

*Winning
Edge*

SERIES

Basketball



JERRY KRAUSE



Basketball

JERRY KRAUSE, Ed.D.

Director of Instruction
Department of Physical Education
United States Military Academy
West Point, NY

Research Chair, National Association of Basketball Coaches

Series Editor

SCOTT O. ROBERTS, Ph.D.

Department of Health, Physical Education, and Recreation
Texas Tech University
Lubbock, TX



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PREFACE

Basketball is designed as a game of finesse and reason. It is an American team game that many love as a perfect blend of individualism and group effort. Playing the game for recreation and competition is enhanced by knowing the game—its history, equipment and facilities, and the rules that govern the sport.

Young and Old participate in basketball, one of the greatest American sports. The game is played indoors and on playgrounds. People with various skill levels play, from the physically challenged to professional athletes. As a major recreational sport, people play competitively or for fun. Lace up your basketball shoes, put on a T-shirt and shorts, and come join us as we look at the first American-made team sport.

► Audience

This text is designed for anyone who plays or watches basketball, as well as for students in basketball activity courses at the college or high school level. It can also be used as a basic, user-friendly tool to help you develop your game.

► Features

Basketball contains the basketball basics as well as perspectives of the game and team play essentials. As an introduction, this text explains the history, facilities, equipment, and rules of the game. While the first couple of chapters examine these areas, the rest of the book moves on to detail the preparation of the game. Individual chapters describe dynamics of the basic skills such as rebounding, ballhandling, shooting, and individual moves for “inside” and “outside” player positions. Specifically, chapters 4 through 9 focus on the critical individual fundamental skills of basketball and these are developed in a sequential, progressive manner. All other chapters center on team play, continued skill development by position (perimeter play, post play), and the important topic of conditioning for basketball.

In addition, this text offers special features that enhance its use:

- Each chapter has a bulleted list of objectives and a closing summary to reiterate the major points.
- Key terms are highlighted in boldface type and definitions are provided. This feature enables you to build a working vocabulary of concepts and principles necessary for beginning, developing, and maintaining your game.
- “Performance Tip” boxes outline techniques, applications, and strategies for quick reference.

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- Assessments appear at the end of the applicable chapters to assist you in practicing your skills and improving game performance.
- The appendices offer a glossary, skill checklists, and self-evaluation checklists.
- A suggested reading list is included at the end of the book.

▶ Ancillaries

To facilitate use of this text in the classroom, a printed Test Bank is available to instructors. These multiple choice and essay questions allow for quick assessment of the basic rules and principles of basketball.

▶ Acknowledgements

This book is dedicated to my loving sister, Chrystal, my lifelong friend and supporter. She has always been an inspiration to me.

Thanks to the reviewers at Liberty University, the University of Florida, and the University of Texas—Pan American, who provided excellent feedback and to my new developmental editor, Tricia Musel, for her guidance.

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THE **GAME**— A LOOK AT THE **HISTORY**

OBJECTIVES

After reading this chapter, you should be able to:

- Identify the origin of the game.
- Identify historic milestones of basketball.
- Give a basic history of the game of basketball.
- Characterize the game today.

KEY TERMS

While reading this chapter, you will become familiar with the following terms:

- ▶ **Basketball**
- ▶ **James Naismith**
- ▶ **National Collegiate Athletic Association (NCAA)**

A Historical Fact

Basketball is an American team “keepaway” game developed by a Canadian, James Naismith, in 1892 at Springfield College (MA). It is played and watched around the world.

ORIGIN OF BASKETBALL

Basketball is the first major team sport invented in the United States. This “new sport on the block” has only existed since 1892 and celebrated its hundredth anniversary in 1992 with special events held around the world.

Basketball came about because of the need for an indoor recreational sport during the long winters when the outdoor sports could not be played.

