**Basketball**

**Fact sheet**

**General rules:**

Scoring:

1. Free throw- 1 point - player shoots free shot from foul line after getting fouled
2. Field goal- 2 points- ball is put in basket from inside three point line
3. Three point field goal- 3 points- ball is put in basket from outside three point line

Players on the court for a team- 5

Game begins with a jump ball

Two types of fouls:

1. Personal foul- when a player hold, trips, pushes an opponent
2. Technical foul- may occur when the game is delayed, player disrespects referee, etc.

A team may lose possession of the ball for “traveling”. Traveling occurs when a player runs or walks with the ball w/o dribbling it. “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:**

Defense- two types

1. Player-to- player: Each player guards a player from the opposing team
2. Zone: each player protects a specific zone near the basket that his/her team is defending

Offense- two types

1. Fast break offense- fast movement from one end of court to other. Characterized by fast, quick passes, and attempting to score quickly.
2. Slow break style- slower, more deliberate play, team takes time to set up a good shot attempt

**Basketball skills:**

1. Passing- Chest pass and bounce pass
2. Dribbling- Speed, crossover, spin
3. Shooting- layup, jump shot

**History of game:**

Basketball was invented by a PE instructor at a YMCA in 1891