

English Tutorial Classes Week 8

Basketball

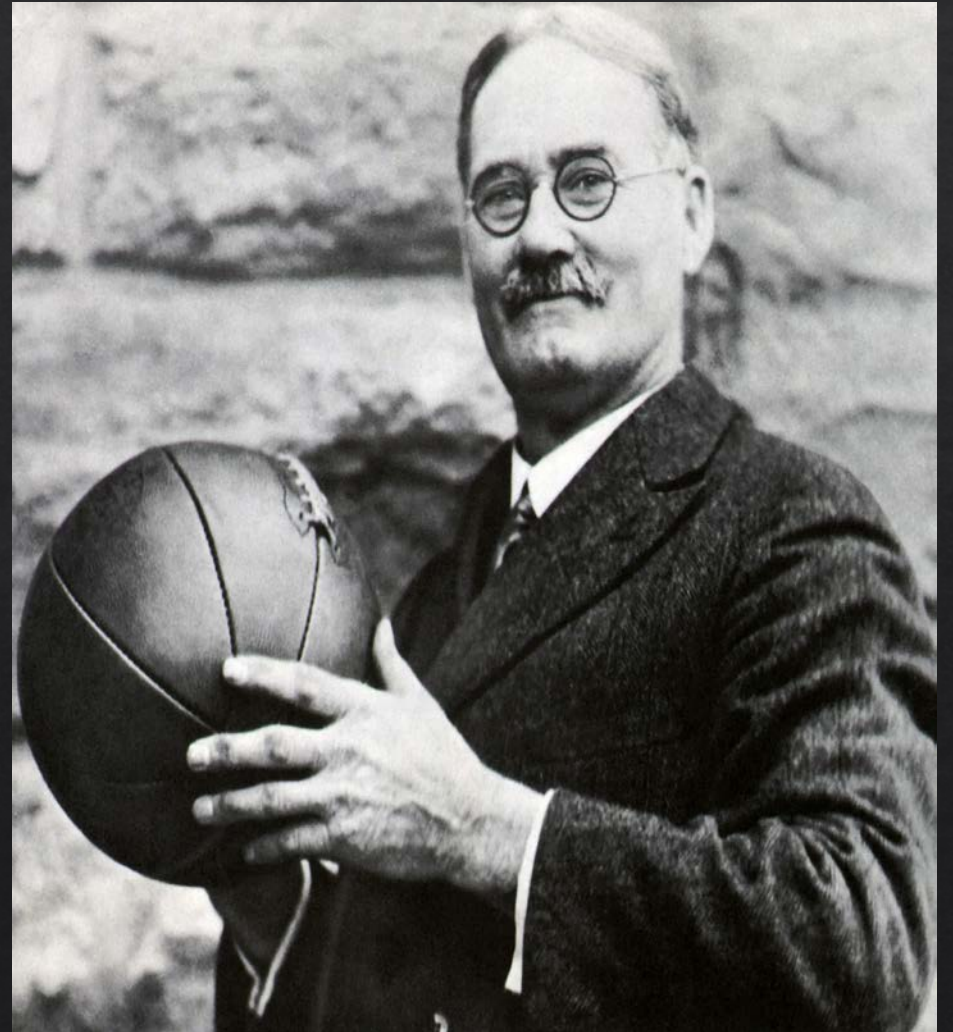
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Who Invented Basketball?

In the late 19th century, a young Canadian physical education instructor named **James Naismith** found himself faced with an unusual challenge.

It was December 1891, and Naismith was tasked with creating an **indoor game** to keep his students physically active during the harsh winter months. Thus, the game of basketball was born.



Naismith's Goal

During those cold **Massachusetts** winters, outdoor sports like football and soccer were not an option.

Naismith's objective was to create a game that could be played indoors within the confines of a gymnasium, using minimal equipment. His primary goal was to design a game that would minimize physical contact and prevent injuries.



The First Basketball Game

The first game of basketball was played on **December 21st, 1891**.

The first game of basketball was played with a **soccer ball** and **two peach baskets** serving as goals. Naismith's original rules emphasized passing, dribbling, and shooting, and the game quickly gained popularity among his students.



Some Important Milestones

1894: The soccer ball that was previously being used in games was replaced with what we now know as the official basketball.

1906: Metal **hoops**, **nets**, and **backboards** were introduced, replacing the peach baskets.

1932: The International Basketball Federation (FIBA) was founded on June 18, 1932, the first international basketball organization tasked with coordinating tournaments and teams.

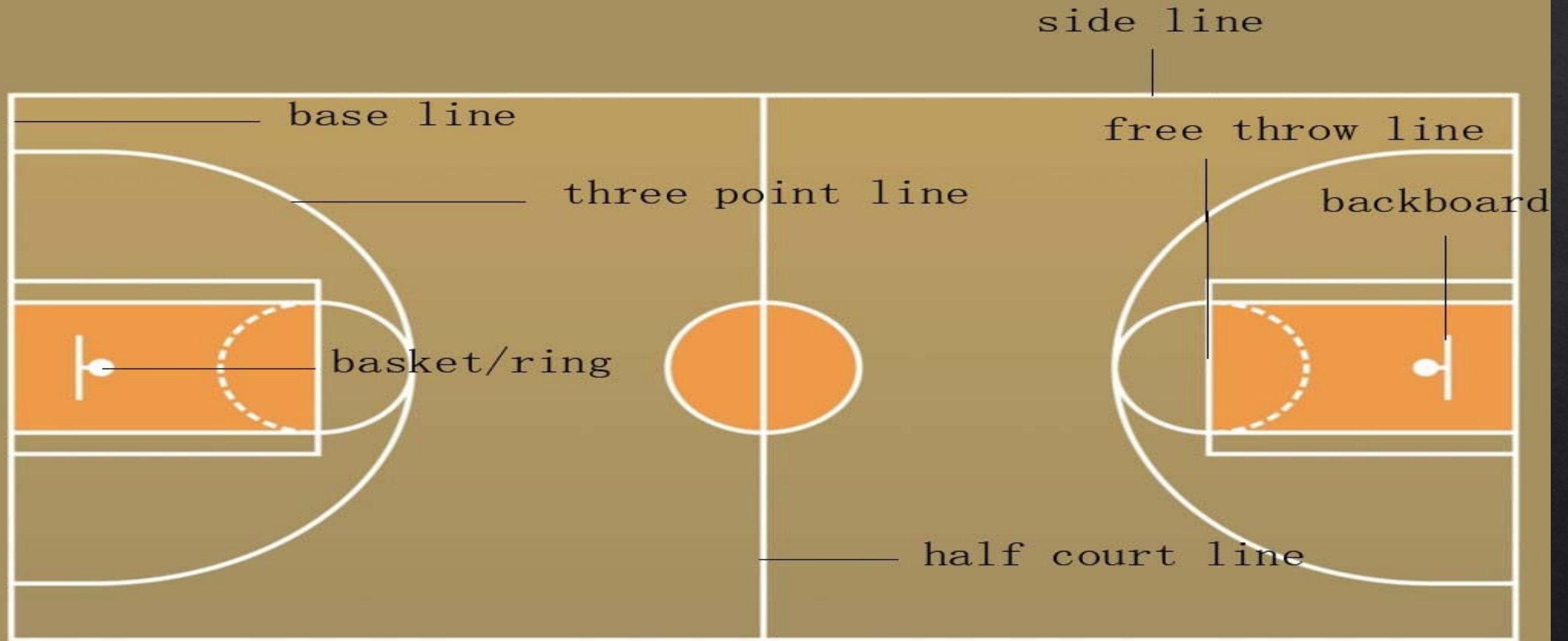
1936: Basketball made its debut as an official Olympic sport at the Berlin Summer Olympics.

