

## BASKETBALL HANDOUT

**I. Introduction:** Basketball is a fast-paced game played by two, five-player teams. The objective of the game is to score more points than your opponent by putting the ball through the basket. Basketball is one of the most popular sports in the world, as it is played in more than 200 countries.

**II. Courts and Teams:** Basketball courts are rectangular and depending on the level of play, court sizes and markings vary. Teams consist of two guards, two forwards, and one center. The center is usually the tallest on the team and is responsible for rebounding. The forwards assist in rebounding and scoring close to the basket. Guards are usually the best ball handlers and shooters on the team.

**III. Play:** The team with the most points upon completion of the game is the winner. High school games last 32 minutes (four quarters of 8 minutes each). Every game begins with a jump ball at the center circle. Offensive players cannot run or walk with the ball. This violation is referred to as traveling. Offensive players may dribble (bounce) the ball, but when they pick it up the ball must be passed to a teammate, and returned before that player can dribble again. If the player dribbles again a double dribble violation occurs. When a player has the ball in their hand they may only move one foot (pivot rule)

**IV. Strategies:** Two basic types of offenses include the motion and flex offense. Within these offenses players are able to perform back doors, pick n' rolls, and give and go's. The game of basketball is most effectively played with passing and limited dribbling. Defensive strategies include playing person-to-person defense, meaning players guard players from the opponent's team. Zones defenses make players responsible for an area and a player on the court.

**V. Scoring:** A field goal is when the offensive team puts the ball through the basket. Field goals are worth two points unless the player taking the shot is behind the three-point line. Three point field goals are worth three points. A free throw is awarded to the offensive player if he/she is fouled in the act of shooting. All free throws are worth one point.

### VI. Basic Terms

*Violation:* An infringement of a rule for which the opponent puts the ball into play (example – 3 seconds in the lane, stepping out of bounds with the ball, etc.).

*Foul:* An infringement of a rule for which sometimes one or more free throws are awarded (example – you make illegal contact with someone as they are in the act of shooting, etc.).

*Charge:* A foul resulting from contact with a player with the ball moving their body into an opponent whose position is established.

*Block:* A foul resulting from the player without the ball not having established position.

*Fast break:* Advancing the ball up court faster than the opponents can get back to guard the basket (scoring quick is the objective).