

# Basketball Study Guide

## History of the Activity

Basketball was invented in 1891 by James Naismith who wrote the sport's original 13 rules as part of a class assignment at the YMCA training school in Springfield, Massachusetts. The game was introduced in YMCA's across America and other foreign countries. It became a part of the Olympic Games in 1936.

## Objective of the Activity (Scoring system)

Basketball is simply a game of keep-away with the additional challenge of trying to shoot the ball into the basket. The game starts with a jump ball in the center circle between two opponents. Once a player stops their dribble, they have two choices: pass to a teammate or shoot.

### Scoring

A made basket is worth two points.

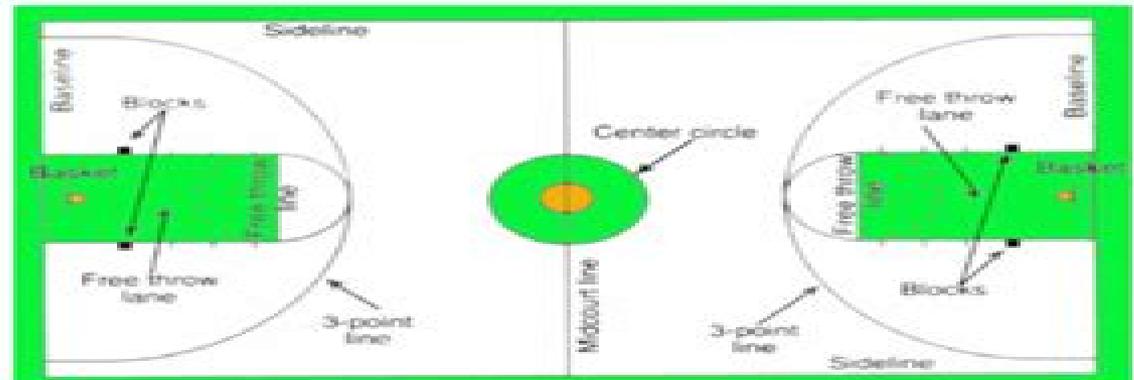
A free throw is worth one point.

A shot behind the three point arc is worth three points.

After a basket is made, the other team puts the ball into play from out of bounds under the basket. The offensive team has five seconds to put the ball in play.

## Equipment/Playing surface

Most basketball courts are made from hardwood, which provides a smooth, unobstructed surface and a consistent bounce.



## Players/Positions/Skills

Each team will have five players on the floor at one time. There are usually two guards, two forwards and one center.

Guards—best ball handlers, best decision makers

Forwards—bigger than guards, rebounders, scorers from inside and outside

Centers—traditionally biggest player on the floor, best rebounder, best scorer with his back to the basket.

### Types of Defenses

-Man to Man Defense: Where players guard a certain player from the other team.

-Zone defense: Where a player is responsible for defending an area on the court.

### Types of Passes

-Chest Pass—fastest and most accurate pass

-Bounce Pass—best pass to get around opponent

-Overhead (least used during basketball game)

# Basketball Study Guide Physical Education

**Scott C. Dulebohn**



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## **Table of Contents Basketball Study Guide Physical Education**

1. Understanding the eBook Basketball Study Guide Physical Education
  - The Rise of Digital Reading Basketball Study Guide Physical Education
  - Advantages of eBooks Over Traditional Books
2. Identifying Basketball Study Guide Physical Education
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Basketball Study Guide Physical Education
  - User-Friendly Interface
4. Exploring eBook Recommendations from Basketball Study Guide Physical Education
  - Personalized Recommendations
  - Basketball Study Guide Physical Education User Reviews and Ratings
  - Basketball Study Guide Physical Education and Bestseller Lists

5. Accessing Basketball Study Guide Physical Education Free and Paid eBooks
  - Basketball Study Guide Physical Education Public Domain eBooks
  - Basketball Study Guide Physical Education eBook Subscription Services
  - Basketball Study Guide Physical Education Budget-Friendly Options
6. Navigating Basketball Study Guide Physical Education eBook Formats
  - ePub, PDF, MOBI, and More
  - Basketball Study Guide Physical Education Compatibility with Devices
  - Basketball Study Guide Physical Education Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Basketball Study Guide Physical Education
  - Highlighting and Note-Taking Basketball Study Guide Physical Education
  - Interactive Elements Basketball Study Guide Physical Education
8. Staying Engaged with Basketball Study Guide Physical Education
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Basketball Study Guide Physical Education
9. Balancing eBooks and Physical Books Basketball Study Guide Physical Education
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Basketball Study Guide Physical Education
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Basketball Study Guide Physical Education
  - Setting Reading Goals Basketball Study Guide Physical Education
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Basketball Study Guide Physical Education
  - Fact-Checking eBook Content of Basketball Study Guide Physical Education
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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