challenger. Such contact is illegal as it gives an inequitable advantage to the defensive competitor.
5. ***Holding*** – is delicate contact with a challenger that hinders with his sovereignty of movement.
6. ***Illegal use of hand(s)*** - arises when a participant contacts a challenger with his hand(s) in an endeavor to play the sphere, unless such contact is only with the challenger's hand while it is on the sphere and is secondary.
7. ***Pushing*** – is a personal contact that takes place when a participant compulsorily moves or efforts to move a challenger. Contact with a player holding the sphere by a challenger approaching from the rear may be a type of pushing.
8. ***Screening*** – is an endeavor to avert a challenger who does not control the sphere from reaching a desired situation.



A dribble shall not charge in to contact a challenger in his trail, nor attempt to dribble between a challenger and a border line, except when there is a logical chance for him to go through without contact.

Penalty: A personal foul shall be indicted to the offender in all cases.

In addition:

1. If the foul is perpetrated on a participant who is not in the act of shooting, the match shall resume by a throw-in by the non-offending team from out-of-bounds on the side line nearest the spot of foul; and
2. If the foul is perpetrated on a participant who is in the act of shooting;
 - a. If the goal is through, it shall count and, in addition, 1 free throw shall be awarded;
 - b. If the shot for goal for two points is failed, 2 free throws shall be awarded; or
 - c. If the shoot for goal for three points is failed, 3 free throws shall be awarded.

D. Violation

The punishment for an infringement is the award of the sphere to the opponents at a near out-of-bounds point. The subsequent are violations:

1. Double dribble – dribbling with both hands at once.
2. Traveling – taking more than one step with the sphere without passing, dribbling, or shooting.
3. Foot fault or over the restraining line during a jump ball or free throw.
4. Intentionally kicking the sphere.
5. Stepping out-of-bounds or causing the sphere to go out-of-bounds.
6. Taking more than 8 seconds to cross the center line from the back to the front court. Once in the front court, the sphere may not be returned to the back court by the attacker group.
7. Remaining more than 3 seconds in the area under the offensive basket.

E. Disqualification

1. Five personal fouls
2. Extreme unsportsmanlike conduct or a vicious personal foul/fragrant.

F. Substitute – must account to the official scorer and stay for the signal from the referee before entering the game. The scorer will sound his signal when the sphere is not in play so that referee can signal the participant to enter the game.

Referee's Hand Signal:

Blocking



Illegal use of hands



Charging



Pushing



Counting



Time-out



Hand is checking



Technical foul/Fragrant



Holding



Traveling



Illegal dribble/Double dribble



3-sec. violation



5-sec. violation



24-sec. shot clock



8-sec. violation



Stepping the line



Double foul/Intentional foul



Jump ball

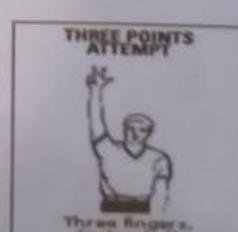


*3-points
shot*

successful



3-point attempt



UNIT V

BASKETBALL TERMINOLOGIES



A. Desired Learning Outcomes:

- At the end of the unit, the student must have:
1. Incorporated strategies and techniques learned in basic games in basketball, actual game, and common terms used during game.
 2. Briefly explained the mechanics of the basic skills applied in basketball.
 3. Differentiated the basic terms in basketball.
 4. Executed properly the skills during practice and during practical tests.
 5. Showed concern for others by helping each other in provisions of incorrect mechanics and correction throughout the implementation of the skills.
 6. Exhibited enjoyment during class activities.

B. Values and Thoughts Focus

Values: Hard work; team effort; courage; & Open-Mindedness.

We must have the courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness. - Maxwell Maltz

C. Course Content

Lecture/Discussion; Demonstration; Skill Execution; Skill Drills and Lead-up Games.

Terminologies in Basketball

Assist

You will often see in players' stats a certain figure of assist. These are passes that subsequently result in a goal being scored.