Springfield College in Massachusetts was the location of the national training school for the Young Men’s Christian Association (YMCA). Luther Halsey Gulick, director of the physical education department, gave a young graduate student instructor, **James Naismith**, the responsibility for creating an indoor game (Figure 1-1). He was asked to solve the sticky problem of coming up with a completely new recreational activity that would interest the YMCA students and keep them busy and out of trouble during the tough New England winters.

Naismith was a native Canadian who had been exposed to soccer, football, duck on a rock (a game in which a ball was tossed at a goal), and lacrosse. He combined the elements of these games with the creative goal of throwing a soccer ball through an elevated basket—thus *basketball* (Figure 1-2). Two peach baskets (with bottoms) were nailed to the balcony on each end of the gymnasium at a height of

ten feet and basketball was born. Basketball, originally intended only for indoor recreation, has also become a competitive team game that is played indoors and outdoors. Over 40 percent of games worldwide are played outdoors. The purpose of this team game is to put the ball in your basket while keeping the other team from putting the ball in their basket. Naismith’s ideas resulted in a team “keepaway” game that attained world wide popularity.

Today basketball is played everywhere, but mostly indoors on a rectangular court with elevated baskets

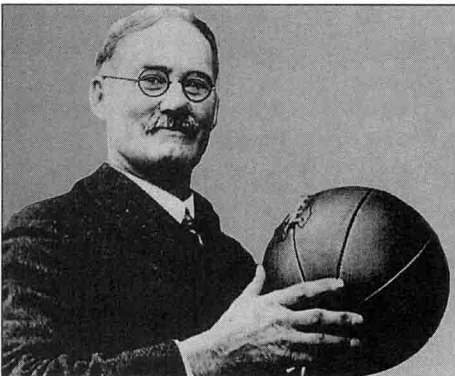


FIGURE 1-1 Dr. Naismith.

(ten feet high) mounted on vertical backboards. The baskets are metal rings on a horizontal target for a player to throw (shoot) the ball in the air so that it goes into the basket for a score.

SPREAD OF THE GAME

The new game was a huge and immediate success with the YMCA students. Within a short time, basketball was being played across the United States and in Naismith's native Canada. The game spread rapidly as the YMCA students graduated and took the game with them all over the country and to other countries in their new positions as YMCA directors. Basketball's rise in popularity also resulted from its adaptability—an indoor sport (recreational plus competitive) for all skill levels and genders.

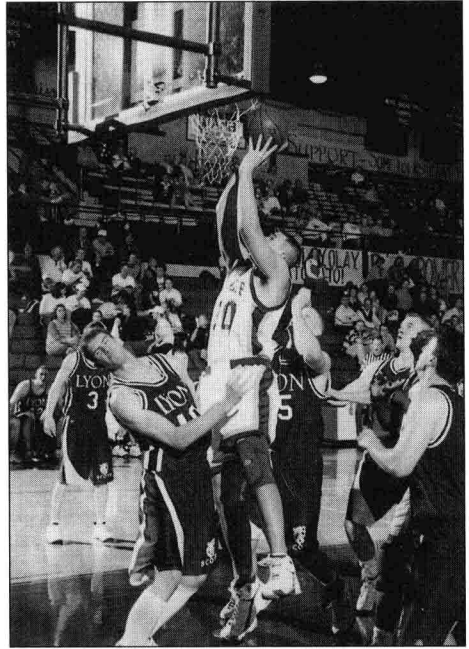


FIGURE 1-2 Action picture of the game.

SIGNIFICANT MILESTONES

The game spread like wildfire. There were several significant milestones in the development and growth of basketball. These milestones were the development of standardized rules, the coaching profession, international basketball, and tournaments.

THE RULES

The basketball rules were, initially, a list of thirteen typewritten statements that James Naismith posted on the gymnasium bulletin board in December of 1891 (chapter 3). The rules were first published in the college newspaper in January

► **Basketball**

The United States' first major team sport; invented around 1892.

► **James Naismith**

The inventor of basketball, a game originally intended for only indoor recreation.

