

The game of basketball is considered as one of the fastest games. Men and women play this game with enthusiasm. It can be played outdoor and indoor. It was invented in 1851 by an American named Dr. James Naismith.

Since, this game was played keeping the basket at particular height and throwing the ball in it, it was named as basket ball. At latter stage instead of basket a ring with a net was replaced. This change was done because it was difficult to put out the balls being collected in the basket. This was hindering the game also. In the year 1894, the rules of the game were formulated and considered as international rules. Initially the measurements of the play ground were not fixed. So the players of the team were kept 5, 7 and 9 also. But by means of formulating rules as international ones, the number of the playing players was kept 5. Since, the game is speedy, the number of substitutes was kept 7.

In the year 1897, the first world basketball championship was organized in America. For the wider development of this game an “International Basketball Federation” was established in the year 1932.

In 1936, the competition for men was organized for the first time in the 11th world Olympic games conducted in the Berlin city of Germany. Likewise the competition for women was organized for the first time in the 21st world Olympic games conducted in Montreal in the year 1976.

In 1900, Charse Peterson tried to popularise this game in kolkata city of India. From 1920 the Young Men’s Christian Association (Y. M. C. A.) in Chennai (Madras) had tried to popularise this game through the college of physical education, in India. In 1950, the Basketball Federation of India was established to co-ordinate the game. In 1951, when the first Asian game’s competition was conducted in Delhi, the capital of India, in which the men and women Basketball teams took part. In India, the Basketball games, competitions are organized every year at different levels i.e. District, State and National levels.

- **Basket -ball play-ground:**

**Measurements :**

- (1) Length and width : 28 m x 15 m
- (2) Centre Circle : Radius - 1.80 m
- (3) Free throw lines : 3.60 m
- (4) Three point circle : 6.75 m radius

**Equipments :**

- (1) Boards : Two boards are required.

Length and width of Board : 1.80 m x 1.05 m.

