

# BASKETBALL

PACKET # 4

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

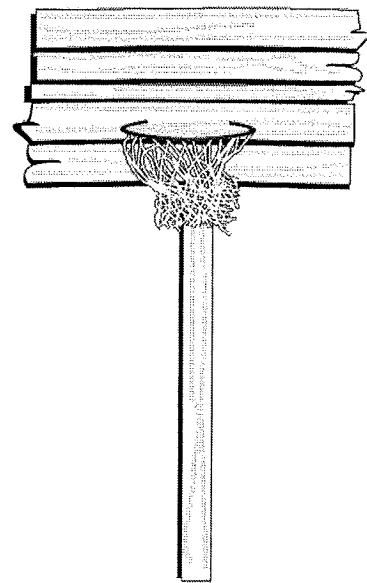
Basketball is an extremely popular sport. More people watch basketball than any other sport in the United States. It is played in driveways, parking lots, back yards, streets, high schools, colleges and professional arenas.

Basketball's popularity is not confined to the United States. The game is also enjoyed internationally, with rules available in thirty languages. Basketball is included among the Olympic sports.

## HISTORY OF THE GAME

In 1891, a physical education instructor at a YMCA Training School in Massachusetts invented basketball as an indoor activity for boys. The game began with two peach baskets tied to balconies and a soccer ball used to shoot baskets. Two years later, two college teams began to play basketball. The game's popularity has increased continuously ever since.

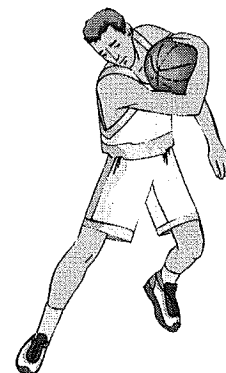
The National Basketball Association (NBA) is the largest professional sports league. It was created when the Basketball Association of America and the National Basketball League merged in 1949. The majority of professional players are recruited by the NBA from college ranks.



# HOW THE GAME IS PLAYED

## GENERAL PLAYING RULES

The game of basketball is easy to understand. Players try to prevent their opponents from scoring while each team tries to get the ball through the basket that the other team is defending. Although the game is not difficult to understand, a tremendous amount of mental and physical endurance and skill is required from the five players on each team.



A basketball team consists of a center (often the tallest player), two forwards and two guards (often the shortest players). The forwards are positioned near the opposing team's basket so that they can be ready for shooting and rebounding. The center is located near the basket or near the free-throw line so that he/she can be ready for shooting and rebounding. Guards normally bring the ball down the court to begin offensive play.

The game begins with a jump ball. The referee tosses the ball into the air. As it comes down, one player from each team jumps upward in an attempt to tap the ball to a teammate. Once the ball is in play, team members dribble the ball in order to get closer to the basket or pass it to another player. "Dribbling" the ball means bouncing it on the floor repeatedly with one hand. "Passing" means throwing the ball to a teammate. Passing is vital to scoring plays. In fact, most professionals consider good passing to be almost as important as accurate shooting.



When the ball is put into the basket, it is called a "field goal" and two points are awarded to the team that scores. If the shot, however, was taken past the three-point line, then three points are earned. The National Basketball Association instituted a new distance of 20'-6" from the basket for the 3-point line. A "free throw" means a toss from behind the free-throw line, with no interference from the opposing team. If a player has been fouled by an opponent, the fouled player gets a free throw. If the free throw ball goes into the basket, the team gets one point.

There are two types of fouls in basketball—personal fouls and technical fouls:

A personal foul means that a player holds, pushes or trips an opponent.

A technical foul may occur when the game is delayed, too many time-outs are taken, players leave or enter the court illegally or participate in misbehavior such as disrespect toward the referee.

A team may lose possession of the ball for “traveling.” Traveling occurs when a player runs or walks with the ball. Double dribbling (bouncing the ball with both hands or stopping dribbling, then starting again) can also cause a team to lose possession of the ball.

## *DEFENSE AND OFFENSE*

Professional basketball teams play four 12-minute quarters. College-level play amounts to two 20-minute halves, and high school basketball is four 8-minute quarters. In the case of a tie game, teams play overtime.

Professional teams play 5-minute overtimes. High school and college teams play shorter overtimes.

### DEFENSE

The zone and player-to-player (once called “man-to-man”) systems are two defensive techniques. The zone system uses each player as a guard, protecting a specific zone near the basket that his/her team is defending. Guarding the ball is more important than any particular player in this type of defense.



