

## UNIT 5: LAY IT UP!!



*In this unit we will learn a team sport in which we need to cooperate with our teammates, we will improve our general coordination, eye-hand coordination and we will work on our speed and aerobic endurance.*

*At the end of the unit you need to know:*

- *Basic rules of basketball: game court, fouls, penalties...*
- *Basic handling and control skills: bouncing, dribbling, passing, shooting and laying-up.*

### *A little history...*

Ancient Mayans had a religious activity in which they would hit a hard ball with their hips and thighs to make it pass through a vertical ring.

Basketball, as we know it, is one of the most popular sports, even though it's only a little bit older than a century. In 1891, in the United States, a P.E. teacher called James Naismith invented a game which could be played indoors, because winter is very cold in the North of the US. First he decided to divide his students into two teams, then he hung two fruit baskets from the ceiling and told the students to throw the ball into the opposite basket. That's how basketball was born!!



In 1932, FIBA (International Basketball Federation) was created, and only a few years later, in 1936, basketball became an Olympic sport.

Nowadays, basketball is one of the most played sports in the world, and there are many competitions. The NBA (National Basketball Association), played in the

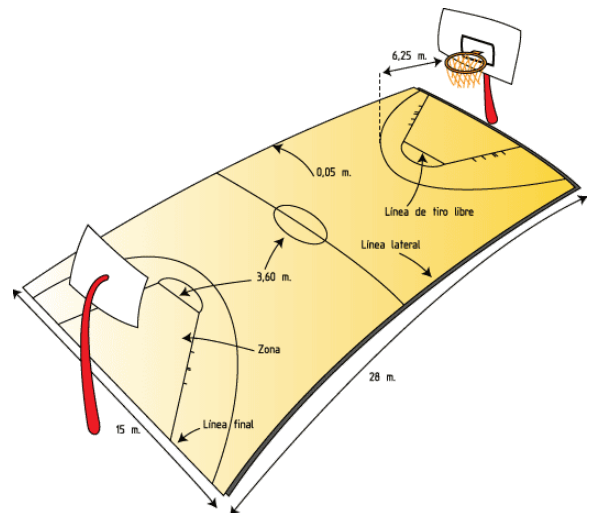


United States, is considered the best club competition on the whole planet, while here in Spain, the "Liga ACB" (Asociación de Clubes de Baloncesto), is the most important at a professional level.

Also, there is a type of basketball for people in a wheelchair, with basically the same rules, but with some special variations to take into account the special characteristics of people who play this sport.

## RULES

- Basketball is played by two teams of 5 players on the court, but a team consists of 12 players. There is no limit to how many times can the players be changed.
- A match has 4 periods (quarters) of 10 minutes each (in the NBA quarters are 12 minutes long, though). There is a longer break between the 2nd and 3rd quarters.
- The objective of the game is to put the ball in the other team's basket. The team that has more points at the end of the game, wins.
- The court is 28 x 15 metres and the basket is 3.05 metres high.
- 1, 2 or 3 points are awarded for scoring a basket. It will be 1 point if it's a free shot, 3 points if the shot took place out of the 6.75 metre line. The rest are worth 2 points.
- To start the game, one player from each team stands in the central circle, while everybody else waits outside. The referee will throw the ball between the two players, so they can jump and try to hit the ball (not catching it) towards their side.



## FOULS AND SANCTIONS



**DOUBLE DRIBBLE:** This happens when a player bounces the ball, catches it, and then bounces again. Also, if a player uses both hands to bounce the ball.

**TRAVELLING:** This occurs when a player takes more than 2 steps with the ball in his/her hands.

**BACK COURT:** This applies when a team has crossed the middle line with the ball, but then they return it to their own side of the court.

**OUT OF BOUNDS:** The ball is considered to be "out" of the court when it bounces outside or on the line that marks the limit of the court. Also when a player who has the ball in his/her hands steps on the line or outside the line.

in his/her hands steps on the line or outside the line.

**SANCTION:** All these fouls (double dribble, travelling, back court and out of bounds) are sanctioned in the same way: the team who didn't commit the foul restarts the game by throwing the ball from the side line to one of the teammates.