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1892 and later that year printed in book form. The first basketball Rules Committee was formed in 1895 and eventually led to several groups of rules committees as seen today. High schools, colleges, professionals, and international basketball all have separate rules. These rules and their development have served well to standardize and provide the operating boundaries for playing the game. Basketball officials, called referees and umpires, enforce the rules of the game.

THE COACH

The first coach was Forrest “Phog” Allen, a student of Naismith at Kansas University (where Naismith was director of athletics). Baker University (Kansas) hired Phog Allen as a basketball coach in 1907. When Allen was hired to coach, Naismith stated, “Basketball is meant to be played and not coached.” Allen was hired at Kansas University in 1910 and coached there for forty-six years. The University of Kansas plays in the Phog Allen Field House. The acceptance of basketball coaching as a profession fostered the continued development of the game and improvements in the level of competition.

Coaching proved to be a difficult challenge. The game is simple yet challenging, because it is a continuous game where all players can play anywhere on the court and must play both offense and defense. The challenge is to keep the game simple to play in honor of its origins. This means that each player needs to be aware of developing into a successful basketball player with the necessary skills, the ability to play with a team; and, even more importantly, enjoys the game of basketball.

AN OLYMPIC SPORT

Basketball was played for the first time as an Olympic sport in Berlin in 1936. Dr. Naismith, then seventy-five years old, was sent to those games by the National Association of Basketball Coaches and awarded the first medals. When the game was introduced in the world’s greatest amateur sports spectacle, the Olympics, its popularity throughout the world was ensured.

TOURNAMENTS

Tournament play at the high school and college levels resulted in greater exposure for players and teams, which created increased interest in the sport. The National Association of Intercollegiate Athletics (NAIA) and the National Invitation Tournament (NIT) began in 1937. In 1939 the **National Collegiate Athletic Association (NCAA)** and the National Association of Basketball Coaches (NABC) sponsored their first national tournament, which eventually developed into the “Final Four.” High schools also developed tournaments at the state and even the national levels in the 1930s. Tournament play has become so popular that the time during the national tournaments is referred to by sports fans as “March Madness.”

CHANGES THROUGH THE DECADES

Most developments in how basketball was played resulted in continued expansion of the game. The 1930s, when the sport spread throughout the country and awareness increased, was called the “Golden Era of Basketball.” Intersectional college play took place as well as the expansion of professional basketball, which started in the early 1900s. Coaching and the resultant planning by coaches and athletic administrators also fostered this expansion.

During the 1940s, when World War II forced sports to develop in and out of the military effort, basketball saw an *offensive* explosion. The primary causes were the advent of the jump shot and the coaches focus on revolutionary team offenses, including the fast break. Also, in 1946 the National Basketball Association (NBA) started as the major professional basketball league.

The imbalance that favored offense and scoring was followed by the 1950s when coaches developed all forms of *defensive* schemes to blunt a team’s scoring efforts. This included different levels of defense from halfcourt to fullcourt, various forms of pressure defense designed to upset offensive rhythm, and different combinations of defense (player-to-player, zone, and variations of both).

The 1960s brought offensive and defensive *balance* and stability to the game and tremendous improvements in individual player development. This was because of basketball becoming more specialized, summer basketball camps, and improved coaching.

The popularity of television impacted the sport in the 1970s as the *technology* era began. Huge arenas, televised college and professional games, and technical coaching became commonplace at all levels of basketball. Even so, as late as 1980 CBS Television showed the Final Four on tape delay. However, during the 1980s basketball truly became *international* and the United States dominated the sport in the Olympics.

BASKETBALL TODAY

Modern basketball remains the same basic game Naismith invented over one hundred years ago. But it has become a game for everyone—large and small, young and old, men and women, in school and out of school and able-bodied as well as physically challenged players.