Formation of the National Basketball Association (NBA)

One of the most significant milestones in basketball history occurred in 1946 with the formation of the National Basketball Association (NBA).



Basketball Court

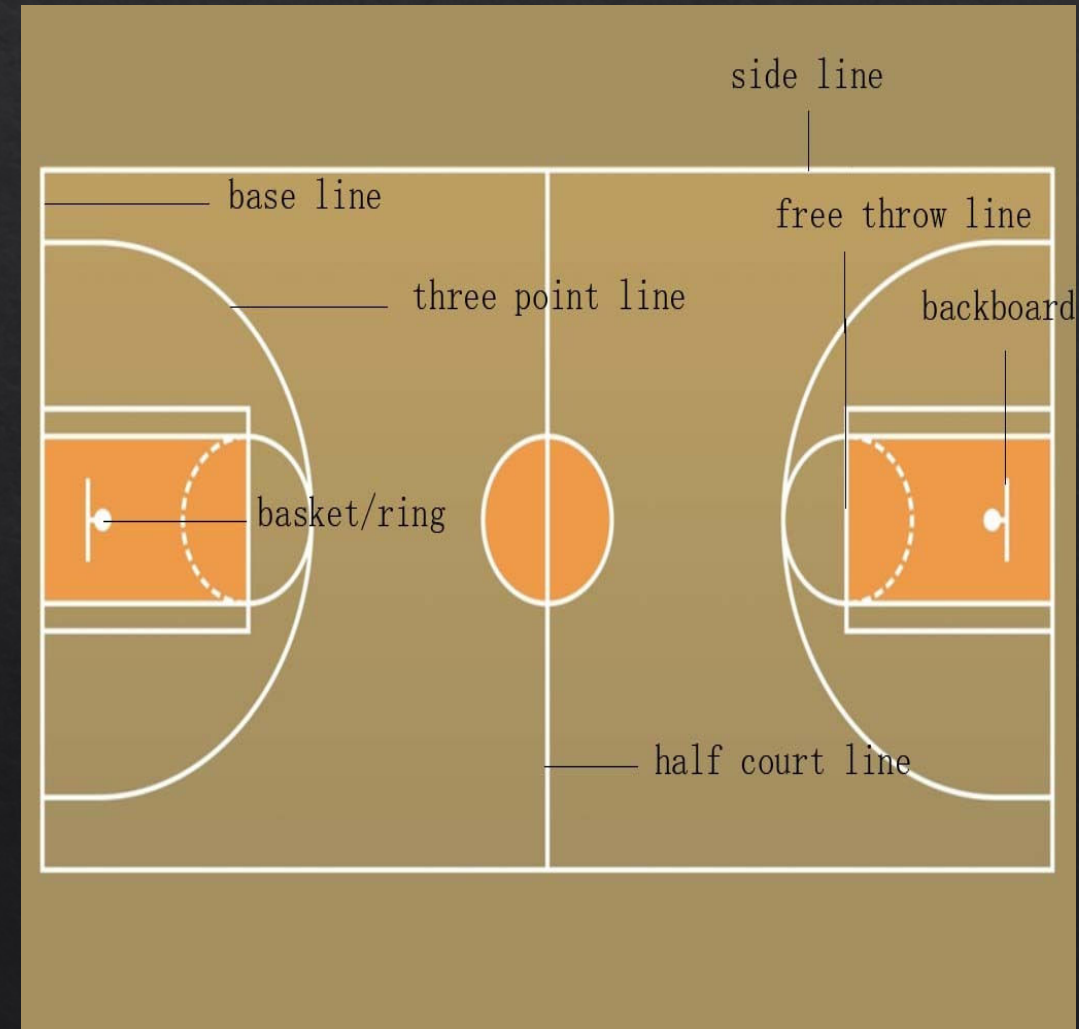


The court features different components

Basketball is played on a rectangular court with a 3m tall basketball hoop on both ends.

Markings on a basketball court include a **half-court line** separating each side, a small circle in the center of the court where the game begins with a **tip-off**, a **three-point line** on each side of the court, and a **free throw line** on each side of the court.

The out-of-bounds lines along the court's length are called **sidelines**, and the out-of-bounds lines along the shorter ends of the court are called **baselines**.



Tip-off

In basketball, a "**tip-off**" refers to the method used to start a game.

- Jump Ball

It involves the referee tossing the basketball into the air above the center circle, and two opposing players from the teams involved in the game then attempt to tap the ball to their teammates.



Score A Basket

Basketball has one primary objective: **shoot** the ball through the **hoop** to score a field goal.



Basketball Teams

Basketball teams typically have 12- 15 players on a single **roster**.

In general, five players can play on the court at a time, while the other players sit on the **bench** awaiting their chance to be substituted into the game in place of any player on the court.



A Roster?

It's the official **lineup of players** that a team has available for their games.

It includes everyone who is part of the team, whether they're playing in games or not.



