THE CHINESE UNIVERSITY OF HONG KONG
PHYSICAL EDUCATION UNIT
REQUIRED PHYSICAL EDUCATION COURSE - BASKETBALL

HISTORY AND DEVELOPMENT

- Basketball was originated by James Naismith, in 1891 at Springfield College (U.S.A.).
- Basketball was first spread out by the Springfield students as they went home and made the game popular. After that, basketball was promoted by different organizations and it was spread worldwide.
- In 1936, men's basketball was first listed as an official event of the Olympics, and after forty years in 1976, women's basketball was also made as the official Olympics events.
- Today, basketball is a very popular sport in both recreational and professional level.
- Important Basketball Tournament: Olympic, FIBA Basketball World Cup, NBA



BASIC RULES AND REGULATIONS (For more details, pleas

- Number of players
  Each team shall consist of 12 team members (5 starters and 7 substitute players) who are entitled to play in a game..
- Playing time
  The game shall consist of 4 periods of 10 minutes.
  2 time-out may be granted to each team at any time during the first half; 3 times at any time during the second half and 1 during each extra period.
- Scoring
  A player scores when he manages to put the ball into the opponent's basket from above.
  If the player successfully shoots from outside of the 3 points line, the basket is worth 3 points, otherwise it is worth 2 points.
  It is also possible to score one point when shooting from the free throw line, after a foul for instance.
- Violation
  A violation occurs when the player infracts the rules of Basketball. A violation results in the awarding of the ball to the opponents for a throw-in at the place nearest to the infraction (except directly behind the backboard).
  Example of Violation: 'Travelling', 'Illegal dribble', 'carrying the ball', '3 seconds', '5 seconds', '8 seconds', '24 seconds', 'Ball returned to backcourt', 'Deliberated foot ball', 'Out-of-bounds', 'goal tending & interference'
  Remark:
  '3 seconds': *A player shall not remain in the opponents' restricted area for more than 3 consecutive seconds while his team is in control of a live ball in the frontcourt and the game clock is running.*
  '5 seconds': *A closely guarded player must pass, shoot or dribble the ball within 5 seconds.*
  '8 seconds': *A player in the backcourt gains control of a live ball, the team of that player must cause the ball to go into its frontcourt within 8 seconds.*
  '24 seconds': *A player gains control of a live ball on the playing court, the team of that player must attempt a shot for a field goal within 24 seconds.*
  *Main changes of "Travelling" after 2017: A player who catches the ball while he is progressing or upon completion of a dribble may take two steps in coming to a stop, passing or shooting the ball. (For more details, please refer to FIBA Rule Changes 2017)

- Foul

  A foul is an infraction of the rules concerning illegal personal contact with an opponent and / or unsportsmanlike behavior. A foul results in charging a personal foul to the offender and awarding of the ball to the opponents for a throw-in at the place nearest to the infraction (except directly behind the backboard) or awarding a number of free throw(s). (For unsportsmanlike foul, 1 to 3 free throw(s) shall be awarded to the player who was fouls, followed by a throw in at the centre line extended.)
  (e.g. ‘illegal use of hands’, ‘holding’, ‘blocking’, ‘pushing’, ‘charging with the ball’, ‘excessive swinging’, ‘double foul’, ‘technical foul’, ‘unsportsmanlike foul’ and ‘disqualifying foul’)

- Cylinder principle

  The cylinder principle is defined as the space within an imaginary cylinder occupied by a player on the floor. These dimensions, and the distance between his feet, shall vary according to the height and size of the player. It includes the space above the player and is limited to the boundaries of the cylinder of the defensive player or the offensive player without the ball which are:
  - The front by the palms of the hands,
  - The rear by the buttocks, and
  - The sides by the outer edge of the arms and legs.

  The hands and arms may be extended in front of the torso no further than the position of the feet and knees, with the arms bent at the elbows so that the forearms and hands are raised in the legal guarding position.

  The defensive player may not enter the cylinder of the offensive player with the ball and cause an illegal contact when the offensive player is attempting a normal basketball play within his cylinder. The boundaries of the cylinder of the offensive player with the ball are:
  - The front by the feet, bent knees and arms, holding the ball above the hips,
  - The rear by the buttocks, and
  - The sides by the outer edge of elbows and legs.