Thickness of board : 3 cm

- (2) Ring and Net : Iron round ring : Inner diameter : 45 cm

Thickness of iron rod : 20 mm

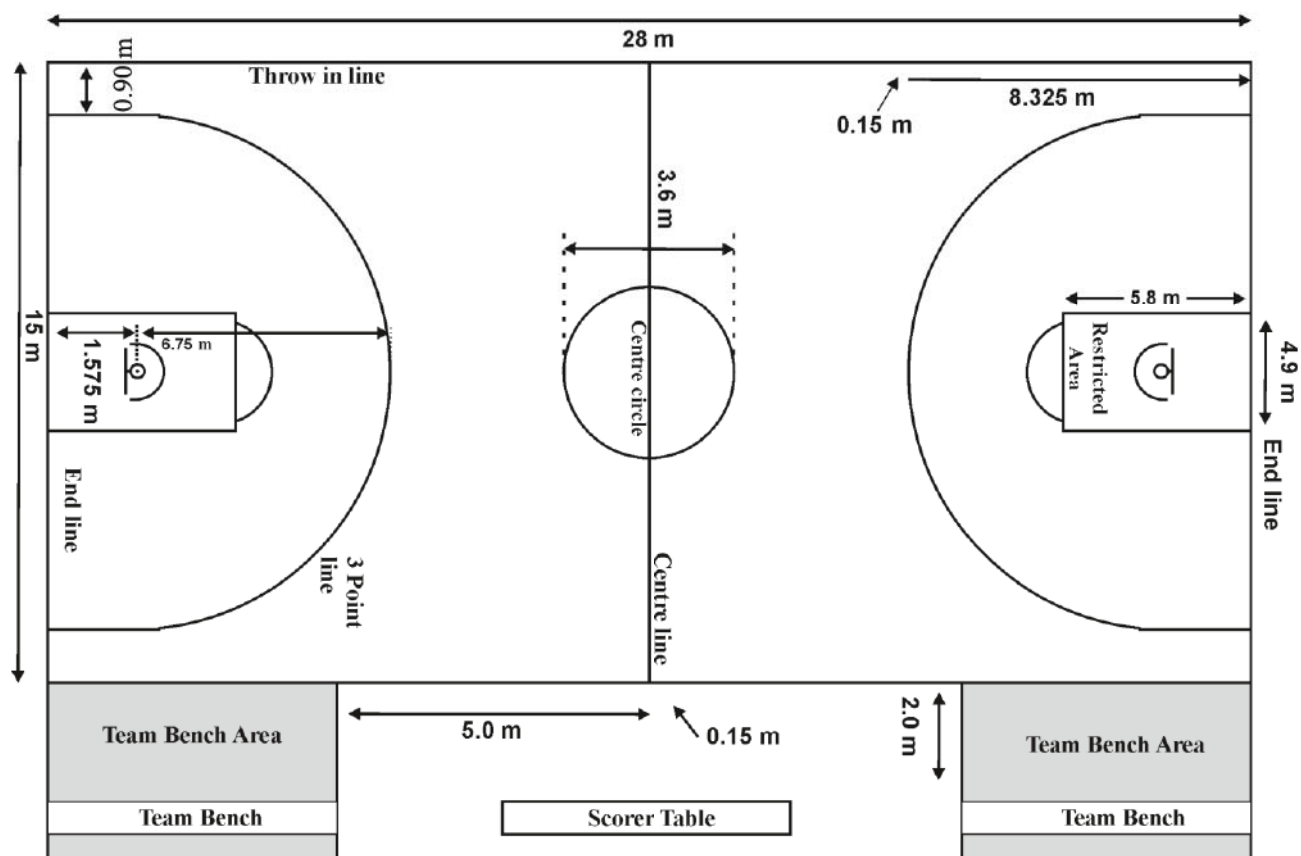
Length of net : 40 cm

**Ball :**

Round rubber ball. Weight : 600 gms to 650 gms.

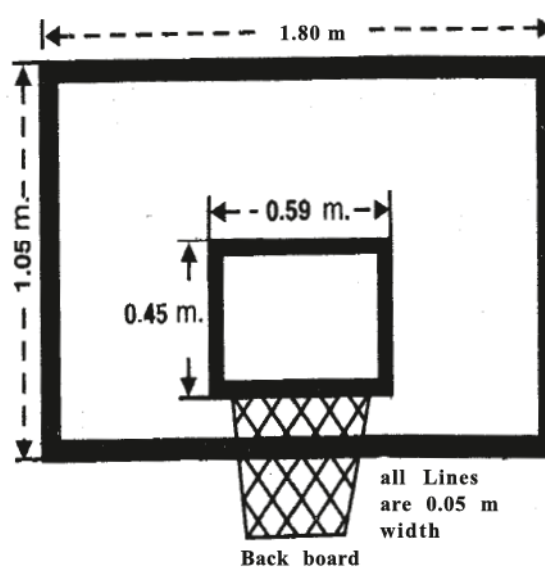
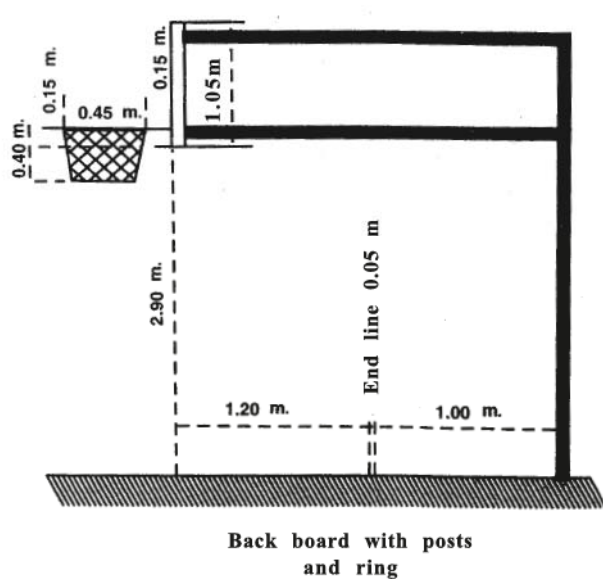
Circumference : 75 cm to 78 cm

## Basketball Play ground



### Other Equipments :

Scorebook, Stop and go watch, stop watch, Call bell, Bell, Score board and foul indicator numbers from 1 to 5, out of which 1 to 4 numbers should be black colour and the 5th one should be red colour.



## Skills :

- (1) Passing :** (1) Two hand over head pass. (2) Two hand chest pass.  
(3) Two hand bounce pass. (4) One hand under hand pass.  
(5) Two hand under hand pass.
- (2) Dribbling :** (1) Low dribble (2) High dribble
- (3) Shooting :** (1) Shooting without support (2) Shooting with the support of board
- (4) Lay up shot :**
- (5) Set shots :** (1) One hand set shot (2) Two hand set shot

Now we shall get information regarding different skills of the game.