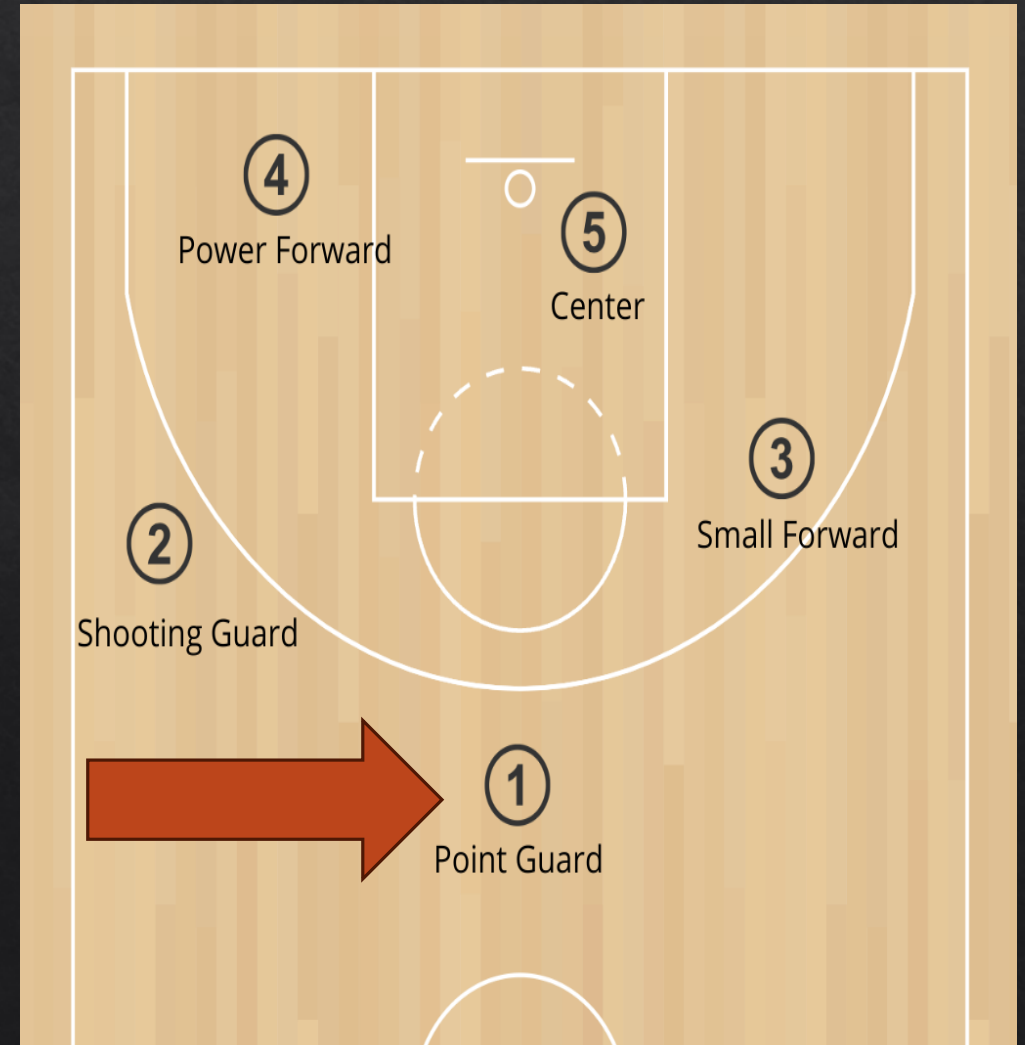
Positions in Basketball



Point Guard (PG)

Often referred to as the "**floor general**," the point guard is typically responsible for directing the team's **offense**, bringing the ball up the court, and initiating plays.

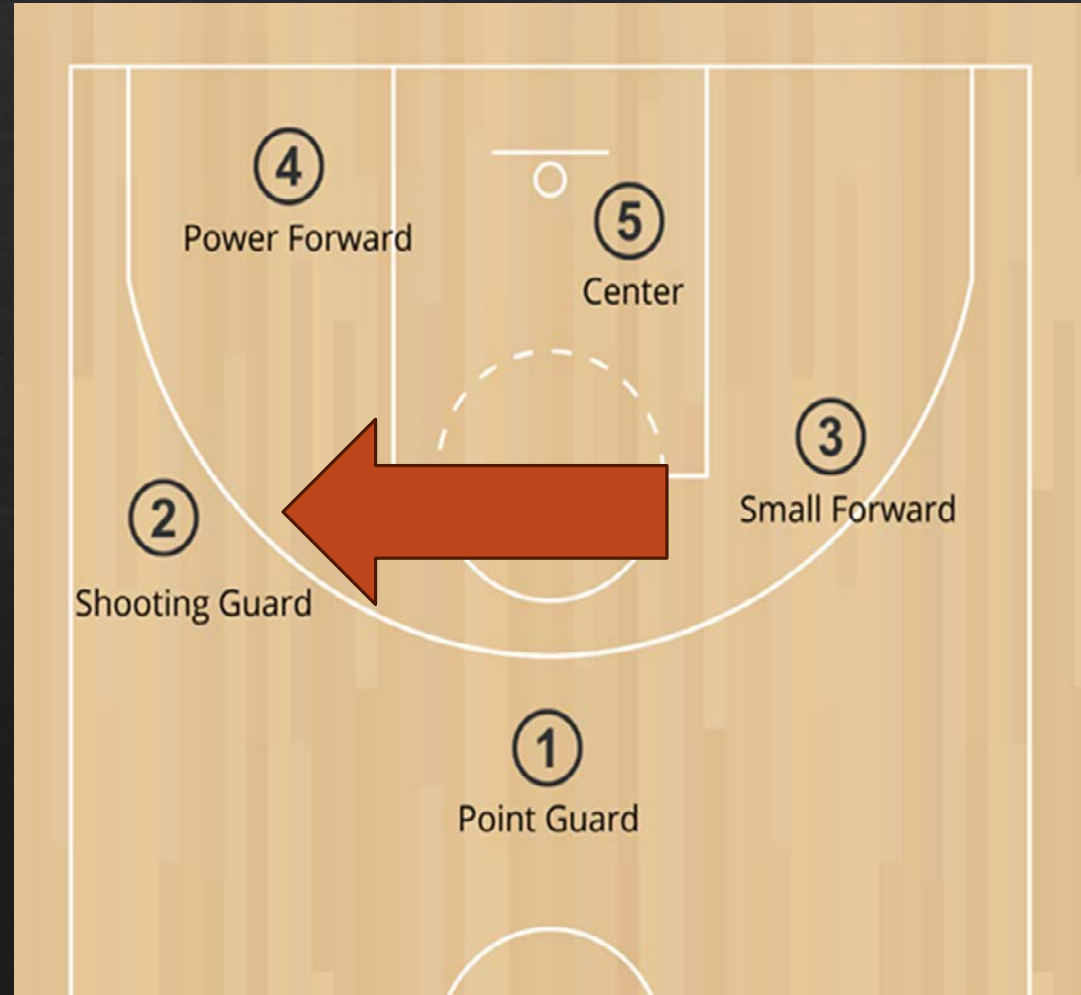
They have good passing and ball-handling skills.



Shooting Guard (SG)

The shooting guard is typically one of the team's primary scorers.