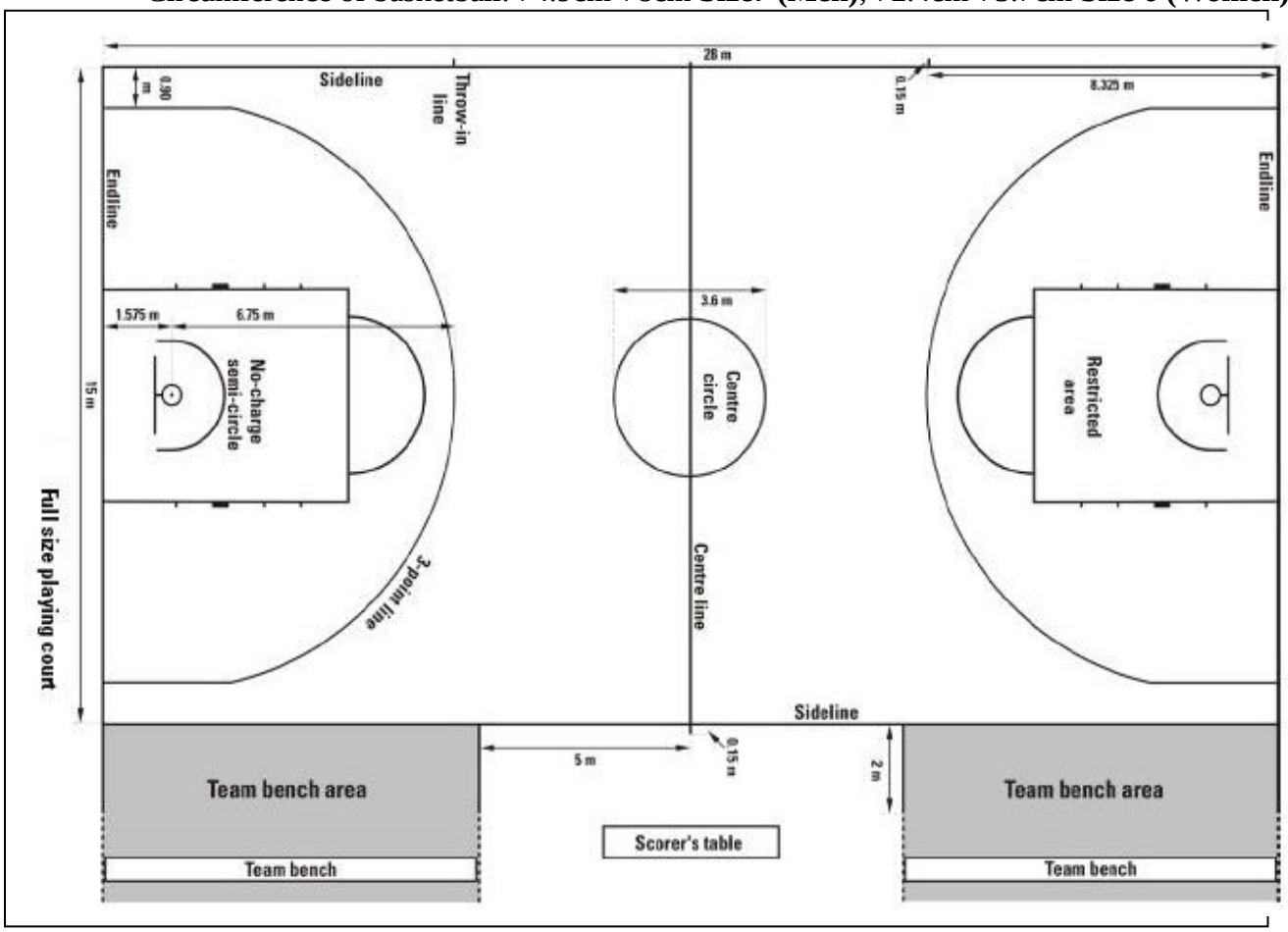
  The offensive player with the ball must be allowed enough space for a normal basketball play within his cylinder. The normal basketball play includes starting a dribble, pivoting, shooting and passing.

  The offensive player cannot spread his legs or arms outside of his cylinder and cause an illegal contact with the defensive player in order to gain an additional space.



EQUIPMENT AND FACILITIES

- Basketball court: 28m x 15m
- Height of hoop (rim / ring): 3.05m
- Diameter of hoop (ring):45cm
- Circumference of basketball: 74.9cm-78cm **Size7 (Men)**; 72.4cm-73.7cm **Size 6 (Women)**



ANALYSIS OF BASIC SKILLS

Movement skill



- Stances
  1. Staggered stance -a basic ready position, feet are shoulder-width apart and one foot in front of the other, knees bent, body weight is evenly distributed between feet.
  2. Defensive stance – lower body position, one foot in front of the other, knees bent, hips slight flexed.
  3. Offensive stance – basic ready position with ball holding in front of the body. It is also called 'Triple threat position (ready to pass, shoot, or drive)'.

