

Basketball



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ



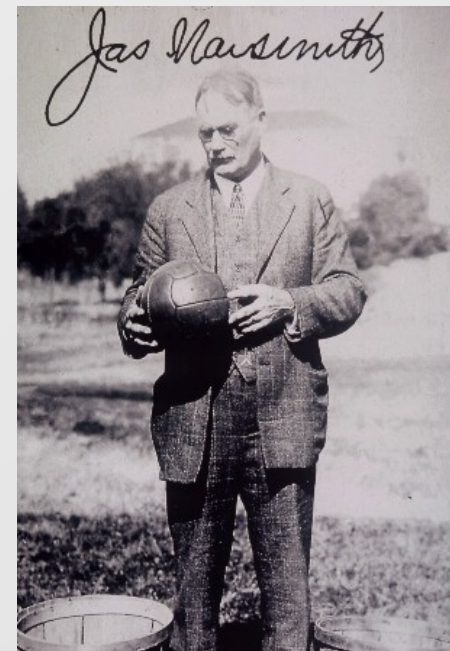
History of Basketball

The game was created in 1891 by Dr. James Naismith who worked as an instructor at YMCA Sports School in Springfield, Massachusetts. James Naismith was born on November 6, 1861 in Almont, Canada. In 1891, he was encouraged by the school principle, Dr. Luther Gulick, to design a new game which could be played in a gym when the weather was bad. The result was the game of basketball which has become one of the most popular games in the world over the next century.

Later, Naismith created five basic principles which he included in 13 basic rules:

- The game is played with a round ball and is played with hands.
- The player cannot run with the ball.
- Any player can take any position in the court at any time.
- There cannot be any physical contact among the players.
- The basket must be placed horizontally above the court ground.

(Smith, 1998)



Rules of Basketball

- There are 2 teams of 5 players
- The aim is to throw the ball into the opponent team's basket and prevent the opponent to control the ball or hit the basket.
- The ball can be controlled only with a hand (or hands) and it can be passed, thrown, tapped, rolled or dribbled with restrictions stated by the rules.
- The player is allowed to move with the ball only while continuously dribbling.
- The duration of a match consists of 4 periods, each lasting 10 minutes of actual time.
- The court - length 28 m and width 15 m
 - The dimensions of the board are 1.80 m horizontally and 1.05 vertically
- The ball must be inflated with air in such a way that when dropped on the floor from 1.8 m bounces and jumps 1.2-1.4 m high
- A hit can be worth a different number of points:
 - • A free throw is equal to one point.
 - • A hit from two-point area counts for two points.
 - • A hit from three-point area means three points (cabr.cbf.cz)

Game activities of an individual in basketball

❏ Offensive game activities of an individual

- Clearing with the ball
- Clearing without the ball
- Passing
- Shooting
- Screening
- Rebounding

❏ Defensive activities of an individual

- Guarding a player without the ball
- Guarding a player with the ball
- Guarding a player after shooting and defensive rebounding

Thank you for your attention.



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