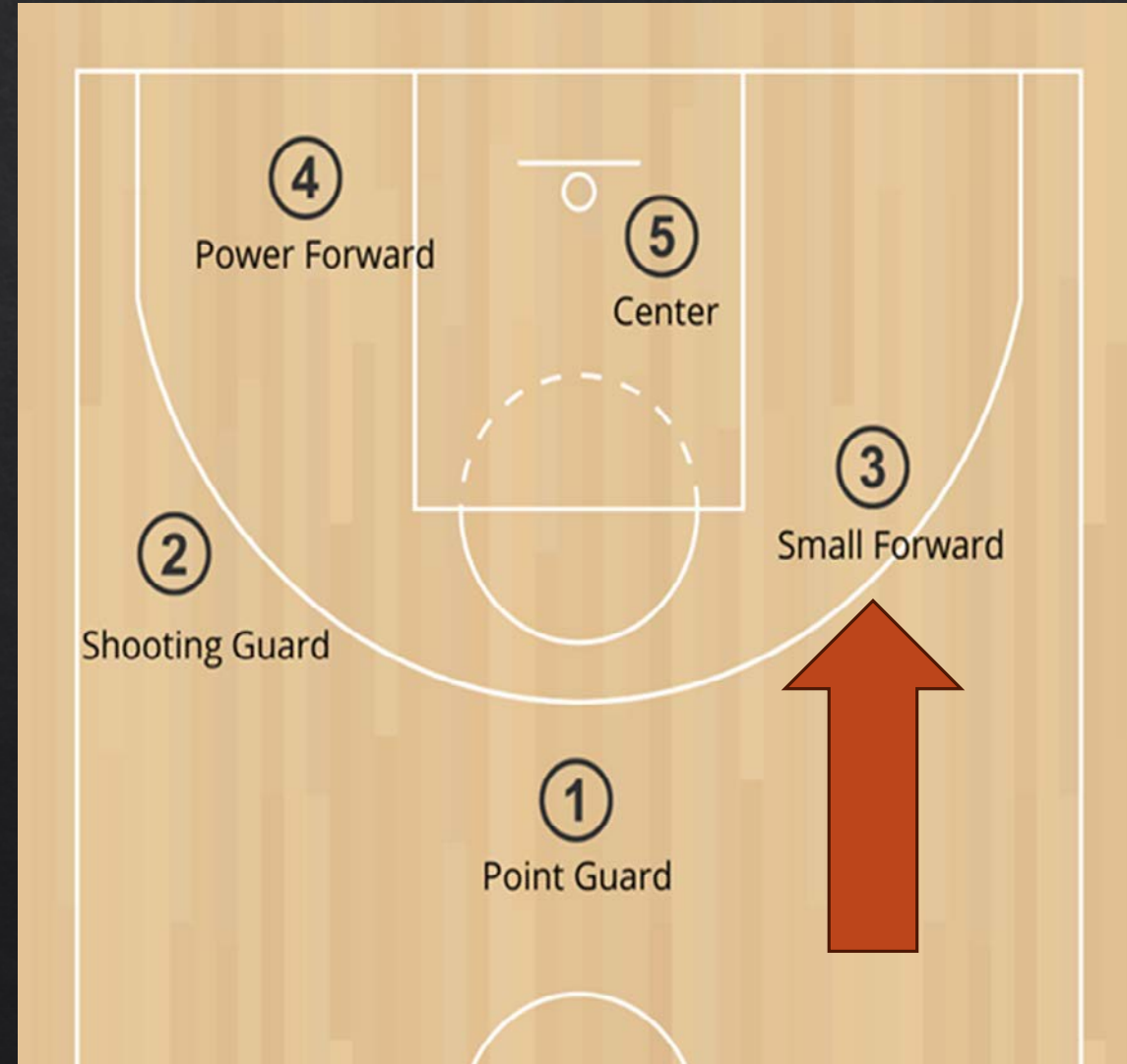
They are often responsible for shooting from **long range** (beyond the three-point line), driving to the basket, and playing **defense** against opposing guards.



Small Forward (SF)

The small forward is a **versatile player** who can contribute both **offensively** and **defensively**.

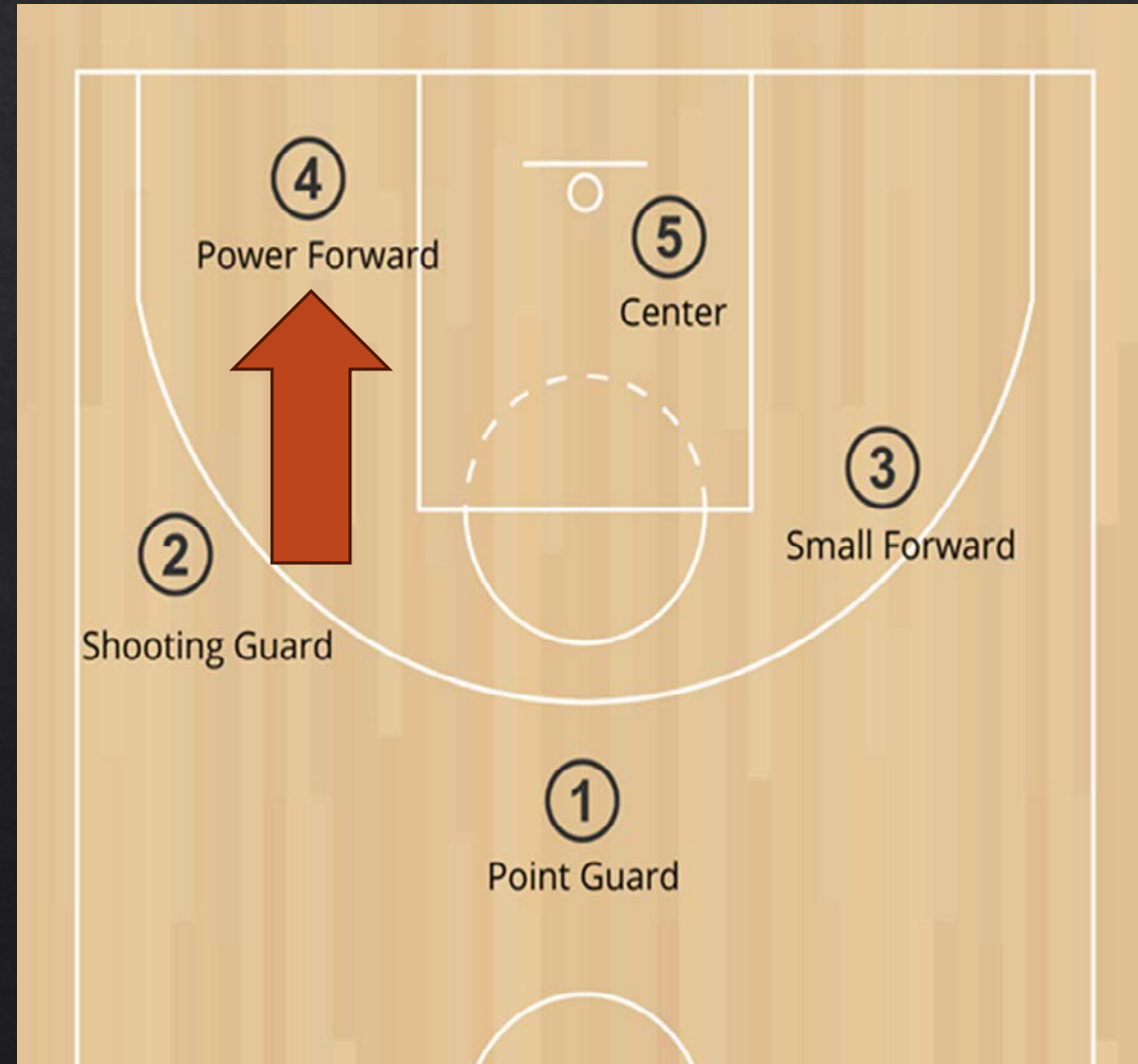
They are typically strong, athletic players who can defend multiple positions on the court.