Basketball has become the most popular participation sport in American schools and the most popular team sport throughout the world with over two hundred countries participating. It is also a popular spectator sport; the Final Four and NBA games are televised around the world.

► National Collegiate Athletic Association (NCAA)

In 1939, the NCAA along with the National Association of Basketball Coaches (NABC) sponsored their first national basketball tournament, which eventually developed into the “Final Four.”

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A uniqueness of the sport is the myriad of ways the game has been modified. Basketball can be played for competition or recreation, 5-on-5 fullcourt down to 4-on-4, 3-on-3, 2-on-2, or 1-on-1 halfcourt. Three-on-three tournaments are widespread. Individualized competitions and shooting contests are also common. These various forms of halfcourt basketball are called “hunch” or “ratball” and have become the foundation for building the deep understanding of the sport that players and spectators have developed.

SUMMARY

- Basketball was originally invented as an indoor recreation sport, but has become a game with worldwide appeal, both indoors and outdoors, as a competitive sport.
- James Naismith invented this American team sport in 1892.
- Basketball is played on a rectangular court with two elevated horizontal baskets.
- The purpose of basketball is to put the ball in your basket (offense) while preventing the other team from putting the ball in their basket (defense).
- The team “keepaway” game of basketball has attained worldwide popularity because of its flexibility and universal appeal.

THE **FACILITIES** AND **EQUIPMENT:** VITAL TO THE GAME

OBJECTIVES

After reading this chapter, you should be able to:

- Describe the basic facility needed for basketball.
- Describe equipment for basketball.

KEY TERMS

While reading this chapter, you will become familiar with the following terms:

- | | |
|------------|-------------------------|
| ▶ Defense | ▶ Playground Basketball |
| ▶ Endlines | ▶ Shot |
| ▶ Offense | ▶ Sidelines |

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The Essentials for Basketball

A ball and basket on a basketball court, combined with socks, shoes, shorts and shirt are the essentials to practice or play the game.

A basketball game is a timed contest between two teams of five players each plus substitutes. It may be played on an informal basis by reducing the size of the playing area (court) in half and using less than five players per team (1-on-1, 2-on-2, 3-on-3, or 4-on-4), but is formally played on a fullcourt.

Halfcourt Basketball is an organization whose purpose is to promote and organize the three-on-three game across the United States. They have developed a complete set of rules and guidelines for league play. Three-on-three competitions are held in major cities all over the country.

COURT

The boundary area where a game is played is a rectangular basketball court that has an official size of fifty feet wide by eighty-four feet (secondary schools) or ninety-four feet (college or professional) long. The basketball court is usually an indoor arena but may be located outdoors. The floor is usually a hard wood or synthetic surface. The area within the rectangle is called *in bounds* (inside the playing area), while the territory outside of this rectangle is called *out of bounds*. The court's "length" boundaries are called **sidelines** and the "width" boundaries are termed **endlines** or **baselines**.

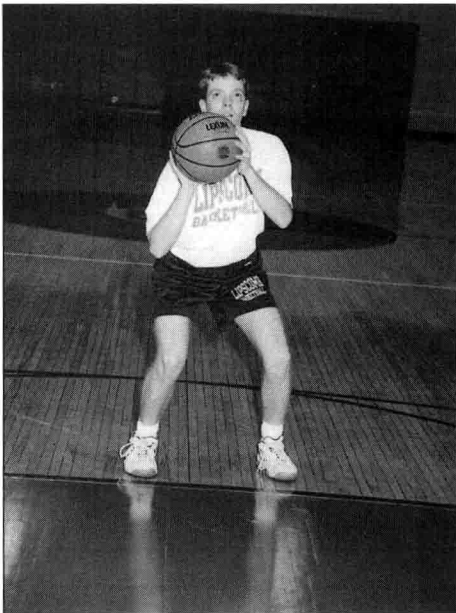


FIGURE 2-1 The ball.

