

Basketball: Review/Skill Sheet

Grading

Name _____

Class _____

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/6
Fitness	/12

Skill 1: Ball Handling

- **Body position:** knees bent, head up, back straight, opposite hand out to protect ball
- **Contact:** 5 fingers on the ball hand spread wide, contact ball with hand at knee level
- **Follow Through:** wrist snap as you push the ball to the ground, triceps extension

Skill 2: Passing (chest or bounce)

- **Body position:** feet shoulder width apart, knees bent, elbows out
- **Contact:** ball held at chest height, elbows out, fingers out wide at sides of ball, thumbs on ball making an "L" on the ball facing you
- **Follow Through:** take 1 step, push the ball from the chest out, follow through fingers face out to sides, thumbs push forward, wrist snap

Skill 3: Lay-up

- **Body Position:** dribble with head up, knees bent, after steps hold ball at nose height until you shoot, knee of opposite foot bent upwards as you jump, full extension of arm for shot, shoot with one hand
- **Footwork:** right hand lay-up =right, left and up for shot
- left hand lay-up= left, right and up for shot (steps should be taken at approximately the low block of the key)
- **Follow Through:** shoot ball softly at top right hand corner of box on the backboard

Skill 4: Basic Shot

- **Body Position:** knees shoulder width apart and bent, butt out, elbow in line with knee and foot, elbow about 90° angle, wrist tipped back towards body, eyes on the basket
- **Contact:** ball sits on finger tips, fingers spread wide on shooting hand, shooting hand and other hand form a "W" with thumbs and pinter pointer fingers, ball sits at eyebrow level as knees are bent in set position
- **Shot:** Feet-starting from heel to toe weight is transferred
Legs-go from bent to straight
Elbow-lifts straight up so that your armpit is near your nose
Hand-waits till elbow is about chin level then allows fingers to push the ball in an arch or rainbow motion towards the basket
- **Follow Through:** Wrist – snaps towards the basket
Fingers and thumb – drop down towards the floor

- ✓ Is able to use skills in practice situations
- ✓ is able to use kills in defensive game situations
- ✓ is able to use skills in offensive game situations

Total skill development and application _____ /6 _____

- ✓ Applies defensive/offensive strategy in positioning
- ✓ Applies defensive strategy in game play
- ✓ Applies offensive strategy in game play

Total game strategy _____ /6 _____

Vocabulary:

Dribbling: To bounce the basketball with your hands.

Offense: The team who currently has possession of the basketball.

Defense: The team who does NOT currently have possession of the basketball.

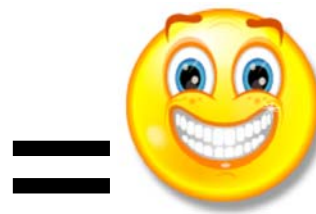
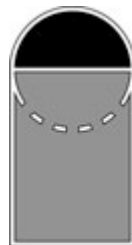
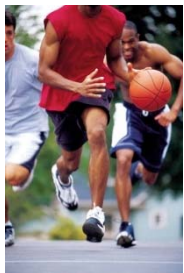
Foul: Illegal contact with another player.

Passing: To get the ball to another player either in the air or off a bounce.

Traveling: To move with the ball without bouncing it. This is a violation of the rules.

Double Dribble: To bounce the ball, pick it up and hold it, and then bounce it again. This is a violation of the rules.

Key: The big box on the court around each basket.

