**Basketball Unit Study Guide**

**Object of the Game:**

* The object of the game is to advance the ball toward your opponent’s basket (by dribbling or passing) and to score more points than your opponent by shooting the ball through the basket.
* Each team attempts to score points as they move the ball down the court by passing, dribbling, and shooting into their basket. At the same time they try to prevent their opponent from scoring.

**Official Basketball Rules:**

-Time periods will be played.

-The start of each period will begin with a jump ball.

-Colored lines mark the boundary lines for each court.

- All baskets are worth 1, 2, or 3 points based on court size and lines marked on the floor.

- If the ball touches the boundary line it is considered out.

- If a player touches the boundary line while in possession of the ball they are out.

**Fouls:**

-All fouls result in the opposing team putting the ball in play from the sidelines, nearest the spot of the foul.

- No foul shots will be taken; this rule speeds up the game and reduces wasted playing time.

- Technical Foul (unsportsmanlike conduct of any kind)

Violations:

* All Violations result in a turnover (the ball goes to the other team.)

Traveling:

* A player, in possession of the ball, is moving without dribbling the ball.
* A player jumps with the ball and lands before releasing it.
* A player with the ball moves their pivot foot without dribbling.

Double dribbling

* Dribbling the ball with both hands at the same time.
* Dribbling the ball after picking up the original dribble.

**Modified Physical Education Rules:**

* Time periods will be played, based on teacher discretion
* The start of each game will begin with a team checking the ball to a player on the opposing team and then that player checking it back.
* All baskets are worth 2 points.

**Safety Rules:**

* Minimal body contact should occur between players at any time. When body contact is made a foul will be called on the responsible player.
* No tripping, pushing, blocking, grabbing, etc.
* No reaching in (hitting a player when reaching for the ball).

**Physical Education Positions:**

* Basketball is a team sport that uses five players per team on the court at a time. These five players play different positions on the floor. Traditionally these players are as follows:
  + Center (1)- usually the tallest player and plays close to the basket
  + Forward (2)- tall players with better ball handling skills than the center. (Front court players)
  + Guard (2)- usually shorter players, they have the best ball handling, passing and shooting skills.

**Basketball Vocabulary:**

* Assist: A pass made to a teammate who scores.
* Defense: Team not in possession of the ball. They are defending their own basket.
* Double team: Two defensive players guarding one offensive player.
* Key (lane): The painted area extending from under the hoop to the free throw line.
* Jump ball: The way each game is started in a traditional basketball game. The referee throws the ball up at center court.
* Lay-up: A short shot that is taken from one or two feet from the basket.
* Man-to-man: defense involving each player guarding one offensive player at all times.
* Offense: The team in possession of the ball who are trying to score.
* Pivot: A stationary foot that is established then does not move.

**Strategies** Shots: Passes:

Offensive Jump Shot Chest Pass

-Protect the basketball at all times Lay Up Bounce Pass

-Create space by moving to the open area Dunk Shovel

-Pass to open teammate

**Defensive:**

* Stay between your person and the basket
* Move your feet
* Play a man to man or zone defense.