Power Forward (PF)

The power forward is usually a strong, physical player who excels in **rebouncing**, **scoring in the post**, and **defending in the paint**.

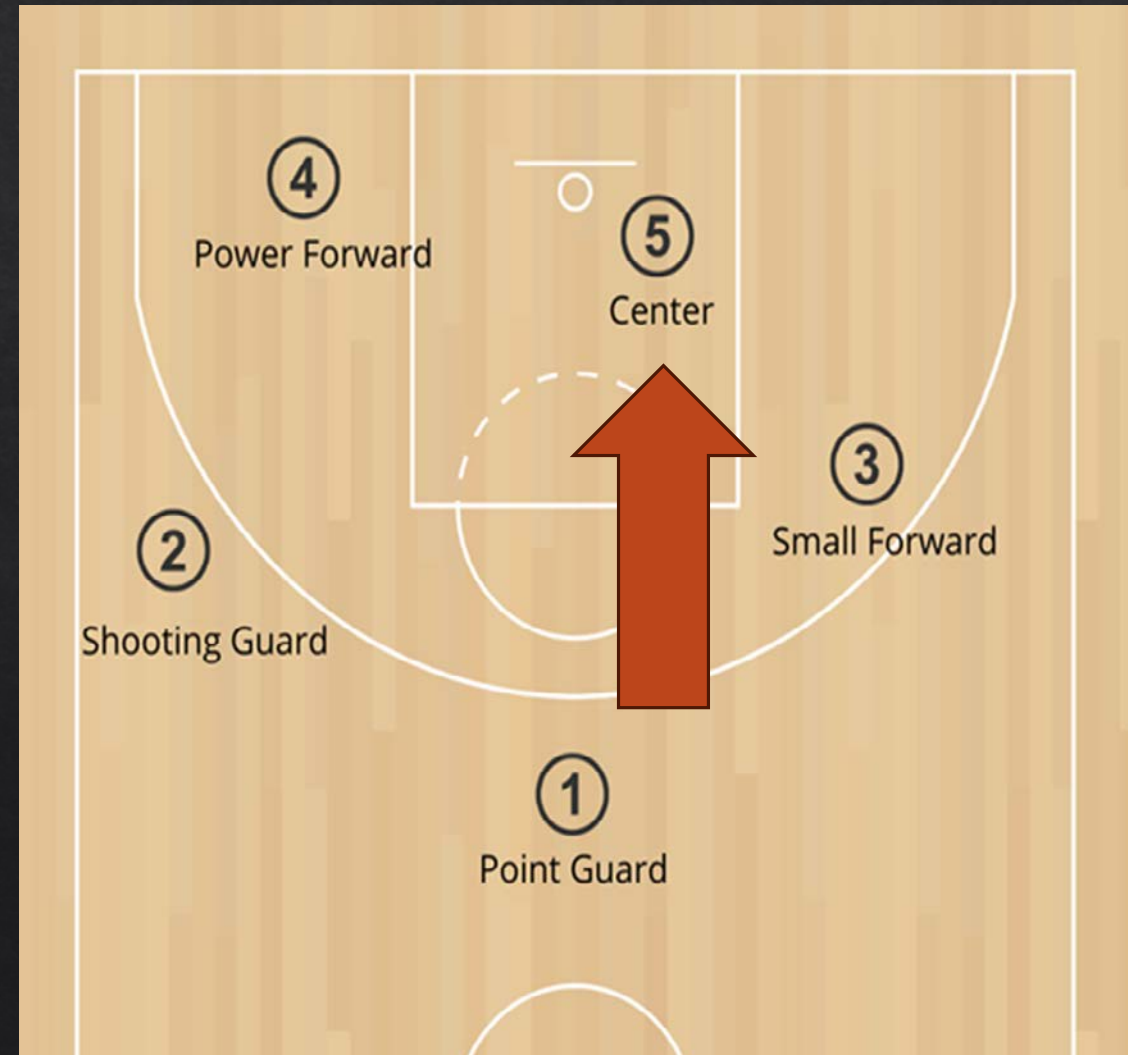
They are often responsible for **setting screens**, **grabbing rebounds**, and scoring close to the basket.



Center (C)

The center is typically **the tallest** player on the team and plays close to the basket on both offense and defense.

They are responsible for **scoring in the paint, blocking shots, and grabbing rebounds.**



Drive to the basket

"Drive to the basket" is a basketball term that describes a player's **aggressive offensive move** towards the hoop, with the intention of scoring a field goal or drawing a foul.

When a player drives to the basket, they typically start from the three-point line, and use their dribbling skills to quickly advance towards the basket.



Rebounding

Rebounding is the act of grabbing the ball after a missed shot.

An Offensive Rebound occurs when a player from the shooting team grabs the ball after their own team's missed shot.

A Defensive Rebound occurs when a player from the defending team grabs the ball after the opposing team's missed shot.



Scoring in the Post

"Scoring in the post" refers to a player's ability to score points close to the basket, usually in the area known as the "**post**" or "**paint**."

The post area is the area **near the basket**, typically within a few feet of the hoop.



Alley-oop

One player throws the ball near the basket while another player jumps, catches the ball in mid-air, and dunks or lays it in before landing.



Basketball Alley-Oop

Lay-up

A shot taken close to the basket where a player releases the ball off one hand and gently lays it into the hoop.

