

TEAM SPORT FIVE A SIDE / BASKETBALL

Basketball or Basket is a team and ball sport with two opposing teams of five players who score points by throwing a ball into the opposing team's basket.

Origins: In 1891, Dr. James Naismith, a PE Teacher in YMCA (USA), was trying to keep his gym class active on a rainy day.



He sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the winters. After rejecting other ideas as either too rough or poorly suited to walled-in gymnasiums, he wrote the basic rules and nailed a peach basket onto a 10-foot (3.05 m) elevated track.

The first balls made specifically for basketball were brown, and it was only in the late 1950s that Tony Hinkle, searching for a ball that would be more visible to players and spectators alike, introduced the orange ball that is now in common use. The peach baskets were used until 1906 when they were finally replaced by metal hoops with backboards.

How to play:

Basketball is a team sport. Two teams of five players each try to score by shooting a ball through a hoop elevated 3,05 m above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line. If the offensive team puts the ball into play behind the midcourt line, it has eight seconds to get the ball over the mid-court line. If it doesn't, then the defence gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area in back of the line. If it does, the defence is awarded the ball. The ball is moved down the court toward the basket by passing or dribbling.

Basic Rules:

Personal fouls: Personal fouls include any type of illegal physical contact: Hitting, Pushing, Slapping, Holding or Illegal pick/screen (when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender).

Personal foul penalties: If a player is shooting while a being fouled, then he gets two free or three throws if his shot doesn't go in, but only one free throw if his shot does go in.

Blocking. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Walking/Traveling. Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.

Carrying/Palming. When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

Double Dribble. Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again.

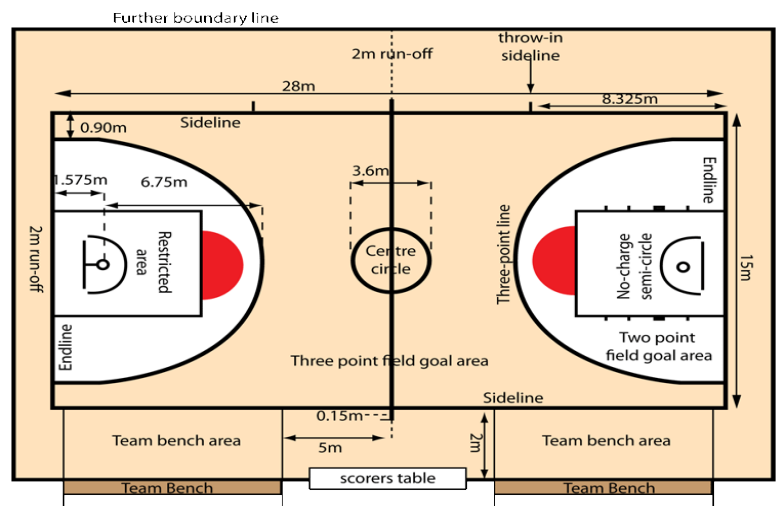
Held ball. Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

Backcourt violation. Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.

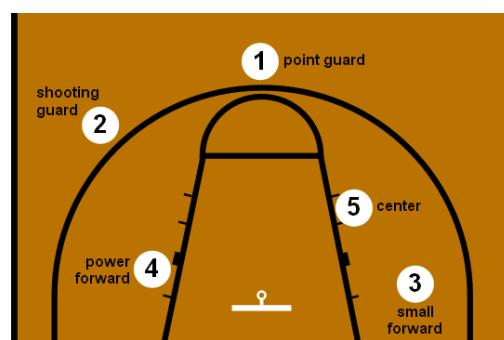
Points. Points are scored for shooting the basketball through the hoop.

- Two points for a goal inside the three-point semi-circle, and three points for goals scored from outside.
- Free throws, taken from the free-throw line and awarded after a foul, are worth one point.

Field and Basket:



Players:



There are five positions on the court. It is every player's responsibility to try and stop the opposition from scoring. And every player can push forward to try and make that all-important basket. Different players will possess a variety of skills. Shooting, passing or defending for example.

1. Point Guard is one of the most important positions on the court for the team's offence. They are also called the lead guard or one guard. They direct play going forward and decide which moves the team should make.

2. Shooting guard. The main job of a shooting guard is to score. Often referred to as the two guard or the off guard. They are the main shooter in the team but it is usually from long distance. They like nothing better than to bang in a 3-pointer.

3. The small forward is probably just as important as the point guard. Many offensive moves begin from this position. They are also called point forward. As well as not being the tallest player, shooting is a large part of their game. But they will also be heavily involved with defensive duties.

4. The power forward plays a strong physical game, specialising on the rebounds and defence. Because of the nature of the job, they will spend much of the game close to the basket.

5. The centre is likely to be the tallest player on the court. Their job is based at both ends of the courts with defending and offence. They will look to score from close to the basket and also block shots and deal with rebounds. They will often be called "the big man" or post player.

A team member is a **substitute** when they are not playing on the court. Or is on the playing court but is not allowed to play because of disqualification or has committed five fouls. The sub becomes a player when the official allows them to enter the court. The player becomes a sub when the official allows the replacement to enter the court.

The Ball: It has a circumference from 63 to 73 centimetres. And it has a weight from 600 to 800 grams. It is named BASKETBALL. It's used different sizes in different categories and genre, size 7 for males and 6 for females.