THE BALL

The game is played with a round, inflated, bounceable ball that is 29–30 inches around, from 20–22 ounces in weight, and inflated with 7–9 pounds of air pressure for men's basketball (Figure 2-1). These qualities were developed to ensure uniformity of the game. Similar standards have

been developed for women's basketball—27–29 inches around, 18–20 ounces in weight, and 6–8 pounds of air pressure. The ball is molded from leather or composition materials. Actually, a smaller ball should be used before grade 7 (ages 11–12), and even high school and college basketball for women has a smaller ball for their game. For play on outdoor courts, a rubber or composition ball should be used because of the high degree of wear of the ball when it is used on asphalt and concrete surfaces, common materials on outdoor courts.

BASKET

The object of the game is to score points by shooting the ball through the elevated *basket* (ring or hoop). An attempt to score by throwing the basketball through the hoop is called a **shot**. The team with the most points at the end of the game is the winner. A team is on **offense** when attempting to score at their basket and on **defense** when preventing the other team from scoring at the opposite end of the court. The basket hoop is a metal ring eighteen inches in diameter suspended ten feet above the floor; basket hoops are at both ends of the court. Although an elevated basket appears small, two basketballs can pass simultaneously through the basket ring. Informal *pickup games*, sometimes called *hunch*, *ratball*, or **playground basketball** are most often played to a given number of baskets or points rather than a specified amount of time.

BACKBOARD

Each basket ring is attached to a fan-shaped or rectangular backboard perpendicular to the court, parallel to the baseline, and at equal distances from the sidelines. The backboard is four feet inside the endline. Backboards are made of wood, plastic, metal, and glass. Transparent glass backboards were developed to allow those spectators seated behind the basket to see through them; these backboards break easier than other types. They must be installed and maintained properly to

► **Sidelines**

The basketball court's length boundaries.

► **Endlines**

Also referred as the baselines, these are the width boundaries.

► **Shot**

An attempt to serve by throwing the basketball through the hoop.

► **Offense**

The team attempting to score a basket at their end of the court.

► **Defense**

Preventing the other team from scoring at the opposite end of the court.

► **Playground Basketball**

May be referred to as pickup games, hunch, or ratball; informal games often played to a given number of points as opposed to a timed contest.

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prevent shattering. The backboards are designed for “banking” shots into the basket and to deflect inaccurate shots back onto the court.

CLOTHING

Personal equipment such as basketball shoes and socks are important for playing basketball. Clean, well-fitted socks (two pair are recommended) should be carefully put on “from the toe to the ankle” to ensure that no wrinkles are present. A wrinkle is a potential friction “hotspot” that is likely to produce a blister. The shoes should fit comfortably and be made specifically for basketball. The laces should be tightened snugly and individually from the toe to the ankle. It is reversed when the shoes are removed. Be sure they are “aired out” to dry naturally when not being used. A basketball uniform consists of shorts and a shirt or jersey. These should be lightweight to allow free circulation and body ventilation.

SUMMARY:

- Indoor basketball courts are rectangular areas made of wood or synthetic materials.
- Various sizes of basketballs are used to make shot attempts or goal throws at elevated basket rings.
- Vertical backboards are placed behind the basket to bank shots into the basket.
- Properly fitted socks, shoes, shorts and shirts are needed to practice and play the game.

RULES AND REGULATIONS OF BASKETBALL

OBJECTIVES

After reading this chapter, you should be able to:

- Describe the basic rules for playing and officiating basketball.
- Apply the informal regulations for playing recreational basketball.
- Know that there were thirteen original rules.
- State ballhandling rules.
- Understand timing and scoring rules.
- Know basic fouls and penalties.

KEY TERMS

While reading this chapter, you will become familiar with the following terms:

- | | |
|--------------------|--------------|
| ▶ Dribbling | ▶ Pivot Foot |
| ▶ Federation Rules | ▶ Rebound |
| ▶ Foul | ▶ Traveling |
| ▶ Officials | ▶ Turnover |