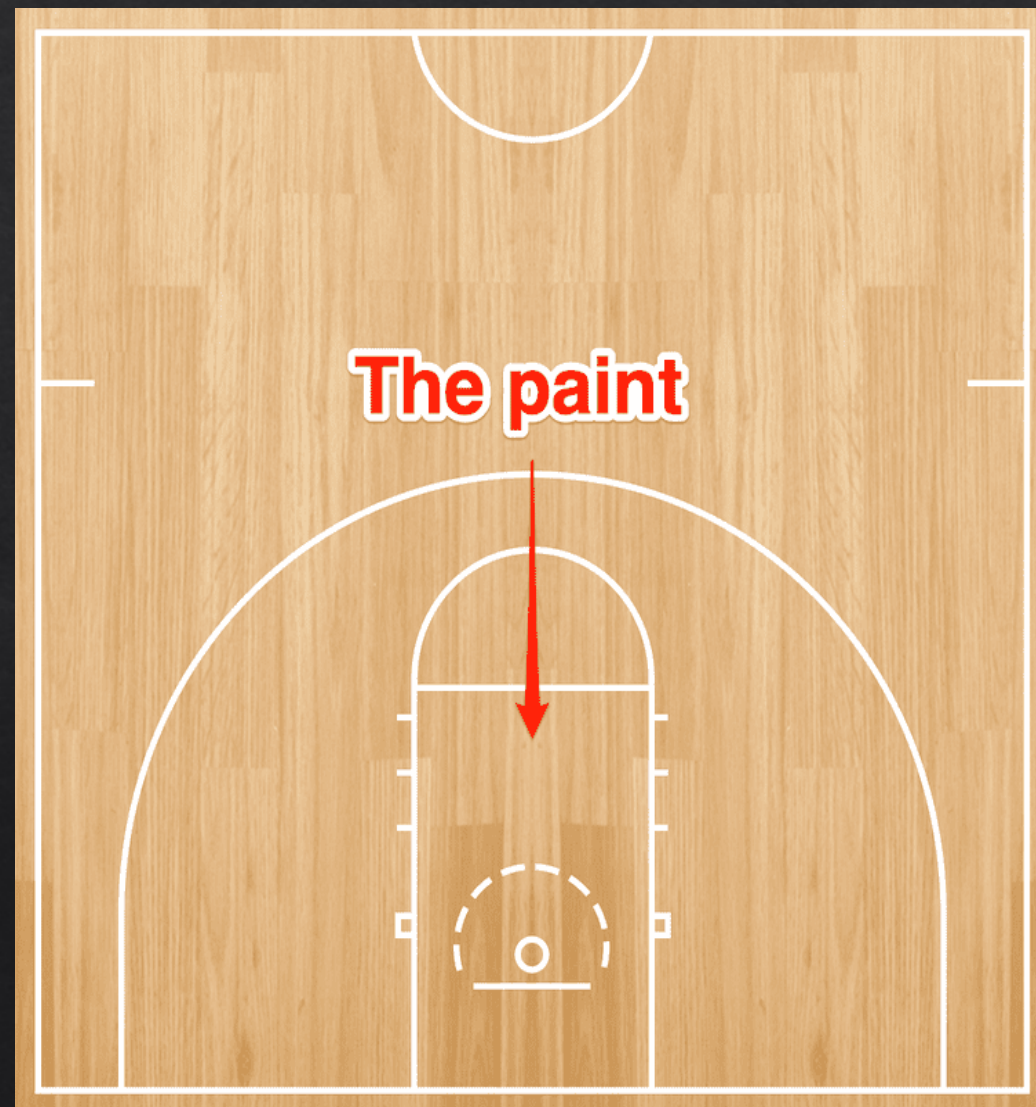
Lay-ups are high-percentage shots



Defending in the Paint

Defending in the paint refers to a player's ability to play defense close to the basket, particularly in the area known as the "paint."

The paint is the area inside the free-throw lane, extending from the baseline to the free-throw line.



Setting screens

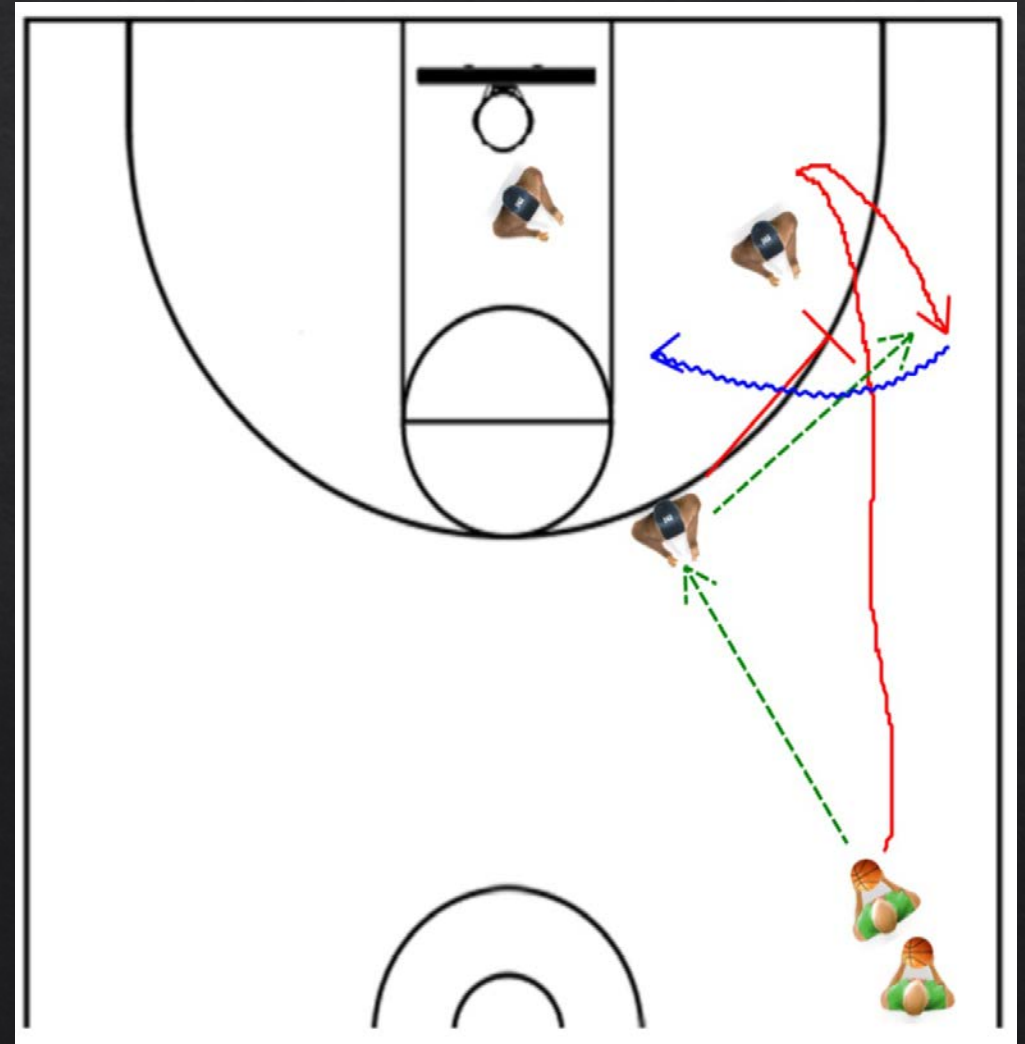
This is a **strategic offensive play** where a player uses their body to **block** or impede the movement of a defender, allowing a teammate to get open for a shot or drive to the basket.