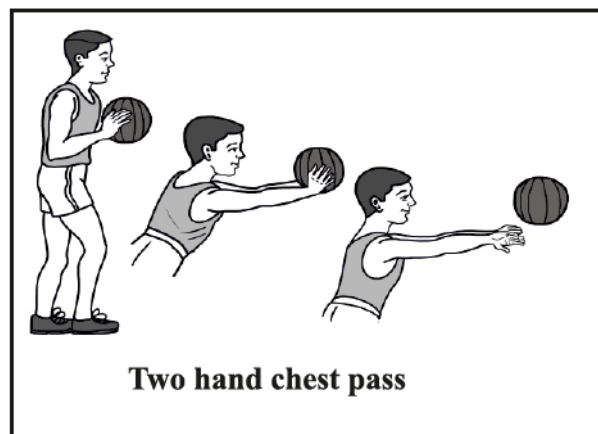
### (1) Passing :

Passing being the basic skill in the game of basketball, it has got more importance. By means of getting control over the skill of passing, the game can be made speedy, which will be helpful in scoring more baskets.

In the game of basket ball, the action of giving the ball from one player to the other player of the same team is called “passing”. For the effectiveness of this skill in the game, the well understood co-operation of all the players is quite necessary. So, to win the game the mastery over the skill of all the players becomes necessary.

Now, we shall get information regarding types of the skills of passing.

**(i) Two hand over head pass :** A player in the basic position, in which he shall keep his both the legs little open and bent from the knees. His eye - sight shall remain in front, the back shall be straight and the body shall remain little leaned in the front and shall hold the ball. From this basic position he shall take the ball in front of the forehead. The hand shall be kept bent from the elbow and shall remain on the sides. Then keeping the grip over the ball, shall take the wrists downward. Then putting one leg in front shall extend the hands in front of the head alongwith a ball. From there he shall release the ball with a jerk of wrists from over the head. The body weight shall be over the front leg.



**(ii) Two hand chest pass :** A player shall hold the ball and come in the basic position. He shall bring his wrists little downward alongwith a ball. Then keeping the eye-sight towards the receiver of the ball shall release the ball speedily with a push of the wrists. He shall push the ball from the front of his shoulders. The ball shall travel parallel to the chest of the receiver of the ball. The motion of the ball shall be the direction of the movement of the arms of the clock. After the release of the ball, the weight of the body shall be on the front foot and the palms of the hands shall remain in the outward direction, but shall remain nearer to each other.

**(iii) Two hand bounce pass:** A player shall hold the ball in the basic position. The ball is not passed in the front, but instead, the ball is collided with the ground and sent to the receiver. The ball shall reach the receiver at an angle at which it might have been collided. This skill is called V pass also.

**(iv) One hand under hand pass :** The player shall hold the ball in the basic position. Then he shall bring the ball near the right knee. He shall keep the elbows nearer to the body. Then he shall keep the right hand straight keeping its palm in the direction of the throw. To give support to the ball shall keep the left hand in such a way that it remains in the front. Then alongwith taking the left leg in the front shall give a swing to the hands and take them in the front. When the ball comes nearer the plane of the shoulders, the ball shall be released with the push of the fingers. After the release of the ball, the palm of the right hand shall remain toward the sky. This pass can be performed with the left hand from the left side.

**(V) Two hand under hand pass:**

A player shall hold the ball in the basic position and bring it on the right side near the waist. Right elbow shall remain on the back side near the body. Left hand shall remain in front touching with the body. Eye-sight shall be in the direction of the throw. From this position he shall do the action of pass like one hand under hand pass, with both the hands. This pass can be performed from left side.

