***Basketball Write up*** Kenneth Cheuk

PE 11

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***Basketball:***

Basketball is a [sport](http://en.wikipedia.org/wiki/Team_sport) played by two teams of five players on a rectangular [court](http://en.wikipedia.org/wiki/Basketball_court). The objective is to [shoot](http://en.wikipedia.org/wiki/Basketball#Shooting) a [ball](http://en.wikipedia.org/wiki/Basketball_(ball)) through a hoop 18 inches (46 cm) in diameter and 10 feet (3.048 m) high mounted to a [backboard](http://en.wikipedia.org/wiki/Backboard_(basketball)) at each end. Basketball is one of the world's most popular and widely viewed sports.[[1]](http://en.wikipedia.org/wiki/Basketball#cite_note-1)

A team can score a [field goal](http://en.wikipedia.org/wiki/Field_goal_(basketball)) by shooting the ball through the basket during regular play. A field goal scores three points for the shooting team if the player shoots from behind the [three-point line](http://en.wikipedia.org/wiki/3_point_line), and two points if shot from in front of the line. The team with the most points at the end of the game wins, but additional time (overtime) is issued when the game ends in a draw. The ball can be advanced on the court by bouncing it while walking or running or throwing it to a team mate. It is a violation to [lift or drag one's pivot foot without dribbling the ball](http://en.wikipedia.org/wiki/Traveling_(basketball)), to [carry](http://en.wikipedia.org/wiki/Carrying_(basketball)) it, or to [hold the ball with both hands then resume dribbling](http://en.wikipedia.org/wiki/Double_dribble).

As well as many techniques for shooting, passing, dribbling and rebounding, basketball teams generally have [player positions](http://en.wikipedia.org/wiki/Basketball_position) and offensive and defensive structures (player positioning). Traditionally, the tallest and strongest members of a team are called a Center, while slightly shorter and more agile players are called [small forward](http://en.wikipedia.org/wiki/Small_forward), and the shortest players or those who possess the best ball handling skills are called a [point guard](http://en.wikipedia.org/wiki/Point_guard) or [shooting guard](http://en.wikipedia.org/wiki/Shooting_guard).

***History:***

In early December 1891, [Canadian](http://en.wikipedia.org/wiki/Canadian) Dr. [James Naismith](http://en.wikipedia.org/wiki/James_Naismith),[[2]](http://en.wikipedia.org/wiki/Basketball#cite_note-2) a physical education professor and instructor at the International Young Men's Christian Association Training School[[3]](http://en.wikipedia.org/wiki/Basketball#cite_note-3) ([YMCA](http://en.wikipedia.org/wiki/YMCA)) (today, [Springfield College](http://en.wikipedia.org/wiki/Springfield_College)) in [Springfield](http://en.wikipedia.org/wiki/Springfield,_Massachusetts), [Massachusetts](http://en.wikipedia.org/wiki/Massachusetts) 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 long [New England](http://en.wikipedia.org/wiki/New_England) winters. After rejecting other ideas as either too rough or poorly suited to walled-in [gymnasiums](http://en.wikipedia.org/wiki/Gymnasiums), he wrote the basic [rules](http://en.wikipedia.org/wiki/Rules_of_basketball) and nailed a [peach](http://en.wikipedia.org/wiki/Peach) basket onto a 10-foot (3.05 m) elevated track. In contrast with modern basketball nets, this peach basket retained its bottom, and balls had to be retrieved manually after each "basket" or point scored; this proved inefficient, however, so the bottom of the basket was removed,[[4]](http://en.wikipedia.org/wiki/Basketball#cite_note-4) allowing the balls to be poked out with a long [dowel](http://en.wikipedia.org/wiki/Dowel) each time.

Basketball was originally played with a [soccer ball](http://en.wikipedia.org/wiki/Football_(association_football)). The first balls made specifically for basketball were brown, and it was only in the late 1950s that [Tony Hinkle](http://en.wikipedia.org/wiki/Paul_D._%22Tony%22_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. Dribbling was not part of the original game except for the "bounce pass" to teammates. Passing the ball was the primary means of ball movement. Dribbling was eventually introduced but limited by the asymmetric shape of early balls. Dribbling only became a major part of the game around the 1950s, as manufacturing improved the ball shape.

The peach baskets were used until 1906 when they were finally replaced by metal hoops with backboards. A further change was soon made, so the ball merely passed through. Whenever a person got the ball in the basket, his team would gain a point. Whichever team got the most points won the game.[[5]](http://en.wikipedia.org/wiki/Basketball#cite_note-5) The baskets were originally nailed to the mezzanine balcony of the playing court, but this proved impractical when spectators on the balcony began to interfere with shots. The backboard was introduced to prevent this interference; it had the additional effect of allowing rebound shots.[[6]](http://en.wikipedia.org/wiki/Basketball#cite_note-6) Naismith's handwritten diaries, discovered by his granddaughter in early 2006, indicate that he was nervous about the new game he had invented, which incorporated rules from a children's game called "[Duck on a Rock](http://en.wikipedia.org/wiki/Duck_on_a_Rock)", as many had failed before it. Naismith called the new game "Basket Ball".[[7]](http://en.wikipedia.org/wiki/Basketball#cite_note-7) The first official game was played in the [YMCA gymnasium in Albany, New York](http://en.wikipedia.org/wiki/Young_Men%27s_Christian_Association_Building_(Albany,_New_York)), on January 20, 1892, with nine players. The game ended at 1–0; the shot was made from 25 feet (7.6 m), on a court just half the size of a present-day [Street ball](http://en.wikipedia.org/wiki/Streetball) or [National Basketball Association](http://en.wikipedia.org/wiki/National_Basketball_Association) (NBA) court. By 1897–1898 teams of five became standard.

***Activities:***

Day 1: Dribbling (follow the leader) Passing (partners passing back and forth) Shooting (3 points) Defence (Guarding one and other) Game

Day 2: Lay ups Free throws Rebound Game

Day 3: Defence (talking) Shooting, Passing, rebounding (shoot other rebounds then passes) Plays (Screens, pivoting etc…) Game

Day 4: 3 man weave More plays? Mini game everyone dribbles and try to knock each other out by getting their ball out of the area that everyone decided

***Rules:***

* Hitting
* Pushing
* Slapping
* Holding
* 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 throws if his shot doesn't go in, but only one free throw if his shot does go in.

**Charging**. An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.  
  
**Blocking**. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.  
  
**Flagrant foul**. Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.  
  
**Intentional foul**. When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.  
  
**Technical foul**. Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

***Violations:***

**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 is a double dribble.  
  
**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.   
  
**Goaltending**. If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw-in.  
  
**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.  
  
**Time restrictions**. A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.

***Positions:***

**Center**. Centers are generally your tallest players. They generally are positioned near the basket.  
  
Offensive -- The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put-backs.  
  
Defensive -- On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.  
  
**Forward**. Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.  
  
Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.  
  
Defensive -- Responsibilities include preventing drives to the goal and rebounding.  
  
**Guard**. These are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.  
  
Offensive -- Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.  
  
Defensive -- On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.

Work cited

https://www.breakthroughbasketball.com/basics/basics.html

http://en.wikipedia.org/wiki/Basketball