Screens are set by positioning oneself between the teammate with the ball (**the ball handler**) and the defender guarding the teammate who wants to get open (**the cutter**).



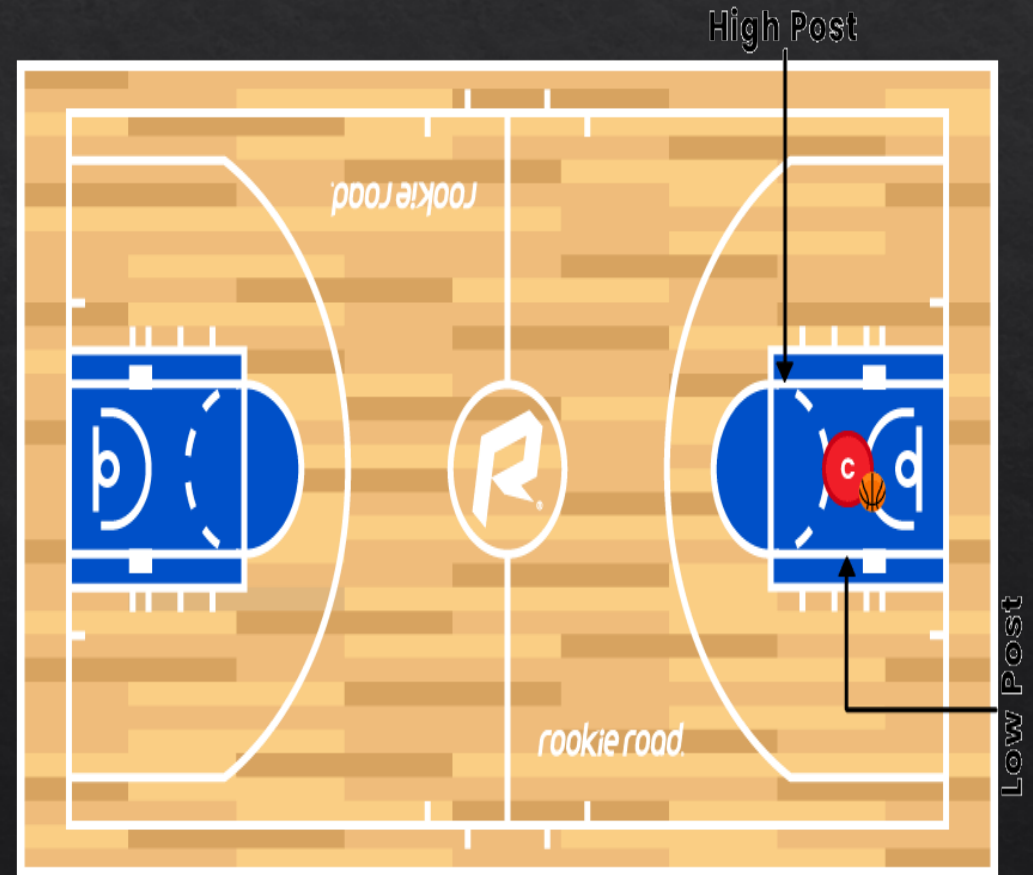
Pick And Roll

An **offensive play** where a player sets a screen (pick) for a teammate handling the ball, then rolls towards the basket to receive a pass or create a scoring opportunity.



Post-up

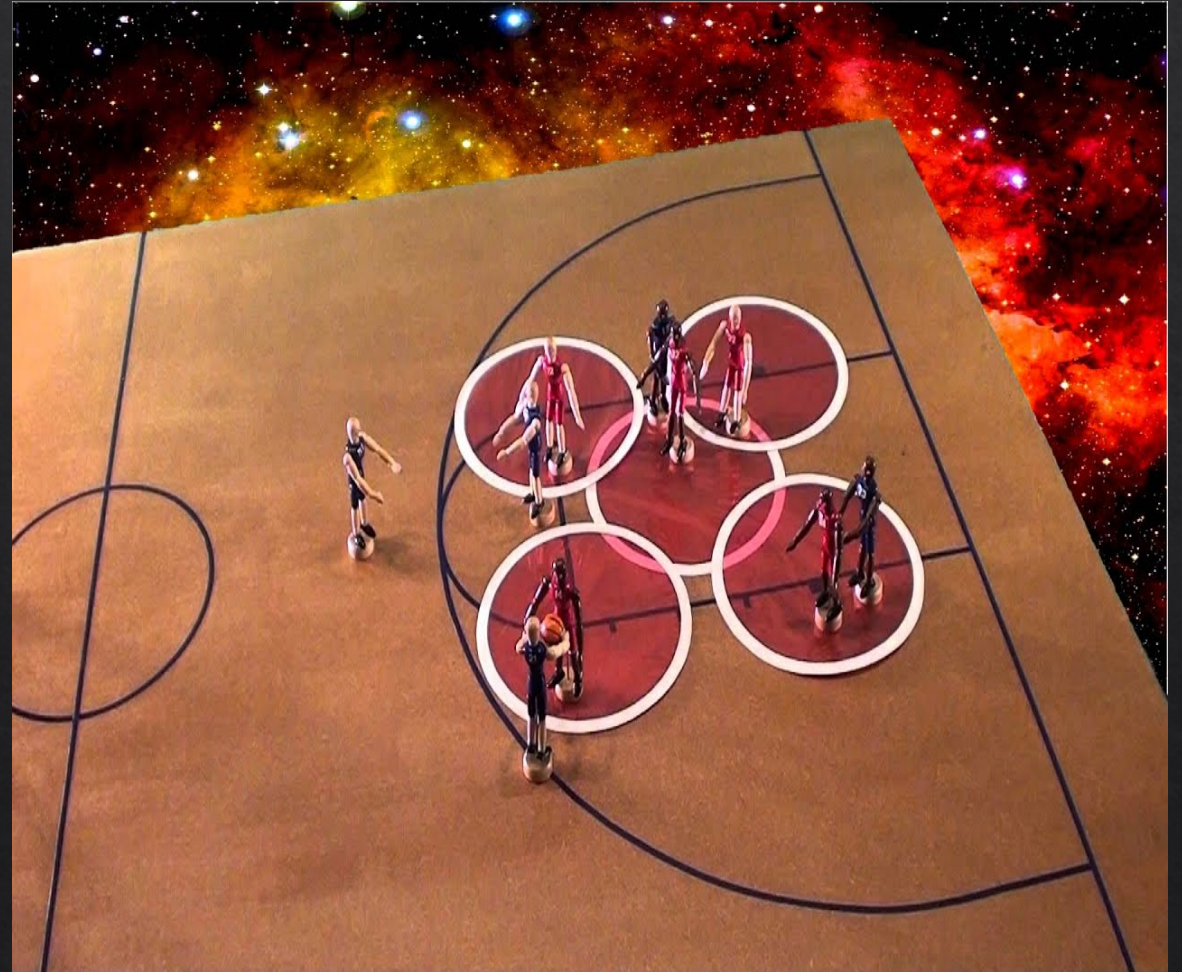
An **offensive play** where a player positions themselves close to the basket to receive the ball and attempt a shot or make a move towards the hoop.