**(2) Dribbling :**

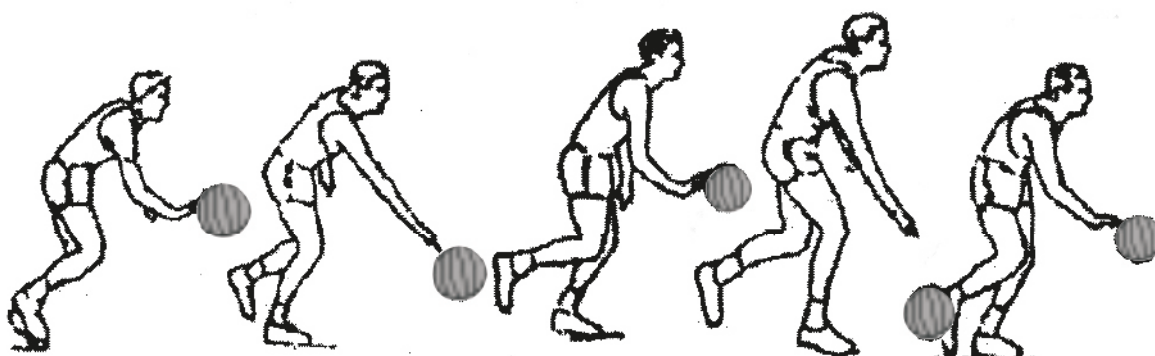
In the game of basketball the skill of tapping the ball with one hand on and often on the ground is called dribbling. Alongwith dribbling one can go forward with a ball. After dribbling the ball once it can be hold, but after holding it can not be dribbled again. The ball hold after dribble needs necessarily to be passed, or if a player is near the board he can shoot it. The dribbling is to be done with one hand only. While dribbling one has to keep the eye-sight in the front.

**Types of Dribbling :**

**(a) Low dribble, (B) High dribble**

**(i) Low dribble :** In this type of dribbling the ball is kept at the height lower than the knee and then dribbled. In low dribble one can keep control over the ball. Generally, when any player of the opposite team comes nearer to the dribbler, he can be dodged another side keeping the control over the ball.

**(ii) High dribble :** In high dribble, mostly the ball remains at the height above the waist. To get this height, the ball is needed to be collided with the ground with more power. To travel with speedy motion one has to use skill of high dribble. But, while doing high dribble if one is inattentive, the opposite player can easily snatch away the ball.



**High Dribble**

**(3) Shooting :** During the game of basketball, the skill of throwing the ball in the ring from different places in different situations is called shooting. In the game of basketball, getting the victory depends upon more number of baskets and more number of baskets depend upon the perfect and successful shooting in the ring. Shooting is done in two ways :



- (a) Shooting without support (Straight shooting)
- (b) Shooting with support of the board (Assisted shooting)

- (i) **Straight Shooting :** In straight shooting the ball is passing through the ring without any support whatsoever.
- (ii) **Assisted shooting :** In this type of shooting the ball is being passed through the ring, after being collided with the board.
- (4) **Lay - up shot :** With dribbling when a player comes near the board and collides the ball with the board to shoot is called lay-up shot. In lay-up shot, when a player is little away from the board shall stop dribbling and catch the ball when his right or left leg is on the ground and in motion he shall take a long step with any of the legs and shall jump high and shall extend the shooting hand from the elbow and shall collide the ball in the rectangle drawn on the board, slowly. The ball collided thus mostly passes through the ring. After the lay-up shot, the player shall land on the ground on both of his legs.

#### (5) Set Shot :

There are two types of set-shot :

- i. One hand set shot :
- ii. Two hand set shot :

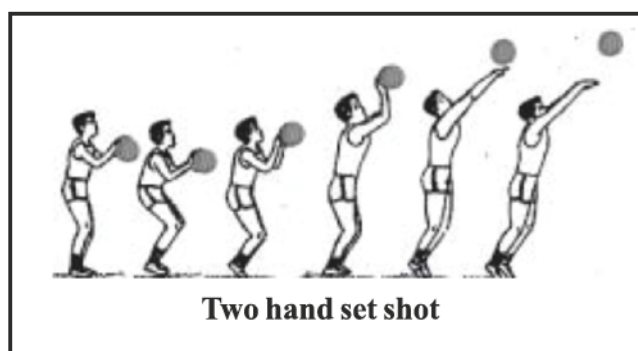
(i) **One hand set shot :** A player shooting with right hand shall keep his right leg in the front. As shown in the picture the palm of the right hand shall face the ring, and the palm of the left hand shall remain in touch with the ball to support it. Then the right hand shall be extended toward the ring. When the hand becomes straight the ball shall be thrown toward the ring with a push of the wrist and the fingers. When the ball is released from the right hand its palm shall remain toward the ground.



Shooting can be done differently as follows :

- (I) To shoot, bringing the ball in front of shoulder.
- (II) To shoot, bringing the ball over the head.
- (III) To shoot, bringing the ball over the shoulder and on the side of the head.

(ii) **Two hand set shot :** This skill is used to shoot from the far distance. Initially a player shall hold the ball coming in the basic position. He shall bring both the wrists downward along with ball. Then he shall extend his hands above from the front of the forehead. Making the hands straight, he shall make the legs straight from the knees and shall rest the body on the toes of the legs, and shall push the ball towards the ring with the help of the wrists and the palms. The ball shall go towards the ring with speed. After the release of the ball the palms of the hand shall remain sideward and near to each other.



