

# Basketball Packet

## History:

In 1891, at Springfield College in Massachusetts, a man named James Naismith invented the game of basketball. He used two peach baskets tied to two balconies and a soccer ball. The normal game of basketball is comprised of 5 players on the court from each team. Basketball is also a great cardiovascular workout and also increases your fine motor skills.

## Basic Rules:

Carrying the Ball: when a player turns their wrist under the ball and "carries" the basketball.

Foul: any type of contact to your opponent; shooting or non-shooting.

Double Dribble: when a player picks up their dribble and then begins to dribble again or when a player dribbles with one hand then continues to dribble with two hands or vice versa.

Traveling: when a player leaves the ground with the ball and then returns to the ground with the ball in hand or when a player takes more than two steps without dribbling.

## Positions on the court:

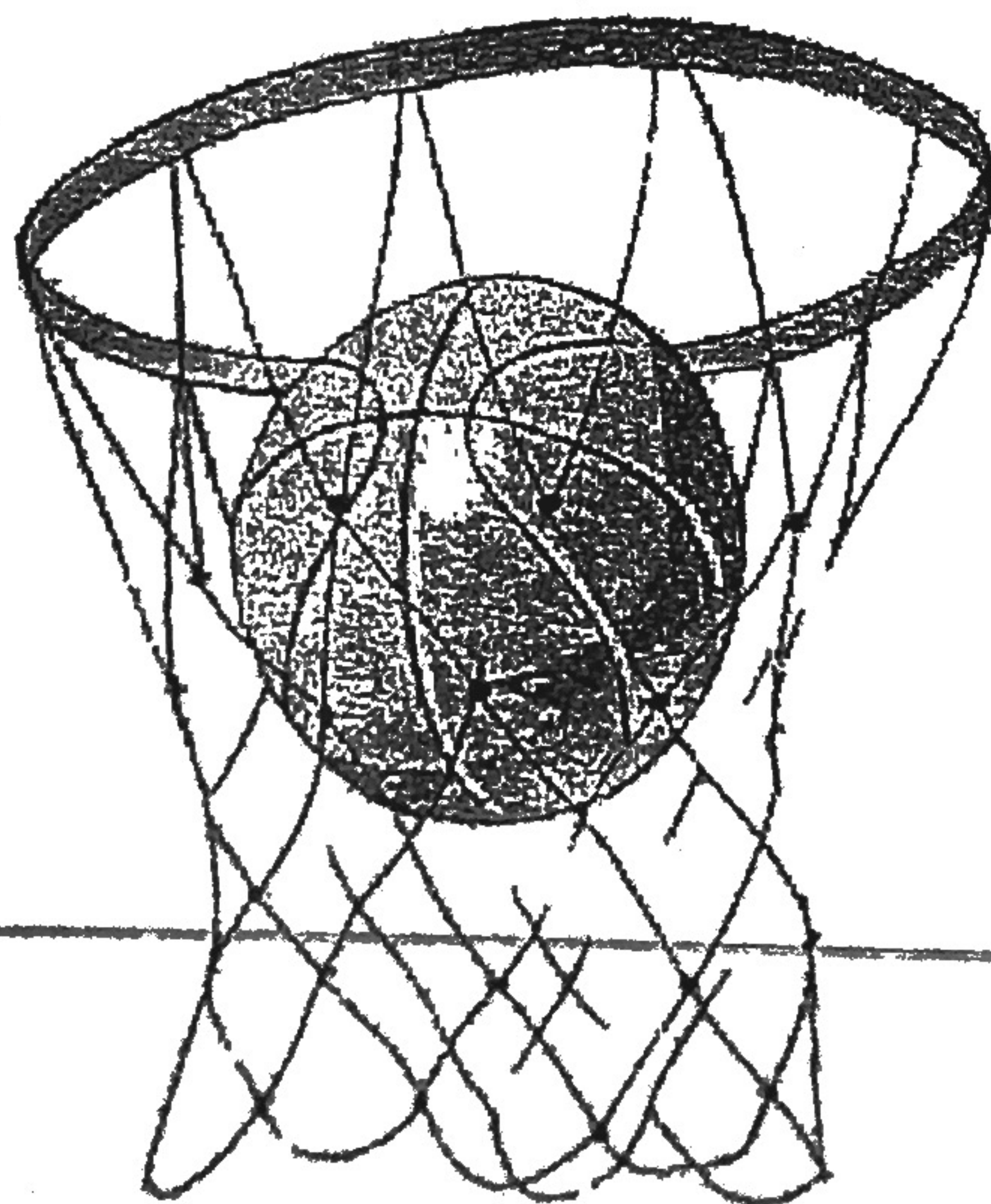
2 Guards: Usually the fast, quick, and good shooters. Typically the point guard and shooting guards.

