

# **BASKETBALL**

## **1. THE GAME**

- fast-paced game, played indoors, by two five-player teams
- the objective is to score more points than the opposition by putting the ball through a circular band, called a rim
- the rims are connected to backboards

## **2. THE COURT**

- rectangular court
- circle at the centre
- 3-point line
- a net is attached to the rim (basket)

## **3. THE TEAM**

- 5 players: 2 guards, 2 forwards, 1 center – all play offense and defense
- the point guard (1 guard – the leader of the team) + the shooting guard (good ball handler, excellent scorer) = backcourt
- the small forward (3 player – strong scorer) + the power forward (4 player – big and strong) + the center (the tallest – scores and blocks shots)

## **4. THE PLAY**

- the team that has scored the most points wins
- prof. game – 48 min., women – 40 min.
- game begins with a jump ball – ref. tosses the ball into the air
- scoring a basket – a field goal, a hoop
- a basket is worth 2 or 3 points depending on the distance of the shot
- a foul shot or free throw is awarded when a defender makes illegal contact by pushing, holding, charging or tripping; a ref. Awards 1, 2 or 3 shots from the free-throw line, each is worth one point
- rebound: when an offensive team misses a shot, the ball is free and both teams have an opportunity to retrieve it
- time-out: coaches instruct players or develop a new strategy

## **5. OFFENSE**

- skills: passing, ball handling, shooting, rebounding
- passing: chest (thrown from chest height); bounce (bounced on the ground); overhead (thrown with both hands); baseball-style; behind-the-back (thrown with one hand whipping the ball around the back)
- ball handling: keep the ball low, use either hand to dribble, change directions quickly
- dribbling: speed (the player is moving); crossover (bounced and crossed from one hand to the other); behind-the-back (bounced and crossed behind the back); between the legs; spin (player spins and crosses the ball)
- shooting: layup (easiest shot, under the basket using either hand); dunk shot (ball is slammed forcibly through the basket); jump shot (in the air); foul shot (following a foul); hook shot (player turns sideways to the basket and releases the ball over his or her head in a high arc)
- slow-down offense: screen (players impede defenders' movement); give-and-go (pass – run – receive a return)
- fast-break offense: quick shots

## **6. DEFENSE**

- short, quick steps when moving side-to-side, not crossing one foot over another
- steal or intercept the ball, block attempted shots
- team defense – verbal communication
- man-to-man defense: player guards specific opponent usually on the same position
- zone defense: guards specific area