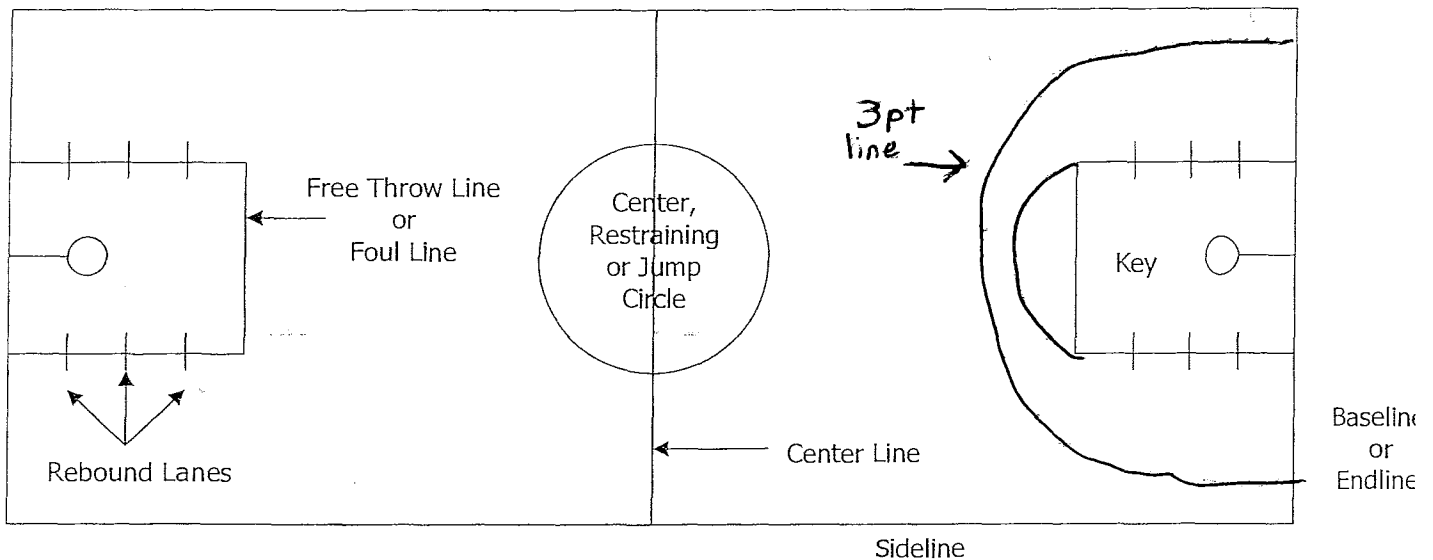


Grades 7-8 Basketball Study Sheet

History

The game of Basketball was invented in 1891 by a Canadian named James Naismith. At the time Naismith was a fitness instructor at a YMCA and was trying to come up with a fast paced game to improve fitness. The first games were played using a soccer ball and peach baskets nailed to the wall, however, they soon got tired of climbing a ladder to retrieve the ball and decided to cut out the bottom of the baskets, making the game more similar to the modern game of Basketball.

The Court



The Game

There are 5 players from each team allowed on the court at a time. The objective is to score as many points as possible in the allotted time, by shooting the ball into the opponent's basket. Time periods vary according to the type of league. A player is allowed to move the ball by passing, dribbling (bouncing the ball with one hand). A player may make points by making a field goal (such as a lay-up, set shot or jump shot). These are each worth 2 points. 3 points are given if the player sinks a basket from behind the semi-circle arch. A free throw is awarded when a player misses a shot due to interference by an opponent, and also for any personal foul after the opposition has committed 5 fouls as a team/quarter. A free throw is worth 1 point.

Definitions

Fouling Out – When a player has committed 5 fouls, that player is removed from the game, and may not play again during that game.

Bonus – When a team has committed 7 or more fouls in a quarter, the other team is now said to be in "Bonus Situation" which means that for every foul committed against them, they now get two free throws. Team fouls begin at 0 again in each quarter of the game.

Held Ball – Two players get their hands on the ball at the same time, and neither is able to pull it free. It is settled by the use of the alternating possession arrow.

Jump Ball – This is how the game is started by tossing the ball between two opponents. The players jump and attempt to tip the ball to one of their teammates. During the jump ball, all other players stand alternately around the outside of the restraining circle (or at least one step away).

Throw In – This is the way the ball is put into play following a minor foul or infraction. The player doing the throw-in must stand completely outside the court, and has 5 seconds to put the ball into play.

Double Dribble – This is when a player dribbles with both hands at the same time, or dribbles, touches the ball with two hands, and then dribbles again.

3 Second Violation – Also called 3 seconds in the key. This is when a player on the offensive team has some part of their foot in the key for more than 3 seconds without their team attempting a shot.

8 Second Violation – This is when an offensive player gains possession in their backcourt, and takes more than 8 seconds to bring the ball into their front court.

Back Court – This is the end of the court that a player is defending.

Front Court – This is the end of the court containing the basket on which their team is attempting to score.

Basic Strategy

1. When you get possession of the ball, square up to the basket (face the basket) and look to see if you are able to shoot.
2. If you are unable to shoot, look to see if you are able to pass to a teammate in a better position.
3. If you are unable to pass to a teammate, dribble to a better position.
4. If your team has the ball, but you do not have the ball, move to an open space and let the ball carrier know that you are open for a pass.
5. If your check has the ball, stay between that person and the ball.
6. If your check does not have the ball, but their team does, stay where you are able to see your check and the ball, and try to prevent them from receiving the pass.