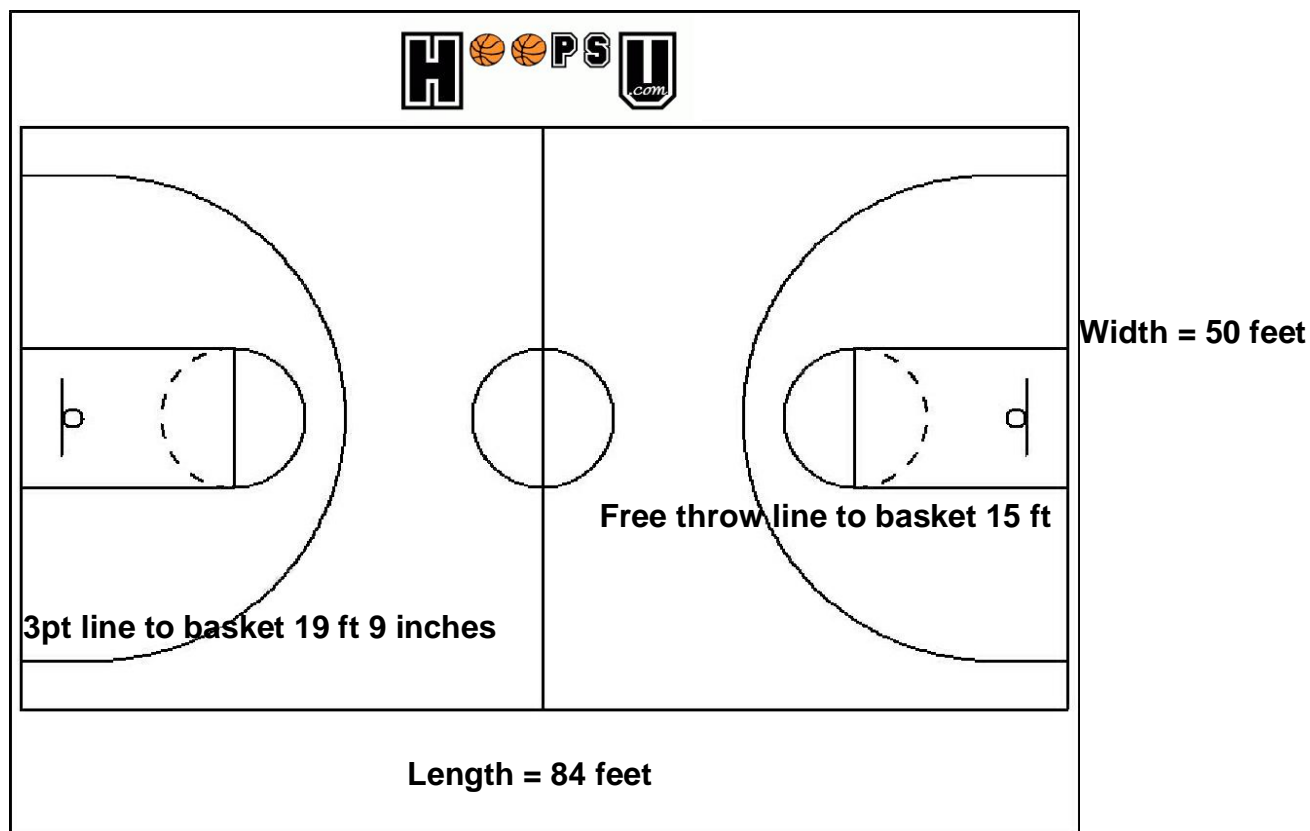


Dribbling + Lay-up + Passing + Key =

Rules:

- Each team has 5 players.
- Each player is allowed to commit 4 fouls. If a player commits 5 then they are out of the game.
- In order to move with the basketball, players must dribble it or it is a violation.
- Once players have stopped dribbling they can't dribble again until they give up possession of the basketball and then regain it.
- Violations will result in a change in possession, or in the case of a foul in the act of shooting, a foul shot.
- If a player touches the sidelines while they have the basketball; the other team gains possession.
- A player may only stand in the key while they are on offense for 3 seconds.
- If the ball goes out of bounds the team that touched it last will lose possession.
- A foul shot will count as 1 point. A shot from inside the 3pt line will count as 2 points. A shot from a player with both feet outside the 3pt line upon release of the shot will earn 3pts.
- High school games consist of 4- 8 minute quarters.

High School Court Dimensions



History:

Dr. James Naismith is known world-wide as the inventor of basketball. He was born in 1861 in Ramsay township, near Almonte, Ontario, Canada. The concept of basketball was born from Naismith's school days in the area where he played a simple child's game known as duck-on-a-rock outside his one-room schoolhouse. The game involved attempting to knock a "duck" off the top of a large rock by tossing another rock at it. Naismith went on to attend McGill University in Montreal, Quebec, Canada.

After serving as McGill's Athletic Director, James Naismith moved on to the YMCA Training School in Springfield, Massachusetts, USA in 1891, where the sport of basketball was born. In Springfield, Naismith was faced with the problem of finding a sport that was suitable for play inside during the Massachusetts winter for the students at the School for Christian Workers. Naismith wanted to create a game of skill for the students instead of one that relied solely on strength. He needed a game that could be played indoors in a relatively small space. The first game was played with a soccer ball and two peach baskets used as goals. In addition to the creation of the basketball, James Naismith graduated as a medical doctor, primarily interested in sports physiology and what we would today call sports science and as Presbyterian minister, with a keen interest in philosophy and clean living. Naismith watched his sport, basketball, introduced in many nations by the YMCA movement as early as 1893. Basketball was introduced at the Berlin Olympics in 1936. Today basketball has grown to become one of the world's most popular sports.