### PERSONAL FOULS:

No player can push, hold, or prevent the advancing of another player

**SANCTION:** Throw-in for the opposite team. If the foul was committed during a shot, the team who received the foul will have 2 free shots. When a player has committed 5 personal fouls, he/she is out of the game for good, and a teammate will take his/her place.



### TECHNICAL FOUL:

Any infraction of the rules which doesn't involve physical contact during the game, or a foul committed by a non-player (coach, etc...) is considered a technical foul. The most common technical foul is unsportsmanlike behaviour.

**SANCTION:** It counts as one of the 5 maximum personal fouls and two free shots are given to the opposite team.

### FLAGRANT (UNSPORTSMANLIKE) FOULS:

Violations that are physically dangerous for the opposite player.

### DISQUALIFYING FOULS:

Any personal or technical foul that means the player is ejected from the game. Two flagrant fouls make a disqualifying one.

The penalty for an unsportsmanlike or disqualifying foul is 2 free throws and possession at midcourt for the opposing team.



**REMEMBER:** We are not in a professional team, but we are improving our skills while we play a sport and enjoy being with our friends. It's more important to learn and respect others and have a good time, than winning no matter what, so FOLLOW THE RULES, because the first rule is to have fun!!

## WHAT ARE WE GOING TO LEARN?

### HOW TO HOLD THE BALL (GRIP)

A good grip is essential to be able to execute other technical actions that we will learn and practise this year.

Basic grip position is called "TRIPLE THREAT POSITION", because we have options of movement from there: passing, bouncing/dribbling or throwing/shooting. You need to catch the ball forming something similar to a "T" between your thumbs (check the picture on the right). Your knees should be bent and the ball should be close to your body.



### MOVING WITH THE BALL: PIVOTING

Pivoting consists of moving around the front part of one foot, as if you were a compass.

When you have the ball in your hands it's important to know how to move with it by moving your feet, but you need to follow some rules:

- You are allowed to lift one foot from the floor while you move around the other one, which stays on the floor.
- Once you are pivoting on one foot, you are not allowed to swap the pivoting foot.

### BOUNCING

Bouncing is throwing the ball against the floor to make it rebound, but not catching it with both hands. The rules don't allow you to hold the ball for more than 5 seconds without bouncing it.

Bouncing allows us to keep the ball and advance towards the opposite midcourt. Sometimes it is also used to draw an opponent and then pass the ball to a teammate, or to let time go by. But... how do you do this?

- More than anything, try not to hit the ball with the hand, but push it with your fingers, not the palm of your hand.
- We should try not to look at the ball while we are bouncing it, because if we do, we will not see the rest of the players.
- Try to bounce with the farthest hand, so the defender has a hard time trying to steal it.
- It's very important to make our bouncing useful: we will not hold the ball with both hands unless it's necessary: for example, when we are going to pass it or shoot. Why? Remember, once you are holding the ball with both hands, you can't bounce it again, as it would be considered "double dribble".



**BOUNCING TECHNIQUES:** Basically there are two:



**SPEED DRIBBLE** or **HIGH BOUNCE**, or **ATTACK BOUNCE:** It's used when you want to cover a large distance in a short period of time, specially useful for counter-attacking. We will bounce the ball on the side and a little bit forward. The correct height would be a little bit higher than your waist

level.

**PROTECTION BOUNCE** or **DEFENSIVE BOUNCE** or **LOW BOUNCE:** It's useful when an opponent tries to steal the ball from us. So, we will keep the ball away from the opponent (our body should be between the ball and the defender), and we will bounce lower than our waist height.

## PASSING

This action works to send the ball to a teammate in a safe and precise way so he/she can advance with the ball, or to a teammate who is ready to throw it to the basket. It's the fastest way to move the ball between two positions. *The reception is the correct catch of a ball coming from a pass.*

To make a good pass, these things are important:

- Before passing, check if your teammate is free from defenders and wait until he/she "asks" for the ball with the hands.
- It needs to be fast and tense, so it's not in the air for a long time. This way it will not be easy to steal.
- If your teammate has a close defender, send the ball towards the farthest side from the defender, so he/she cannot intercept the ball.
- Try not to look at the receptor, so the opponent doesn't know who you are sending the ball to.