Air ball

A pass that instantly precedes and sets up a scored basket.

Alive

The condition of the sphere when the match is on and when the competition clock is in succession.

Backboard

The rectangular board at the back of the hoop.

Backcourt	The defensive zone for each squad. A squad's consists of its team's hoop, the inbounds part of the backboard and that part of the playing arena restricted by the endline behind their own hoop, the sidelines and the middle line.
Ball handler	The participant with the sphere; typically the point guard at the beginning of the game.
Bank shot	The delivery where the sphere is first bounced (or banked) off the backboard at such an approach then drops into the hoop.
Baseline	The border line behind each hoop; also called the endline.
Basketball game	Is played by 2 teams of 5 players each.
Blocked shot	The triumphant deflection of a shot by touching a part of the sphere on its way to the hoop, by this means preventing a field goal.
Blocking	Blocking is unlawful individual contact which obstructs the advancement of a challenger with or lacking of the sphere.
Boxing out	A participant's effort to position his body between his rival and the basket to get rebounds and put off the challenger from doing so.
Center circle	The circular spot at the mid-court as of which jump balls are taken.
Charging	Charging is unlawful individual contact, with or lacking of the sphere, by pushing or moving into a contender's trunk.
Crossover dribble	A dribble in which the sphere is moved from one hand to the other while the dribbler regulate his directions.
Dead ball	Arise every time the whistle blows to stop play and after a field goal, but prior to the challenger gains custody of the sphere.
Defense	The act of guarding the attacker from scoring; the squad without the sphere.
Defensive rebound	A rebound caught by defenders.
Disqualifying foul	A foul in which clearly unsportsmanlike act by a participant or

	a squad counter workforce.
Double dribble	An infringement that occurs when a participant dribbles the sphere with two hands at the same time or stops dribbling and then dribbles once more.
Double foul	A state in which (2) contenders entrust individual fouls against each other at approximately at the same occasion.
Double team	When (2) on-guards mark one attacker, usually their best player.
Downtown	An extensive shot frequently from outer the 3-point line or beyond.
Dribbling	A dribble is the progresses of a live sphere caused by a player in control of that sphere who throws, taps, rolls the sphere on the ground or purposely release it against the backboard.
Drive	An attacking move at full velocity.
Dunk shot	A dunk is the impressive scoring maneuver when a participant jumps high, reaches over the hoop, and stuffs the sphere down through the hoop.
Elbowing	A violation, when a participant forcefully or extremely swings his elbows, even if there is no collision; it is a foul if contact is made, and an automatic discharge, if that intention is above shoulder level.
Elevation	It's an altitude of a competitors jump.
Endline	Is a border line also known as the "baseline" behind each hoop
Fade-Away	A jump release where the gunner is moving backwards in the air to evade a shot block.
Fake or Feint	To fake is to feint a pass or move. A misleading shift to throw a defender off balance and permit an attacker participant to shoot or accept a pass.
Fast break	The rapid progress of the sphere from the backcourt to the forecourt typically the product of a protective rebound.

FIBA	Federation International Basketball Association.
Field goal	A successful score on any shot other than a free throw, worth 2 or 3 points depending on the area of the challenge from the hoop.
Flagrant foul	Unnecessary or disproportionate contact against a contender.
Forward	An offensive role played to the sides of the basket near the keystone area and out headed for the sideline along the baseline.
Foul trouble	Where a participant has collected a maximum number of personal fouls early in the competition.
Fouls	A foul is an infringement of the rules concerning unlawful individual contact with a contender and/or misconduct.
Free throw	An unconcealed shot from the free throw line, taken by a participant who has been fouled. It is worth one (1) point only.
Frontcourt	A squad's consists of the contenders' basket, the inbounds part of the backboard and that part of the playing arena restricted by the endline behind the contenders' basket, the sidelines and the inner border of the centre line nearest to the contenders' basket.
Game clock	A clock that runs whenever the sphere is in play and stops whenever the sphere goes out of bounds or when a foul is called.
Goal	The aim is complete when a sphere enters the basket from above and rests within or passes through the basket.
Goal Tending	An unlawful move by a contender through striking the sphere on its descending flight to the basket. Two points are granted.
Guards	An attacking position played mostly at the border, or away from the hoop.
Gunner	A participant who shoots frequently.
Inbound violation	Stepping the line or across the baseline or sideline while inbounding before you've throw-in the sphere. On the contrary,