Typical Movements (Techniques):

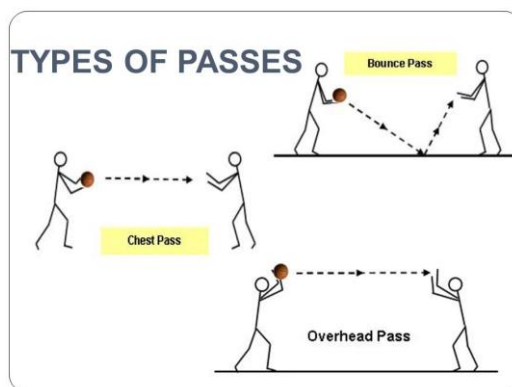
Shooting: Typically a player faces the basket with both feet facing the basket. A player will then allow the ball to rest on the fingertips of the dominant hand (the shooting arm) slightly above the head, with the other hand supporting the side of the ball. The shooting arm, fully extended with the wrist fully bent is held stationary for a moment following the release of the ball, known as a follow-through. Players

often try to put a steady backspin on the ball to deaden its impact with the rim.

Another ways to throw the ball are:

- Lay-up
- Lay-in
- Jam / dunk

Passing: Most passes are accompanied by a step forward to increase power and are followed through with the hands to ensure accuracy. A staple pass is the chest pass. Another type of pass is the bounce pass. Here, the passer bounces the ball crisply about two-thirds of the way from his own chest to the receiver. The overhead pass is used to pass the ball over a defender.



Dribbling: It's the act of bouncing the ball continuously with one hand, and is a requirement for a player to take steps with the ball. To dribble, a player pushes the ball down towards the ground with the fingertips rather than patting it; this ensures greater control.



To protect the ball, use protection dribbling. Put your body between the ball and the opponent, take down your gravity centre bending your knees and use low and quick bounce. You can use your free arm to protect you.

To run with ball use **speed dribbling**. In basketball is not allowed to run with the ball in your hands. You need to bounce it. To practice it, try to run pushing the ball in a leaning trajectory to the direction that you want to go. You need to adapt the bounce to your displacement speed.



BASKETBALL SHOOTING CUES

| Get Ready | Release |
|--|---|
| <ol style="list-style-type: none"> 1. Bend the knees. 2. Spread fingers of dominant hand behind the ball. 3. Keep elbow under ball. 4. Watch the target. | <ol style="list-style-type: none"> 1. Push the ball toward the goal. 2. Extend the arm upward toward the goal 3. Arch the ball. 4. Follow through (snap the wrist). |

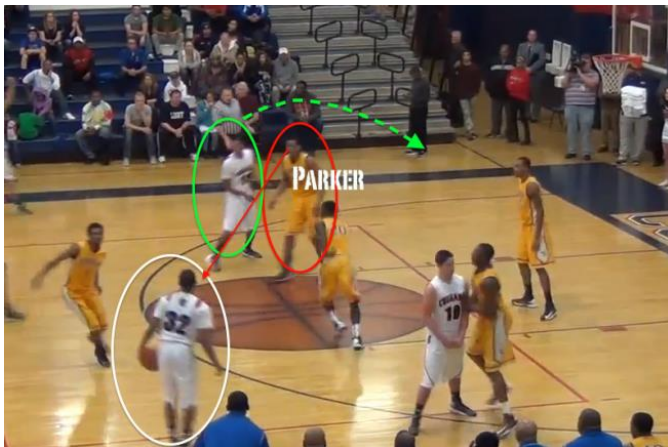
BASIC TACTIC

TACTIC PRINCIPLES OF THE GAME (TEAM SPORTS)

- **When your team have the ball:**
 - o You should keep the ball during the play
 - Protect or low dribble
 - o You need to progress to the opponent midfield
 - Speed or high dribble
 - Passes: chest pass, one hand pass, baseball pass, hand to hand pass...
 - Screen to player with the ball
 - Look for free passing line
 - o Your team shoot and try to score in the opponent basket.
 - Shot, jumpshot or lay-up
- **When your team does not have the ball:**
 - o You try to gain the ball possession
 - o You should prevent the opposing team from advancing
 - o You try to stop or hinder (block) opponent shots

| Against an opponent that has the ball | | |
|---|----------------------------------|--|
| Facing away from the basket and facing the player | Keep at and adequate distance | Follow the player and hamper their moves |
| Against an opponent without the ball | | |
| Facing away from the basket | Facing the opponent and the ball | Block the passing |

Backdoor: an offensive tactic whereby a player breaks away from a defender to receive a pass near the baseline in order to make a quick layup.



Pick or screen: A screen or "pick" occurs when an offensive player attempts to block, or "screen", a defensive player away from the man he is guarding, thereby freeing up that offensive player for an open shot or pass. Setting good screens (or "picks") is a very important fundamental part of the game.



Webgraphy:

- <http://en.wikipedia.org/wiki/Basketball>
- http://physicaleducationresources.com/basketball_rules_physical_education.aspx
- <http://visual.merriam-webster.com/sports-games/ballsports/basketball/basketball-player.php>
- <http://news.bbc.co.uk/sportacademy/bsp/hi/basketball/rules/players/html/default.stm>
- <http://www.coachesclipboard.net/Screens.html>

ACTIVITIES:

1. Design a general and specific warming up to play a basketball match. Remember explain all the activities and time.
2. Describe different techniques and tactic that you can use in each phase during when your team play the ball.
3. What do you think could your best position to play basketball? Justify your answer.