In the player-to-player (“man-to-man”) system, the opposite is true. Each player guards a player from the opposing team in order to keep the opposition from scoring.

### OFFENSE

The fast-break offensive style offers fast movement from one part of the court to another and a chance for scoring. It is characterized by fast, quick passes down the court and using more players on the attack than the opposition has for their defense.

Slower, more deliberate play characterizes the slow-break style. This technique calls for more thoughtful action; players maneuver carefully in order to shoot in this type of offense.

# PLAYING TECHNIQUES

## TYPES OF SHOTS

### ONE-HAND SHOT

A shot executed with both hands holding the ball initially. The ball is then pushed into the basket with one hand.

### HOOK SHOT

The ball is thrown to the basket over one shoulder of the player who is handling the ball. The center and forwards on a team will find this shot extremely valuable.

### TWO-HANDED SHOT

A shot usually made when a player is not close to the basket. The ball is thrown with two hands. This type of shot tends to be quite accurate.

### JUMP SHOT

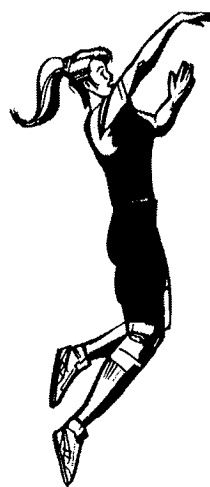
A shot in which the player shoots the ball into the basket at the top of the jump.

### LAY-UP

A shot in which a basket is attempted from under the net; generally considered one of the easier shots.

### TIP-IN

A shot in which the ball is tapped back into the basket as it rebounds from the backboard.



## FREE-THROW

A shot in which a player who has been fouled shoots from behind the free-throw line.

## *BASIC PASSES*

### TWO-HANDED CHEST PASS

A pass used for short, fast passing of distances up to twenty feet.

### TWO-HANDED OVERHEAD PASS

A popular pass that can be used from anywhere on the court; especially good for closely-guarded players.



### ONE-HANDED OVERHEAD PASS

A pass used as a long pass from any position on the court. Like all one-hand passes, this move takes more time to perform and requires excellent control.

### BOUNCE PASS

This pass is used when two players are relatively close to each other. The ball usually bounces once before being caught by the other player.

### ONE-HAND UNDERHAND PASS

An effective move when the passer is moving at fast speeds; difficult to perform and should be used only when no alternative exists.

## EQUIPMENT AND CLOTHING

A basketball is about two and a half feet in circumference and weighs 22 ounces. Baskets are made of a metal ring with an inside diameter of 18 inches. Netting or webbing hangs from the ring. Two baskets, one at each end of the court, hang 10 feet above the floor. The standard basketball court measures about 50 feet by 94 feet.

Clothing is loose-fitting and designed for freedom of movement. Contemporary “long shorts” were made popular by superstar Michael Jordan of the Chicago Bulls. Shoes are specially designed to withstand pounding the floor in jumps and other movements, as well as to brace the feet and ankles during violent lateral movements.

## Professional Basketball - the NBA

The 2010 NBA Champion Los Angeles Lakers made it out of the first round in the 2011 Championship series against the New Orleans Hornets but were swept in the second round by the Dallas Mavericks. The Mavs, with a 36-point game 4 blowout, tied a playoff record with 20 3-pointers and the Mavericks bench scoring as many points as the entire Lakers effort combined with 86. The 2011 NBA Finals, were a rematch of the 2006 NBA Finals, pitting the Miami Heat vs the Dallas Mavericks. The Mavericks won for the first time in franchise history, with Dirk Nowitzki as the MVP.



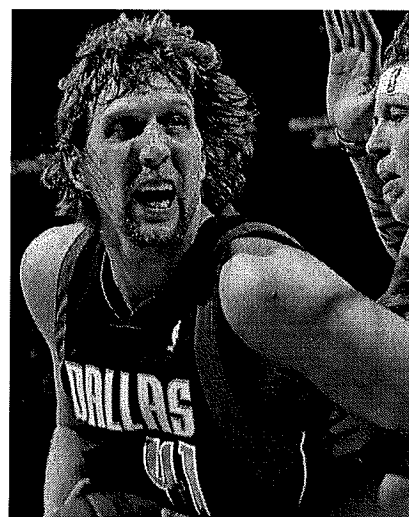
Throughout the 2011 NBA Finals, the prevailing storyline had been that of the Miami Heat, its superstars, and their inability to come through when the chips were down. The media played it as a contest between Miami superstar LeBron James versus Maverick workhorse, Dirk Nowitzki.