- Steps
  Running steps, Sliding steps, and Turning (Pivoting) steps

- Pivoting
  - When a player possesses a ball, he/she is allowed to take as many steps as he/she needs in any direction with one foot while pivoting (turning) on player's other foot.
  - Keep weight on the pivot foot, knees flexed, protect ball with elbows

- Stops
  1. Jump stop (the basic skill for stopping on offense and defense) - from a one-foot hop, skim to a two foot stop,
  2. One-two stop or stride stop (used when running at full speed or at the end of a dribble) – one foot land first and follow by the other foot.

Establishing a pivot foot by a player who catches a live ball on the playing court:

- A player who catches the ball while standing with both feet on the floor:

— The moment one foot is lifted, the other foot becomes the pivot foot.

— To start a dribble, the pivot foot may not be lifted before the ball is released from the hand(s).

— To pass or shoot for a field goal, the player may jump off a pivot foot, but neither foot may be returned to the floor before the ball is released from the hand(s).

Passing

- The Basic Principles of Passing:
  - quickness, timing, and target (between receiver's waist and shoulder)
  - always fake before pass
  - pass first, dribble last, shoot when you are open



- Types of basic passes:
  1. Chest pass (Air or Bounce) – a easy and accurate passing technique. Balance stance, hands slightly behind ball, step in direction of pass, extend knees and arms, flex wrist and fingers
  2. One-hand push pass (Air or Bounce) –a quick passing technique. Balance stance, one hand slightly behind ball, step in direction of pass, extend knees and arms, flex wrist and fingers
  3. Overhead pass- an effective passing technique for feeding low post player. Balance stance, hands slightly behind ball, ball above the forehead, step in direction of pass, extend knees and arms, flex wrist and fingers
  4. Baseball pass –an effective long pass technique. Balance stance, body to side, weight on back foot, pass hand behind ball, ball at ear, step in direction of pass, extend knees and arms, flex wrist and fingers

Catching and Receiving

- The basic principles of Catching and Receiving:
  - Be ready, hands spread and relaxed, eyes on the ball, meet the ball early.
  - Give signal to passer and move to receive a pass.

Dribbling



1. Control (low) dribble – it is used when dribbler is closely guarded. Bent knee, head up (vision on court), dribble ball close to body at knee level or lower, force provided by flexing elbow, wrist and finger pads, body and non-dribble hand protect ball.

2. Speed (high) dribble –it is used when dribbler is open. Head up, body slightly lean forward, push ball forward at waist and chest level, force provided by flexing elbow, wrist and finger pads.

Blocking out and Rebounding

- Offensive rebounding adds to your team's scoring opportunities and defensive rebounding limits your opponent's scoring opportunities.
  Blocking out and Rebounding - block out (balance stance, move and back on opponent's chest, keep wide base, hands up), jump/go for ball, catch ball with two hands, land in balance, protect ball and ready for pass.





Shooting

- Set shot (one hand) – see target, triple threat position (feet shoulder width, knees flexed, shoulder relaxed), shooting hand behind ball, non-shooting hand on the side of the ball, ball between ear and shoulder, extend leg and elbow, flex wrist and fingers, shooting hand on ball until release.
- Set shot (two hands) –see target, triple threat position, two hands hold the ball in front of the chest, extend leg and elbow, flex wrist and fingers, hands on ball until release.
- Jump shot – the ball is released just before the peak of a jump (the technique of jump shot is similar to set).
- Lay-up shot (overhand and underhand) – pick the ball up at the end of a dribble or after receiving a pass, take the ball in two hands, land first on right (left) foot, then on left (right), take off with left (right), right (left) knee thrust upward, release the ball at full stretch.



BASIC OFFENSIVE STRATEGIES OF THE GAMES

- **General**
  Offensives tactics in basketball vary according to the defensive tactics employed by the opponent team. Basketball is a fast passing game. Good and frequent use of quick passes plus the use of space in between passers will create an advantage for the team in possession.

- **Man-to-man offence**
  The offence used against a man-to-man defence is a combination of passing, screening, and the movement of players. The basic objective of this offence is to free a member of the team to score.