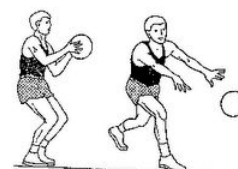
## TYPES OF PASSES:

There are several ways to pass the ball, but we are only studying three this year. Each pass type has a different utility, so you should try to use the one that you need at each moment.

1. **CHEST PASS:** probably the most common, because it's very safe and it's good for short and middle distances. Normally it is done with 2 hands, holding the ball at chest level and extending the arms forwards with strength.

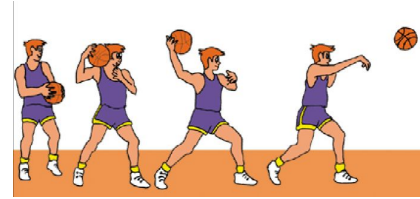


2. **BOUNCING PASS:** It's useful when the defender is close to us, because it's not easy to intercept. To do it, we need to throw the ball towards the floor by extending



the arms so it bounces in the middle of you and your partner. If you make it bounce in the right place, it will be easy for your partner to catch.

3. ONE HAND PASS, LONG OR BASEBALL PASS: This one is good for long distances, so its very useful in counter-attacks. You should use your dominant hand to lift the ball to your head height and then extend your arm forwards.



### THROWING (SHOOTING) and LAYING-UP

This is the main attack technique, the one that will grant you points. If done flat-footed it's a shot (or a throw), if done with one or two running steps, it's called a lay-up.



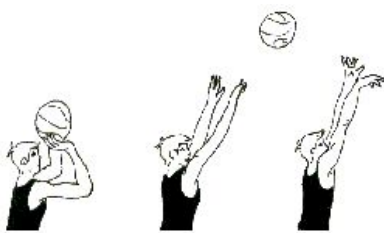
#### INITIAL POSITION FOR A THROW:

- The ball should be raised above your head, in front of you.

- Your dominant arm should make a 90° angle. Your dominant hand is bent backwards, while the other hand points the fingers upwards ON THE SIDE of the ball, never in front of it or supporting it from underneath, because it would not help the throw.

- The ball should rest on your fingers, not the palm, and your legs should be bent as well.

#### THE THROWING ACTION:



- Extend your arm diagonally upwards to send the ball in the correct direction. The rest of the body helps by extending every joint (knees, wrist...). The whole body should do a "spring" action. You might want to jump as well.

- You need to look at the rim (ring), not the ball when doing a throw.

A LAY-UP consists of moving towards the basket by dribbling and then bouncing the ball for the last time, then taking two steps: 1st step with the foot furthest from the basket, then jumping with the closest (inner). When you are in the air, you must softly push the ball so it goes into the rim.

Now, you know the basics about basketball... You only need to practise!!

**ENJOY PLAYING!!**

# BASKETBALL UNIT ACTIVITIES

1. Pick TRUE or FALSE

	T	F
In basketball you are allowed to bounce the ball with both hands at the same time	<input type="checkbox"/>	<input type="checkbox"/>
If I throw the ball from one side of the court and then score in the opposite basket, it's not valid	<input type="checkbox"/>	<input type="checkbox"/>
On the court there are 5 players from each team	<input type="checkbox"/>	<input type="checkbox"/>
Low dribble is used to cover a long distance in a short period of time	<input type="checkbox"/>	<input type="checkbox"/>
Basketball matches are 40 minutes long and they are divided into two periods	<input type="checkbox"/>	<input type="checkbox"/>
A basketball court is 28 x 12 metres and the basket is 3.05 metres high	<input type="checkbox"/>	<input type="checkbox"/>

2. FILL IN THE GAPS

- a) For a scored basket to become ..... points, you need to shoot inside the ..... metre line.
  - b) The triple threat position is.....
  - c) Pushing and holding a player are ..... and they are sanctioned with .....
  - d) To make a good pass to my teammate, I need to.....
3. NAME the different types of passes that you know and DESCRIBE some characteristics of each one of them

4. WRITE FOUR actions that you are allowed to do when playing basketball

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5. WRITE FOUR actions that you are NOT allowed to do when playing basketball

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6. FIND information on the internet about the different playing positions of a basketball team and describe what they do and what the differences between them are.