The story ended with the Dallas Mavericks declared the best team in all of basketball.

The Mavs walked onto Miami's home basketball court, up 3-2, withstood the Heat's initial surge (led by LeBron James), survived Finals MVP Dirk Nowitzki's early shooting slump, and rode the hot hand of its veterans all the way to a title.

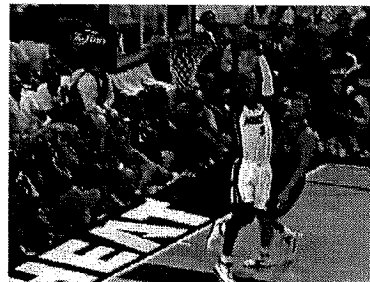
In the end, unless you were a Heat fan, one couldn't help but be happy for the long journey these guys went through to finally arrive at this triumphant moment.

"Man, this is what I obviously played for the last couple of years," said Nowitzki, who scored 21 points on 9-of-27



shooting. “I think when you come in this league you want to establish yourself. All these All-Star Games and all those things are nice, in scoring. But when you get to a certain age you’ve basically seen it all, and all you play for is for that ring.”

“It wasn’t about me carrying the team – I was doing my job,” Jason Terry said. “My job is to come in and provide a spark, make plays, make shots. I did my job and I knew if Dirk continued to get the shots he was getting, those were good shots. He wasn’t forcing anything.”

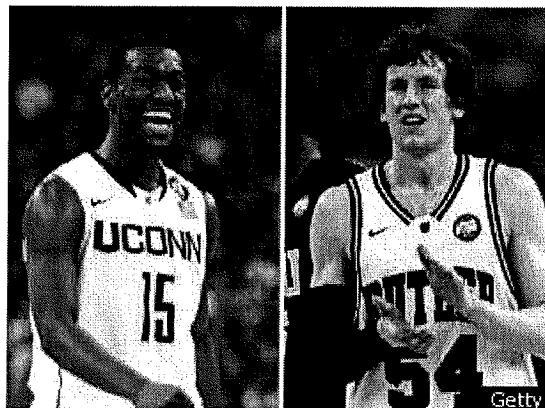


“I’m so happy for him, I’m so happy for Dirk,” Carlisle said. “I’m so happy for the Mavericks’ organization, which is such a class organization, as are the Miami Heat. I don’t think there’s any doubt after this series that Dirk has certainly earned the clout of being one of the all-time great players. His versatility, how he’s done it in the clutch. He goes 1-for-12 in the first half, and then in the second half he was just absolute money.”

“Obviously (the ’06 Finals) was one of my most disappointing losses in my career, to lose the Final series after being up 2-0,” Nowitzki said. “It took so long just to get here. Just this feeling to be on the best team of the world is just indescribable.”

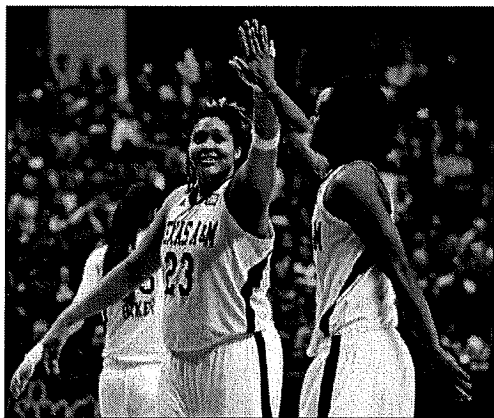
## The NCAA

The 2011 NCAA Men’s Division I Basketball Tournament was a single-elimination tournament involving 68 teams to determine the national champion of the 2010–11 NCAA Division I men’s basketball season. The 2011 Tournament began on March 15, 2011, and concluded with the Connecticut Huskies (UConn) defeating the Butler Bulldogs, 53–41, in the championship game. This tournament marked the introduction of the “First Four” round and an expansion of the field of participants from 65 teams to 68.



This tournament was notable for its large number of upsets. In the Southwest region, Florida State (a 10 seed), Virginia Commonwealth (11) and Richmond (12) made the regional semifinals. This marked the first time in the history of the tournament that a region was represented by three double-digit seeds in the Sweet Sixteen. The tournament featured the first Final Four to not have one of the top two seeds from any of the four

regions. The Final Four as a whole had the greatest seed number total ever (26, surpassing the previous mark of 22 set in 2000). Butler, making its second straight appearance in the final, tied 8th-seeded UCLA in 1980 and Villanova in 1985 as the highest seeds ever to reach the championship game.



