

## Fundamentals of Basketball



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## History of Basketball

- Basketball was invented in December 1891, by James Naismith.
- The first basketball was a soccer ball.
- The first baskets were wooden peach baskets hung on the walls!
- The game was originally played with nine men on each team.
- About 1895, a number of U.S. colleges adopted the game.
- The first professional league was formed in 1898.

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## Fundamentals



- **Shooting**--Shooting is a fun skill to practice. To be a good shooter, you must have great form. If you have good form, your shooting will become easier and more accurate.
- **Ball Handling**--To have great ball handling, you should always have total control of the ball. Good ball handling skills are important for every position.
- **Rebounding**--If a team wants to win, every man on the floor must rebound. If one person does not do their job, the whole team will suffer. Rebounding is all about hard work.

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### The Objective



The objective of the game is to score more points than the opposing team.

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### Starting the game



- The game of basketball consists of 48 minutes of playing time, which is divided into four 12 minute quarters.
- Each team is allowed to have five players on the court at a time.
- During the tip-off, the referee tosses the ball up so one man from each team can try to tap the ball to a teammate.

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### Scoring



- You can score between one and three points per shot.
- A free throw is worth 1 point, a basket in front of the three point line is 2 points, and 3 points for a shot behind the 3-point line.

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### More Rules

- If you have the ball, you must dribble to move on the court.
- You can not push the ball away from the basket when someone else has taken a shot and it is going down into the basket. This is called goal tending.



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### Dribbling Rules



- You can not dribble, pick up the ball, and then start dribbling again.
- You must pass it to someone else.
- You are not allowed to dribble the ball across the half court line and then go back again.

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### Fouls



- You can not charge into a person.
- You can not hit, push, kick, or hurt another player. This is known as fouling.
- If you have 6 fouls, you can no longer play in the game. This is called fouling out.
- If you foul someone, the other team gets the ball on the out-of-bounds line.
- If you foul someone while they are shooting, they get 2 free throws.

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