#### Individual practice :

The game of basketball is such, in which one can have individual practice. Such practice can be done effectively for the following skills :

- (a) Dribbling practice
- (b) Shooting practice.
- (c) Lay up shot practice.
- (d) Set shot practice.

**(i) Dribbling practice :** In dribbling practice a player can dribble high and low. Practice can be done with slow speed and high speed. While practising one can abruptly stop and immediately can go ahead. The time limit can be framed out by experience to achieve required physical fitness. If need be, one can keep on dribbling standing at one spot.

**(ii) Shooting practice :** Shooting can be done from any distance and any spot in the ground. For perfection one can fix the numbers of shooting and can note as to how many shots were successful.

**(iii) Lay up shot practice :**

In this skill dribbling, jumping and shooting actions are included. The practice of lay up shot can be done with slow speed in the beginning and can be increased at the latter stage. It can be performed from the front of the board, from the right side or from the left side of the board. While shooting if the ball collides with the board and does not pass through the ring, one should try to collect the ball to try it again.

**(iv) Set shot practice :**

Set shot can be done with one hand and also with two hands. The practice of this shot can be done in three ways: (i) bringing the ball in front of the shoulder, (ii) bringing the ball over the head and (iii) bringing the ball over the head and on its side.

For long distance shooting two hands set shot should be used. This skill can be performed from the front of the board, from any direction and from any distance.

**Team practice :**

If one wants to practise in a team, there should be two teams consisting of 5 players in each team. To get mastery over team practice, the teams should play the games for different time limits. In the beginning they can have two halves for 5 minutes each, Then they can play two halves for 10 minutes each and ultimately for 20 minutes each.

For team practice inter class competitions and friendly matches can be arranged. At school level and college level such practices of the games can be arranged for boys and girls both.

**Rules the of game :**

(1) Every team of basket ball game comprises of total 12 players including 5 playing players and 7 substitutes.

(2) Dribbling can be done with one hand only. After stopping doing the dribbling, it cannot be done again.

(3) If there is a foul, intentional foul or the technical foul during the shooting, the opposite team shall be given free throw.

(4) **Free throw :** Free throw is done from the free throw line of the opposite team. In this throw, if the thrower commits a foul and there is a basket, it shall be considered cancelled. If opposite team commits a foul and there is a basket, it shall be considered as a basket, but if there is no basket, the free thrower shall be given the chance again. If in the second chance there is a basket then the team which scores basket shall get one point.

(5) **Three second rule** : Any player of the team having the control over the ball can not stay for more than three seconds in the restricted area of the opposite team. For this foul the opposite team is given side line throw.

(6) **Five second rule** : For side line throw and for free throw five seconds are given. For taking more than five second's foul the opposite team is given side line throw.

(7) **Eight second rule** : After getting the control over the ball, the team needs to take it in the opposite side ground within 8 seconds. If this is not done, the opposite team is given side line throw for this foul.

(8) **Twenty four second rule** : No team can play the ball continuously for more than twenty four seconds without shooting. During this time limit that team needs to shoot at least once.

(9) **Start of game** : The referee can start the game by tossing the ball inbetween the teams, from the centre circle of the ground. The start of each half time and the additional time also shall be done by the referee in the same manner.

(10) **Basket or goal** : During the game, when a ball passes through the ring from over the upper side of the ring, it is considered as a basket or a goal. During the game, two points are given for a basket. Three points are given for the basket done from the outside of the three point area. For free throw one point is given.

(11) **Substitution** : substitution can be done, when the ball is dead.

(12) **Held ball** : During the game, when the players of both the teams keep their one or two hands over the ball for five seconds, the umpire shall declare it as held ball. In this situation the side line throw is given in succession.

(13) **Back - court pass** : Once getting the control over the ball in front court, it (ball) cannot be taken in the back court.

(14) **Personal foul** : When a player touches the opposite team's player and tries to obstruct the motion, he is given personal foul. Such a foul is noted against that player. In this situation the opposite team is given side line throw.

(15) **Double foul** : When the players of both the teams commit the fouls at a time, it is a double foul. For this foul side line throw is given.

(16) **Intentional foul** : During the game, when a player commits a serious foul intentionally, it is called intentional foul. For such foul a player can be removed from the play.

(17) **Rule of five personal fouls** : During the game when any player commits five personal fouls, he is removed from the play.