2 Forwards: Usually the taller players on the court. Typically the small forward and power forward.

1 Center: Usually the tallest player on the court.

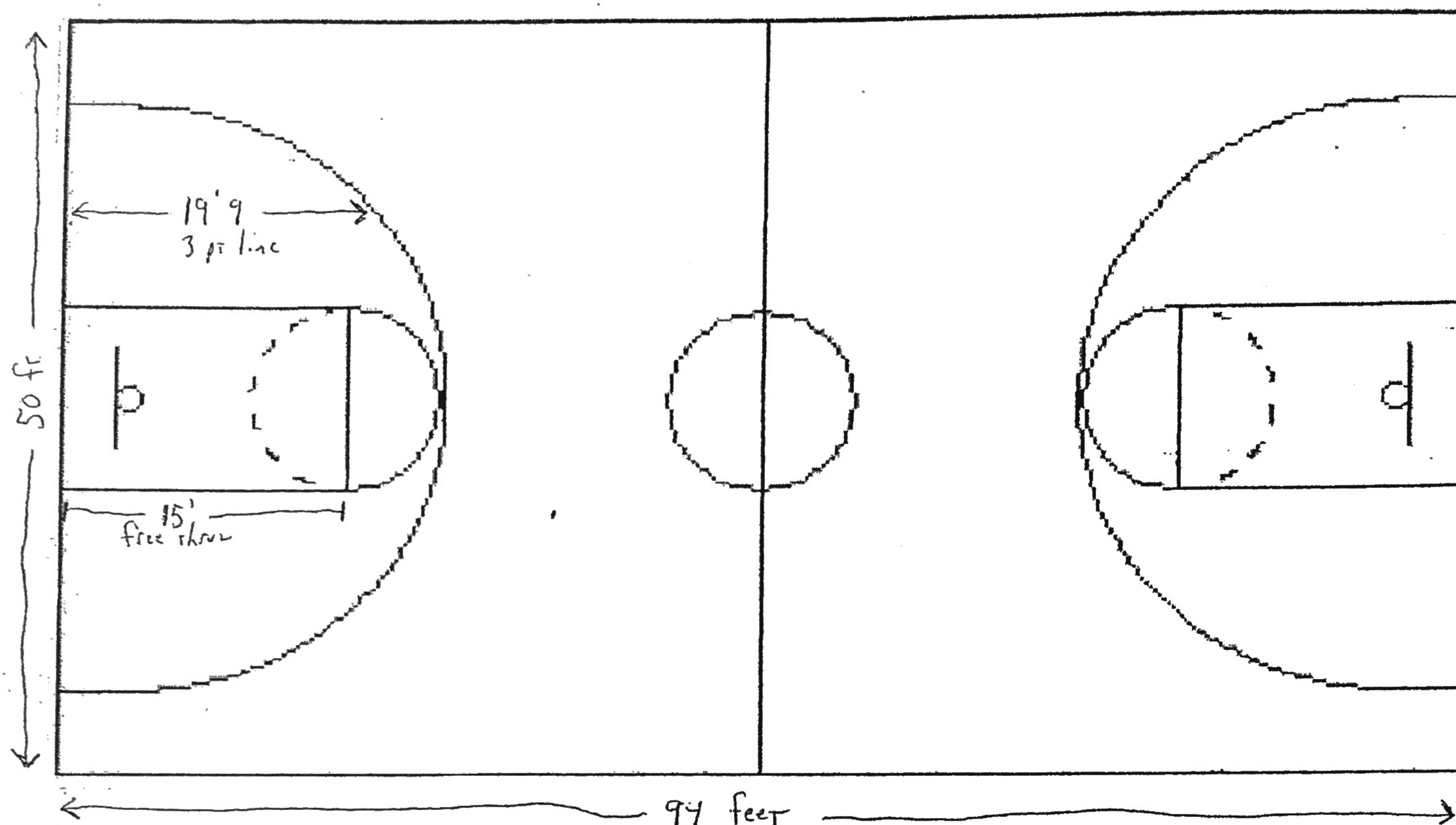
## General Info

- The basket is 10 feet high
- The basketball rim is 18 inches round.
- The game begins with a "jump ball"





### Court Dimensions:



### Scoring:

A free throw is worth 1 point

A field goal is worth 2 points

Anything behind the 3-point arc is worth 3 points.

### Guidelines for skills:

#### *Dribbling*

- Use fingertips
- Ball at waist high
- Ball slightly ahead while moving
- Keep head up (look ahead)

#### *Passing*

- Ball held w/ both hands, fingers spread
- Step toward target
- Elbows remain close to body
- Arms fully extended
- Palms out



#### *Shooting*

- Keep shooting arm in "L" shape
- Bend knees
- Follow through straight
- Wave good bye to ball (snap wrist)