



Basketball

▼ Class	PE
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The History of Basketball

Mr. James Naismith introduced basketball in 1891

- Currently an Olympic Sport

Basketball Skills

Dribbling

- Head up and eyes focused
- Knees bent
- Free arm is out
- Dribble knee-to-waist high

Pivot

- Changing direction without using a dribble
- One foot is on the floor

Shooting

Set Shot

- Square hips and shoulders to basket
- Balanced position
- One hand shoots, one hand guides
- Shooting elbow is in line with shoulder
- Follow through

Jump Shot

- Shot at the top of a jump

Lay Up

- One hand short range shot
- High speed
- Recommended to use the backboard

Passing

Bounce Pass

- Used when guarded close
 - Gets the ball around opponent
- Bounce the ball 3/4 of the way to receiver

Chest Pass

- Thrown from chest with both hands
- Open passing lane

Baseball Pass

- Gets ball up court quickly

Rebounding

- Regaining possession of the ball after an attempted shot
- Correct position, Hands up, and timed jump

Screen

- Offensive maneuver
- Player is between defender and teammate to free the teammate

Give and Go

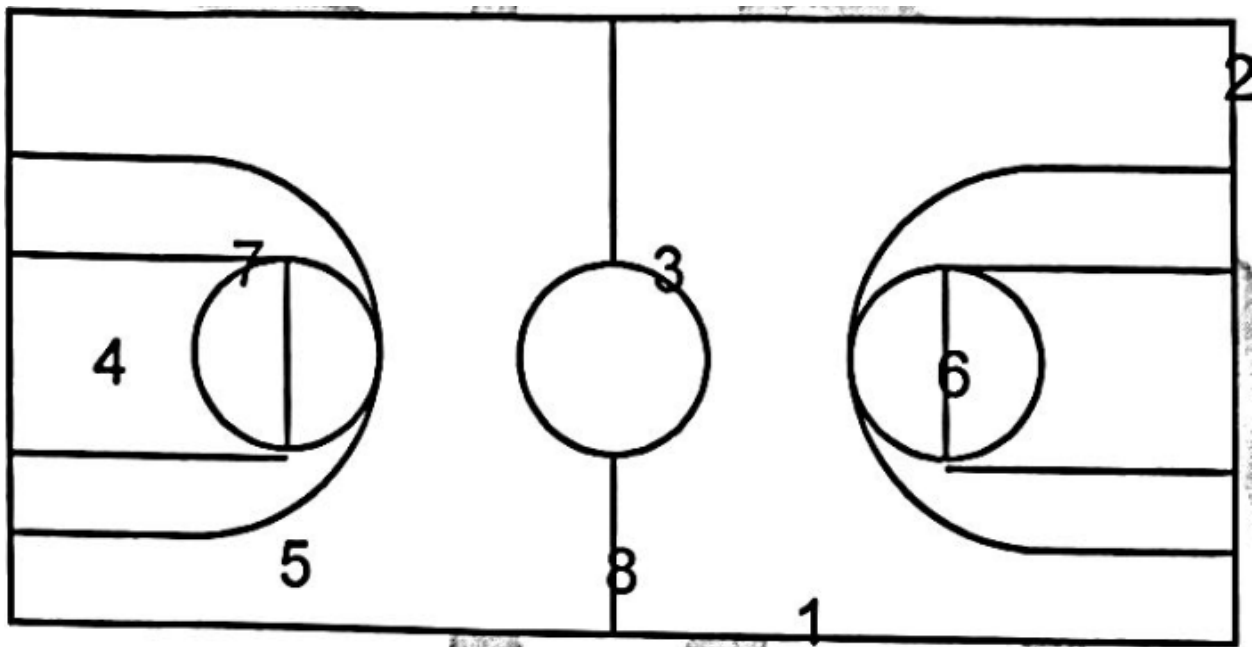
- Offensive player passes to teammate
- Player comes back to a return pass to the basket

Positions

There are typically 5 players in a basketball game.

- **Center:** tallest player, can play with back to basket, rebounds well
- **Forward:** tall players, dribble and shoot from distance
- **Point Guard:** dribbling, passing, and shooting, lead up the teammates to score

The Basketball Court



1. Sideline

2. Endline

3. Jumpball
Circle

6. Lane

5. Three Point
Arc

6. Free Throw
Line

7. Free Throw
Circle

8. Mid Court Line

Violations

If a violation occurs, the ball is given to the other team.

- **Traveling:** moving both feet while holding the ball
- **Double Dribble:** dribbling the ball after stopping / using two hands to dribble
- Kicking the ball
- **Three-Second Rule:** offensive players cannot stand in the lane
- Stepping on the endline or sideline
- **Carry:** placing your hand under the ball
- Making the ball go out of bounds

Fouls

- **Charging:** offensive player contacts a defensive player who is standing still
- **Shooting:** contacting a player's body during shooting
- **Blocking:** contacting a player that stops their movement
- Pushing, holding, tripping

Scoring

3 Points: any basket outside the three-point arc

2 Points: any basket inside the three-point arc

1 Point: any basket during a free throw

CVHS Half Court Rules

Person-to-Person Defense: one person guards one person and can't move

Check: bounce pass to the defense and back to the offense to signal readiness

- Ball must be passed / dribbled outside the three-point line when possession changes
- **NO** free throws
- No double/triple teaming an opponent
- Self-refereed games with good sportsmanship
- **2 points** outside the three-point arc and **1 point** inside