Texas A&M's beat Notre Dame on the women's side of the tournament, 76-70, to win the NCAA championship title. The game was everything the men's final wanted to be but wasn't. As with the men's game—which put second seed UConn against a eighth-seeded Butler—both contenders were relative underdogs: Texas A&M and Notre Dame were both second-seeds, and neither of them big-name programs like UConn, Tennessee, and Stanford, which have reigned over women's basketball in recent years.

But while the men's UConn-Butler match-up yielded a cover-your-eyes-awful game and a final score (53-41) that ranks among the lowest in championship history, the women's game was exciting and suspenseful—A&M's comfortable six-point victory masks how close the game was at certain moments. And while men's fans were disappointed if they were hoping for a “Cinderella story” in rooting for Butler against the better-funded, more firmly established UConn, women's fans were not: A&M's win brings the program its first national championship, signaling the team's arrival in a sport long dominated by a small handful of programs.

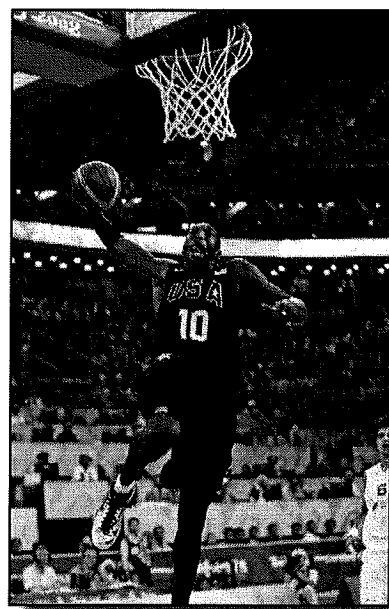
## 2008 Beijing Olympics Results:

### Women:

Gold: United States  
Silver: Australia  
Bronze: Russian Federation

### Men:

Gold: United States  
Silver: Spain  
Bronze: Argentina





More information about the sport of basketball can be found at these websites:

<http://www.nba.com/>

<http://www.ncaasports.com/>

<http://www.wnba.com/>

The screenshot shows the NBA website interface. At the top, there is a navigation bar with links for TEAMS, TICKETS, GLOBAL, D-LEAGUE, WNBA, ENE-DE-A, HOOPS, USAB, KIDS, Get News & Offers, and Login. Below this is a secondary navigation bar with NEWS, SCORES & SCHEDULES, VIDEO, PLAYERS, STANDINGS, STATS, BLOGS, FANTASY, FAN STUFF, PHOTOS, MOBILE, TV, and LEAGUE PASS. A prominent advertisement for the SILENKICK 4G phone is displayed, highlighting it as 'THE NEW ANDROID-POWERED' device for \$129.99. The main content area features a 'SCORES & SCHEDULES' section with a 'View Full Calendar' link and a 'Draft Week is coming! Tune in to NBA TV starting on June 19' announcement. A large banner for the 'DALLAS MAVERICKS WIN!' is the central focus, advertising a 'CHAMP PACK FOR \$79.99' and 'SHOP CHAMP GEAR NOW'. To the right of the banner is a 'SERIES HIGHS' table:

SERIES HIGHS	
DAL	94
MA	92
DAL	94
MA	92
DAL	94
MA	92
DAL	94
MA	92

Below the banner is a 'DAVID ALDRIDGE'S MOCK DRAFT' section with a photo of him in a Brigham Young jersey. To the right is a 'Truly Unlimited Data, talk & text \$79.99/mo' advertisement. At the bottom, there is a 'Next step: Indiana?' section with links to prospect profiles and a 'Become a Legend' section with a 'WARRIORS' logo.