  Basic Principles to follow:
  1. to free a teammate by using screening
  2. to create opportunities to work on one-on-one against the weakest player of the defensive team
  3. to create opportunities to work on mismatch situation i.e. tall (fast) offensive player vs short (slow) defensive players

- **Against Zone Defence**

  The offence used against a zone defence is a combination of short and quick passing, and the movement of players. The basic objective of this offence is force the defensive players to change their zones and thus weaken their strength.

  Basic Principles to follow:
  1. Whenever possible, fast break a slow team.
  2. make use of the space of the front court forcing the defence to cover more territory
  3. offensive players take positions between the defensive players
  4. offensive player make cut to compress the zone defence area for shortening the distance of shooting player
  5. frequently applies the overload principle to outnumber the defence in a particular area
  6. make use of good 3 point shooter

- **Fast break**
  Fast break is the primary style of offence. The purpose of the fast break is to provide the attack with a player advantage. It usually results in a two-on-one or three-on-two situation. Fast break occur following a steal, rebound, throw in after opponent score. It must be started quickly so that the defense can be outnumbered.

TEAM DEFENCE

- The **basic aim of defence** is obtain possession of the ball (by pressuring opponents into error, intercepting a pass or gaining a ball from rebound) and prevent the opponents from scoring.

Man-to-man defence

- In man-to man defence, each defender is assigned to an opponent which he has to mark.
  The defender is responsible for guarding his assigned opponent first and ball second.

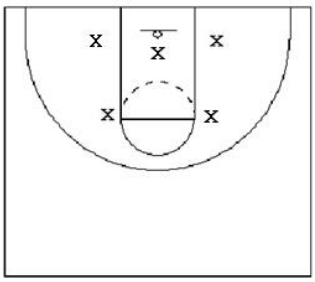
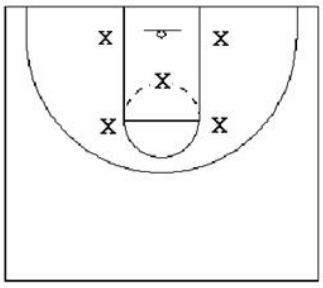
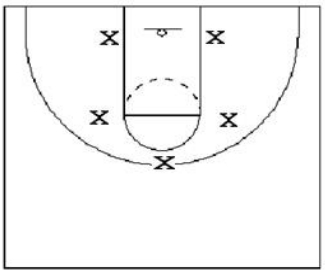




Zone defence

- In zone defence, every defensive player is placed in a designated areas in and around the defensive basket in order to give maximum protection against good shots. Unlike the man-to-man defence, a player should be responsible for guarding the ball first and an opponent second. He should face the ball and be responsible for covering the passing lanes and his area in the zone.

Example of Zone Defence

		
2-3 Zone Defence	***2-1-2 Zone Defence***	***3-2 Zone Defence***

Other Defence Strategy

- **The Pressing Defence**
  The main objectives of pressing defence are to horror opponents into ball-handling errors, to force opponents into changing the game strategy, and to delay the offensive team in advancing for an attack. The press can be administered full court, 3/4 court or 1/2 court and can incorporate zone defence or man-to-man defence principles.

  It is effective against a stall and is absolutely imperative when a team is behind in score in the last few minutes of a game

- **Defence against a Fast break**
  The best way to defence against a fast break is to prevent it from starting. If a fastbreak is started, the defenders have at least two players to force offender to take outside shot.

POSITIONS

- Each players on a basketball teams has a position to play. It is related to role, ability, and skill. The five basic positions in basketball are point guard(PG), shooting guard(SG), small forward(SF), power forward(PF), and center(C).

Basic Rules of 3 on 3 Basketball (For more details, please refer to Official Rule Book)

- The Court and Playing Time
- The Game will be played in a basketball half court with 1 basket. The playing time should be 1 period of 10 minutes. However the first team which scores 21 points or more wins the game if it happens before the end of regular playing time
- Each team shall consist of 4 players (3 players on the court and 1 substitute).
- Scoring

Every shot inside the arc shall be awarded 1 point.

Every shot behind the arc shall be awarded 2 points.

Every successful free throw shall be awarded 1 point.

- Fouls

A foul results in charging a team foul to the defender and awarding the ball to the opponent or awarding 1-2 free throws. A team is in a penalty situation after it has committed 6 fouls.

- How the ball is played

For each successful field goal, a player from a non-scoring team will resume the game by dribbling or passing the ball from inside the court directly underneath the basketball to a place on the court behind the arc.

For each unsuccessful field goal, if the offensive team rebounds the ball, it may continue to attempt to score without returning the ball behind the arc. If the defensive team rebounds the ball, it must return the ball behind the arc.

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