

Basketball

Big idea: Outwitting opponents as a team

Introduction to Basketball

History

The history of basketball began with its invention in 1891 in Springfield, Massachusetts by Canadian physical education instructor James Naismith as a less injury-prone sport than football. Naismith was a 31-year old graduate student when he created the indoor sport to keep athletes indoors during the winters

Rules in Basketball

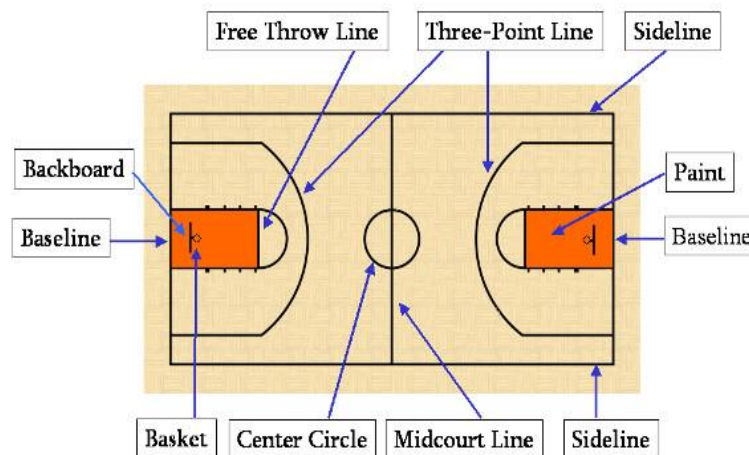
TIME LIMITS	
• Throwing the ball	5 seconds
• Entering the opponents' court	10 seconds
• Shot clock	24/30 seconds
• Held ball	5 seconds
• Restricted area	3 seconds
• Free Throw	5 seconds

SCORING	
• 2 points for every conversion	
• 1 point for every free throw	
• 3 points from the 15 foot area	

Key skills

- Passing
- Dribbling Defence
- Running
- Shooting
- Teamwork
- Communication

The object of basketball is to throw the ball (basketball) into a hoop to score points. The game is played out on a rectangular court and depending on which section of court you successfully throw a ball into the basket will depend on how many points are scored. The ball can be moved around the by dribbling or passing the ball. At the end of the game the team with the most points is declared the winner.



Current world champions

The current champions are Spain, who defeated Argentina in the final of the 2019 tournament.

Aim Higher: Can you learn the signals for each of these Violations

Traveling

Double dribbling

Contact

Reaching Back Court