# STUDENT RESPONSE PACKET

## BASKETBALL

NAME \_\_\_\_\_

DATE \_\_\_\_\_

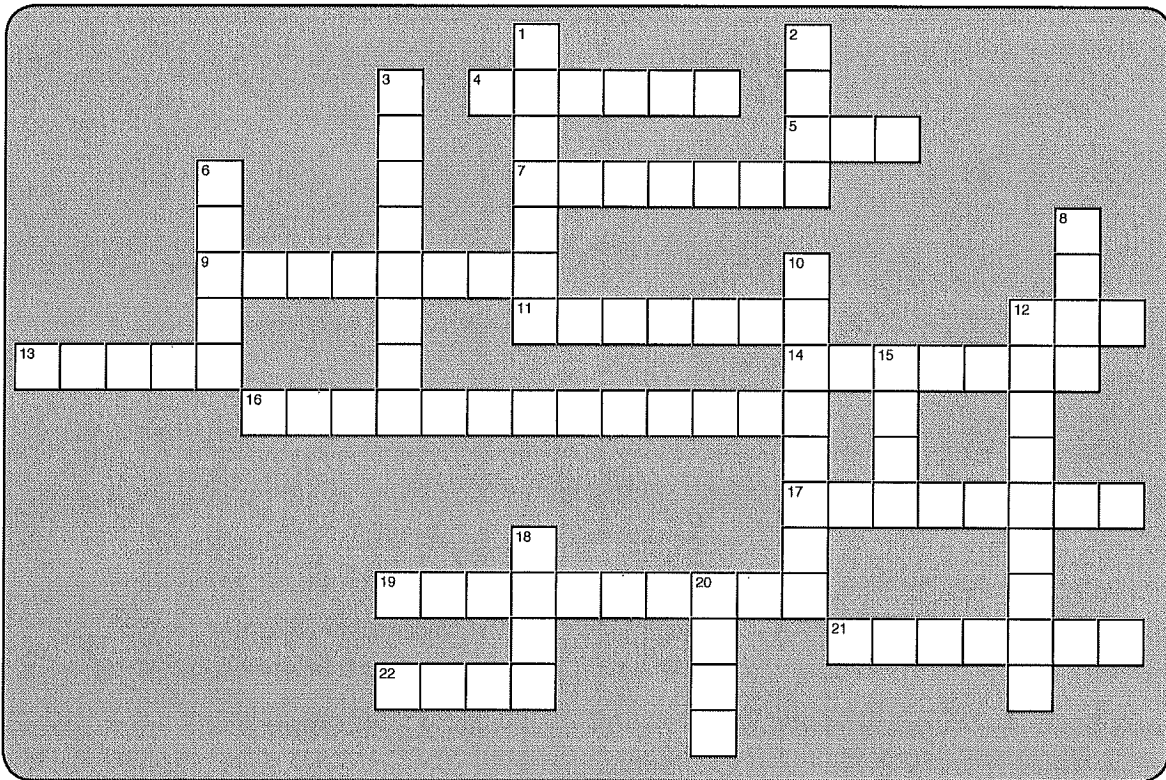
### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of basketball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What are some of the physical benefits of playing basketball?
2. True or False: More people watch basketball than any other sport in the United States.
3. What is the object in any game of basketball?
4. What comprises a team in basketball? How many players and what positions?
5. How does any game of basketball begin?

6. What is a field goal?
  
7. Name at least three types of shots.
  
8. Name at least three types of passes.
  
9. Name two defense techniques.
  
10. What is the difference between a fast-break and slow-break offensive style?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

4. One of the five players - usually the tallest
5. Acronym for the world's largest professional sports league
7. You are on \_\_\_\_\_ when your team has the ball
9. Inside diameter in inches of a basketball rim
11. You are on \_\_\_\_\_ when the other team has the ball
12. Height in feet of the basket above the floor
13. A basketball team usually has two of these (shorter) players
14. This person controls the game by calling the fouls and determining who gets the ball
16. State in which basketball was invented
17. The N in NBA
19. Slow-break style requires this type of action
21. There are usually two of these players on the team - often good at rebounding
22. A type of shot where the ball is thrown over one shoulder

**Down:**

1. When one grabs the ball after a missed shot
2. A defensive technique that uses each player to guard a specific area
3. A professional game is made up of four of these
6. A \_\_\_\_\_ goal is when a player shoots the ball into the basket for two or three points
8. A \_\_\_\_\_ throw is worth one point if it goes in the basket
10. One of the two types of fouls
12. This type of foul can be called on a player for bad conduct
15. The \_\_\_\_\_-break is an offensive style
18. A player's hand is above the rim when the ball is slammed through the hoop
20. Number of players on a basketball team

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |            |         |         |
|------------|---------|---------|
| Basketball | Fouls   | Jordan  |
| YMCA       | Defense | Bulls   |
| NBA        | Offense | Hornets |
| Forward    | Hook    | NCAA    |
| Guard      | Jump    | Mavs    |
| Center     | Passes  | MVP     |
| Referee    | Butler  | College |
| Dribbling  | Bounce  | LeBron  |
|            | Webbing |         |