Basketball Post Player Positions

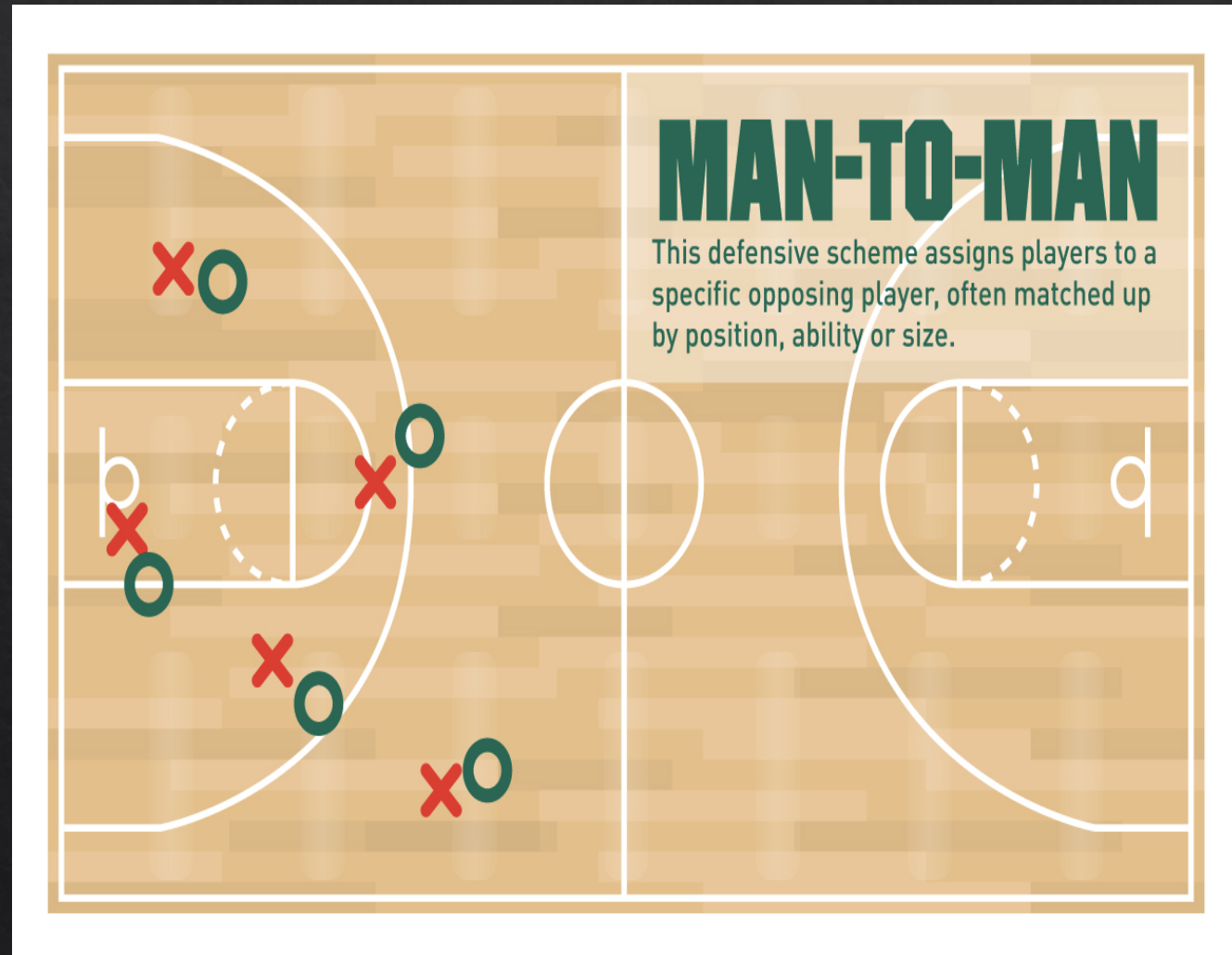
Zone defense

A **defensive strategy** where players guard specific areas of the court rather than individual opponents, typically used to protect the paint or force perimeter shots.



Man-to-man defense

A **defensive strategy** where each player guards a specific opponent, commonly used to apply pressure and prevent easy scoring opportunities.



Air Ball

A shot attempt that misses the **rim** and **backboard** completely (it literally touches nothing but air).



Brick

A brick is a shot attempt that **hits the rim** or **the backboard**.

It usually implies that the shot was unsuccessful and lacked accuracy, resulting in a “hard” rebound off the rim or backboard.



Swish

- A **hoopie**

A shot which goes through the **net** without hitting the rim of the basket, and generally without hitting the backboard either.



Dunk

- Slam dunk

To score by putting the ball directly through the basket with one or both hands, i.e. without shooting by letting the ball travel through the air.



Goaltending

A violation that occurs when a defensive player interferes with a shot attempt by touching the ball while it is on its way down towards the basket and still has a chance to go in.



Traveling

A violation that occurs when a player moves one or both feet illegally without dribbling the ball.



Other Commonly Used Terms:

Assist: A pass to a teammate who scores a basket immediately or after one dribble.

Turnover: A mistake or error by the offensive team that results in loss of possession.

Three-pointer: A shot taken from beyond the three-point line, worth three points if successful.

Free throw: A shot attempt awarded to a player after a foul, taken from the free-throw line without opposition from defenders.

Double dribble: A violation that occurs when a player dribbles the ball with both hands simultaneously or resumes dribbling after stopping without first passing or shooting the ball.

Steal: A defensive play where a player legally takes the ball away from an opponent, resulting in a change of possession.