

Team Sports 1

Basketball

History

At Springfield College (which was then the YMCA training school), the director of the school, Dr. Luther Halsey Gulick, asked James Naismith, the physical education instructor, to find a physical activity to occupy a “class of incorrigibles” In December of 1891, Naismith invented the indoor sport of basketball.

The first formal rules were devised in 1892. Initially, players dribbled a soccer ball up and down a court of unspecified dimensions. Points were earned by landing the ball in a peach basket. Iron hoops and a hammock-style basket were introduced in 1893. Another decade passed, however, before the innovation of open-ended nets put an end to the practice of manually retrieving the ball from the basket each time a goal was scored.

In 1959, James Naismith was inducted into the Basketball Hall of Fame.

Equipment

- Comfortable athletic shoes and clothing
- Basketball
- Goals

How to Play

- There are 2 teams of 5 players each; 2 guards, 2 forwards, and 1 center
- Game starts with a jump-ball at midcourt
- Regulation games consist of 4- 8 minute quarters, 2-20 minute halves (college), or 4-12 minute quarters (NBA)
- A player scores by shooting the ball into their basket; 1 point for free throws, 2 points for floor shots, 3 points for shots beyond the 3 point line
- Change of possession every time a team scores
- Ball advances by dribbling, passing, or shooting
- The game is won by the team with the most points after time has expired

Safety

- In regulation game of basketball players need to wear athletic shoes and clothing
- Players need to be aware of all surroundings making sure to not come in contact with another player
- Make sure basketball court is free of debris, for example, any water spills
- Practice proper communication, for example, speaking loud enough for teammates to hear offensive or defensive strategies.

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Resources:

Basketball HSRF

Basketball Power Point

Basketball Vocabulary

Basketball Lesson Overview