Intentional foul	It's a fault if you reach across the baseline to snatch the sphere from the in-bounder.
Jump ball	It's an individual foul in trusted to technical judge's affirmation.
Jump shot	A challenge that is released after the gunner has jumped into the space.
Lay-up or Lay-in	An attempt taken after driving to the hoop by leaping up under the basket and using one hand to drop the sphere directly into the hoop (lay-in) or to bank the sphere off the backboard into it (lay-up).
Lines	The entire lines shall be pinched in white colour, 5cm in width and evidently visible.
Loose ball	A sphere that is alive but not in the protection of either team.
Man-to-man defense	The watchful approach used in the PBA/NBA, where each defensive participant is accountable for on-guard one contender.
Offense	The group with an ownership of the sphere.
Offensive rebound	A recovery by the competitor on offense.
Out of bounds	The spot outside of and together with the end lines and sidelines.
Paint	When a player takes a shot from within 'the paint' it means they are shooting from inside the key, which these days are often painted a different color.
PBA	Philippine Basketball Association.
PBL/MPBL	Philippine Basketball League. Maharlika Philippine Basketball League.
Perimeter	The area further than the foul circle away from the hoop, as well as 3-point line, from which participants take long-range

	goal.
Personal foul	Personal fouls are fouls perpetrated by a participant, and after five of these (or six) the participant has to sit out the competition. And then alternate is permitted to come in.
Pick / Screen	An offensive maneuver using one player to block for another, without making contact, by placing themselves between the protector and their own teammate who has the sphere.
Pivot	A footwork method in which a contender keeps one foot in contact with a 'spot' on the exterior while moving the other foot to adjust the placement of the body or to duck a defensive competitor.
Rebound	A process of gaining custody of the sphere after a missed shot.
Score sheet	Used by the authorized scorer for recording of games.
Shot clock	A 30-second clock (or 24) which limits the time a team may have custody of the sphere without shooting. If a shot is not put up in this time then possession passes to the other team.
Substitution	When a participant on court is substituted which one from the counter. This can occur whenever there is a dead ball, or on the authority of the referees.
Teams	A squad member is qualified to compete when he has been authorized to engage in a squad according to the regulations, the governing age limits of the organizing body of the competition.
Team fouls	A group foul is a personal, technical, unsportsmanlike or disqualifying foul committed by a participant. A squad is in the team foul penalty situation when it has committed 4 team fouls in a period.
Technical foul	A technical foul is a participant non-contact foul of a behavioral nature including, but not inadequate to: (Rules 36.3.1)
Time-out	A time out is when play is stopped on request of the coach or assistant coach, which gives each team a possibility to discuss tactics.

Throw-in	A throw-in transpires when the sphere is passed into the playing arena by the out-of-bounds participant taking the throw-in.
Traveling	Pleasing more than 1 ½ steps without dribbling, which results in a consequence free to the contrasting group.
Turnover	A thrashing of custody of the sphere by means of an error or infringement.
Violations	An infringement is an infraction of the system. (Penalty – the sphere shall be awarded to the contenders for a throw-in at the place adjacent to the breach, except directly behind the backboard, except otherwise affirmed in the system.)
24-sec. Device	The machine shall be automatic, digital count-down type, indicating the instant seconds. The pointer of the device should automatically sound with an extremely loud signal when it reaches zero.

D. Assessment

Written test (50 items)