(18) **To start the game**: There should be five players in both the teams.

(19) In the game of basket ball the time of one inning is 10 minutes. In the game 4 such innings are to be played. Inbetween two innings 2 minutes rest is given and in the half time (after two innings) 15 minutes rest is given. The timing shall be like  $(10+2+10) + 15 + (10+2+10)$ .

(20) At the end of the game of 40 minutes, the team which gets more points, shall be the winner.

(21) **When there is a tie** : At the end of the game if both the teams have scored equal points, additional 5 minutes timing or such more innings shall be given till the result is achieved. Inbetween additional innings 2 minutes rest shall be given.

(22) In the game of basketball there shall be one referee, one umpire, one time keeper, one scorer and one 24 second operator.

### Exercise

#### 1. Answer the following questions.

- (1) Explain two hand chest pass skill of basket ball
- (2) Explain two hand bounce pass skill of basket ball



- (3) Explain one hand under hand pass skill of basket ball.
- (4) Explain dribbling skill of basket ball.
- (5) Explain shooting skill of basket ball.
- (6) Explain lay up shot skill of basket ball.
- (7) Explain two hand set shot skill of basket ball.

**2. Answer the following questions in short :**

- (1) Difference between low dribble and high dribble.
- (2) Difference between straight shooting and assisted shooting.
- (3) Explain one hand set shot skill.
- (4) Explain individual practice.
- (5) Explain team practice.
- (6) Explain the rule of 24 seconds of basket ball.
- (7) Explain held ball of basket ball.
- (8) Explain the rule of intentional foul of basketball.

**3. Answers to the following questions by selecting correct option from the options given below.**

- (1) In which year was the game of basket ball invented. ?  
 (A) 1841                      (B) 1851                      (C) 1861                      (D) 1871.
- (2) What was the name of the inventor of the game of basketball ?  
 (A) H. C. Buck                      (B) Baron D. Kubertin  
 (C) Dr. James Naysmith                      (D) James William
- (3) In which year were the rules of the game of basketball as international game were formulated ?  
 (A) 1874                      (B) 1884                      (C) 1894                      (D) 1904.
- (4) Where was the first world basketball championship was organized ?  
 (A) Japan                      (B) Germany                      (C) Russia                      (D) America.
- (5) In which year was the international basketball federation was established ?  
 (A) 1931                      (B) 1932                      (C) 1933                      (D) 1934.
- (6) In which year was the first international basket ball competition organized in the World Olympic Games ?  
 (A) 1936                      (B) 1948                      (C) 1952                      (D) 1932.
- (7) Who had tried to popularize the game of basket ball in India ?  
 (A) Charles Koriya                      (B) Charle Dickens                      (C) Charle Peterson                      (D) Charle Williams
- (8) In which year was Basketball Federation of India established ?  
 (A) 1948                      (B) 1949                      (C) 1950                      (D) 1951.
- (9) What is the length - width of the ground of basketball ?  
 (A) 25 m × 15 m                      (B) 27m × 15m                      (C) 28 m × 15 m                      (D) 29 m × 15 m.



- (10) What is the length - width of the basketball board ?  
(A)  $1.50\text{ m} \times 1.20\text{ m}$       (B)  $1.60\text{ m} \times 1.20\text{ m}$    (C)  $1.70\text{ m} \times 1.20\text{ m}$     (D)  $1.80\text{ m} \times 1.05\text{ m}$ .
- (11) What should be the weight of the ball of basket ball ?  
(A) 600 gm to 650 gm      (B) 625 gm to 650 gm (C) 625 gm to 630 gm (D) 610 to 630 gm.
- (12) What should be the circumference of the ball of basketball ?  
(A) 70 cm to 73 cm      (B) 73 cm to 78 cm   (C) 75 cm to 78 cm      (D) 77 cm to 79 cm
- (13) How many playing players and the substitutes are there in the game of basket ball ?  
(A) 7 and 5                      (B) 5 and 5              (C) 5 and 7                      (D) 7 and 7
- (14) The player of the team, which has the possession of the ball for how many second he cannot stay in the restricted area of the opposite team ?  
(A) 5 seconds                      (B) 8 seconds              (C) 3 seconds                      (D) 10 seconds.
- (15) After getting the control over the ball, in how many seconds, the team has to take the ball in the opposite court ?  
(A) 5 seconds                      (B) 8 seconds              (C) 10 seconds                      (D) 12 seconds

