



IN THE ZONE

BASKETBALL

A dynamic photograph of a basketball player in mid-air, wearing a red and black jersey, performing a jump shot or layup. The player is positioned centrally, with their body angled towards the right. The background is a blurred indoor basketball court with bright overhead lights. A basketball hoop and net are visible in the lower-left corner. At the top of the cover, a basketball is centered above a red banner with the text 'IN THE ZONE'. The banner is flanked by two rows of yellow stars. Below the banner, the word 'BASKETBALL' is written in large, bold, white capital letters. To the right of the word, the number '624 85' is printed vertically. Below the title, the author's name 'RENNAY CRAATS' is printed in smaller white capital letters.

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BASKETBALL

RENNAY CRAATS

常州大学图书馆
藏书章



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Kenzie Browne: pages 9, 10 Left.

Heather C. Hudak Project Coordinator

Terry Paulhus Design


Kenzie Browne Layout



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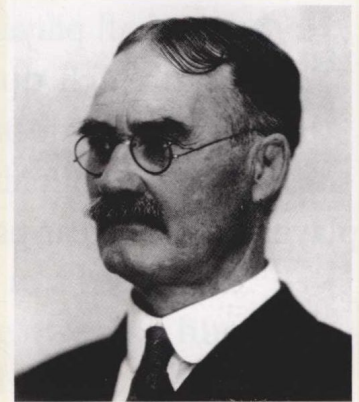
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What is Basketball?



Dr. James Naismith taught university physical education in Springfield, Massachusetts. In the winter, his students did not have many games to play inside. He decided to create a new game. He asked a janitor to hang two peach baskets at either end of the gymnasium. Players bounced a soccer ball down the court and tried to throw it into the peach baskets. Within 10 years, metal hoops with nets sewn around the edges replaced the baskets. A **backboard** was added so the ball would not land in the crowd after a shot. Finally, the soccer ball was replaced by a larger, leather ball. Teams in the early 1900s played basketball as we know it today.



■ Dr. Naismith coached many early basketball teams.

Basketball is played by two teams of five. Games often consist of two 20-minute halves. In professional basketball, there are four 12-minute quarters.

To win, a team needs to score more points than its opponent. The offensive team is the one with the ball. Its members **dribble** the ball down the court and try to shoot it into the basket. The defensive team tries to stop them from scoring. Baskets from within the **three-point line** are worth two points. Baskets from outside the three-point line are worth three points.



Sports History

Read about Dr. James Naismith and the beginnings of basketball at www.naismithmuseum.com.

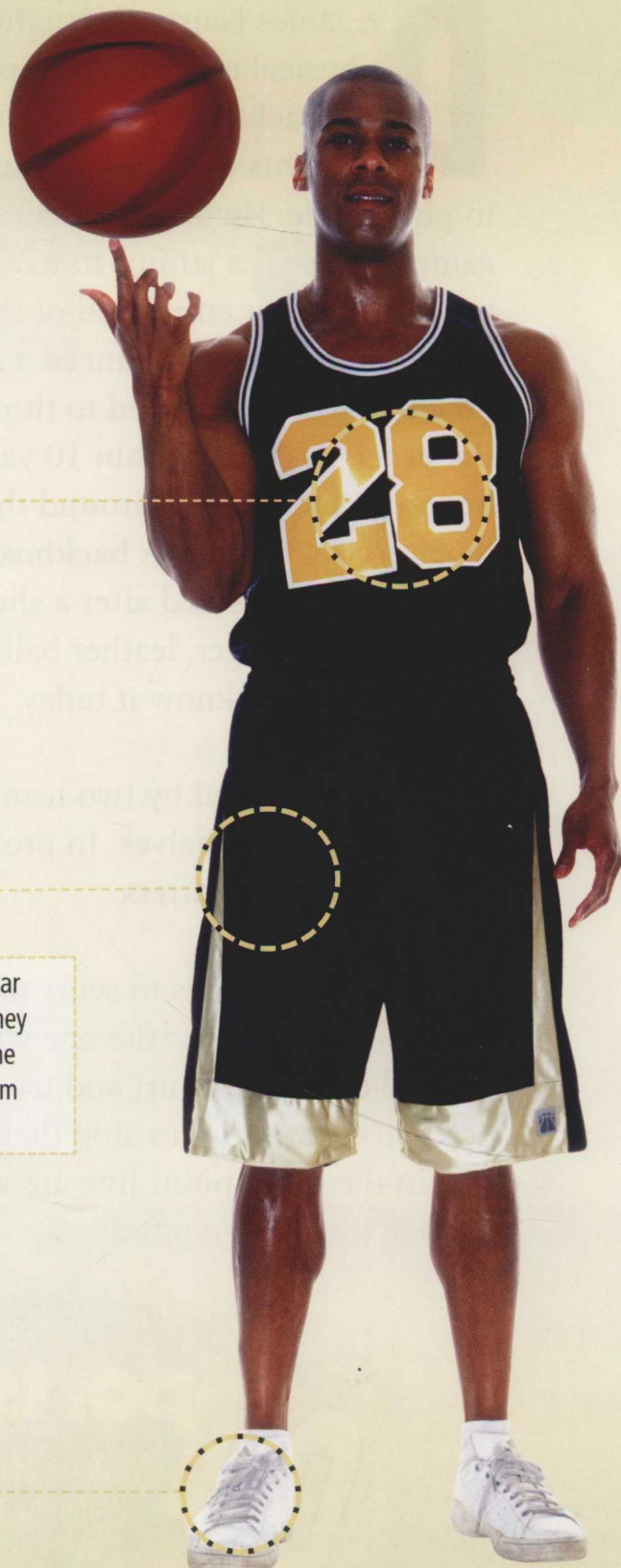
Getting Ready to Play

Basketball players do not need much equipment. The game does not involve contact, so players do not wear padding.

Players wear jerseys with a number on the back. These shirts often do not have sleeves, so players can easily shoot or pass the ball. This style of shirt is also cooler for the players.

Basketball players wear loose-fitting shorts. They are comfortable for the players and allow them to move easily.

The most important piece of equipment for basketball players is shoes. The shoes are light, so players can run quickly. Shoes with rubber bottoms stop players from slipping on the floor. Shoes also have support for the players' ankles to prevent injuries.





■ National Basketball Association (NBA) backboards are flat and transparent. A small square is often painted on backboards to help players aim their shots.

Players shoot the ball at the basket. The metal hoop is almost twice as wide as a basketball. The netting hanging from the basket is often made of nylon rope.

The basket is attached to a backboard. The backboard is made of wood, fiberglass, or graphite. Backboards keep the ball from going out of bounds every time it is shot. The players bounce the ball off the backboard into the net.



■ Basketballs are made of rubber or leather. The inside of the ball is a rubber bag filled with air. Players can add air to the ball to keep it firm. This gives the ball its bounce.

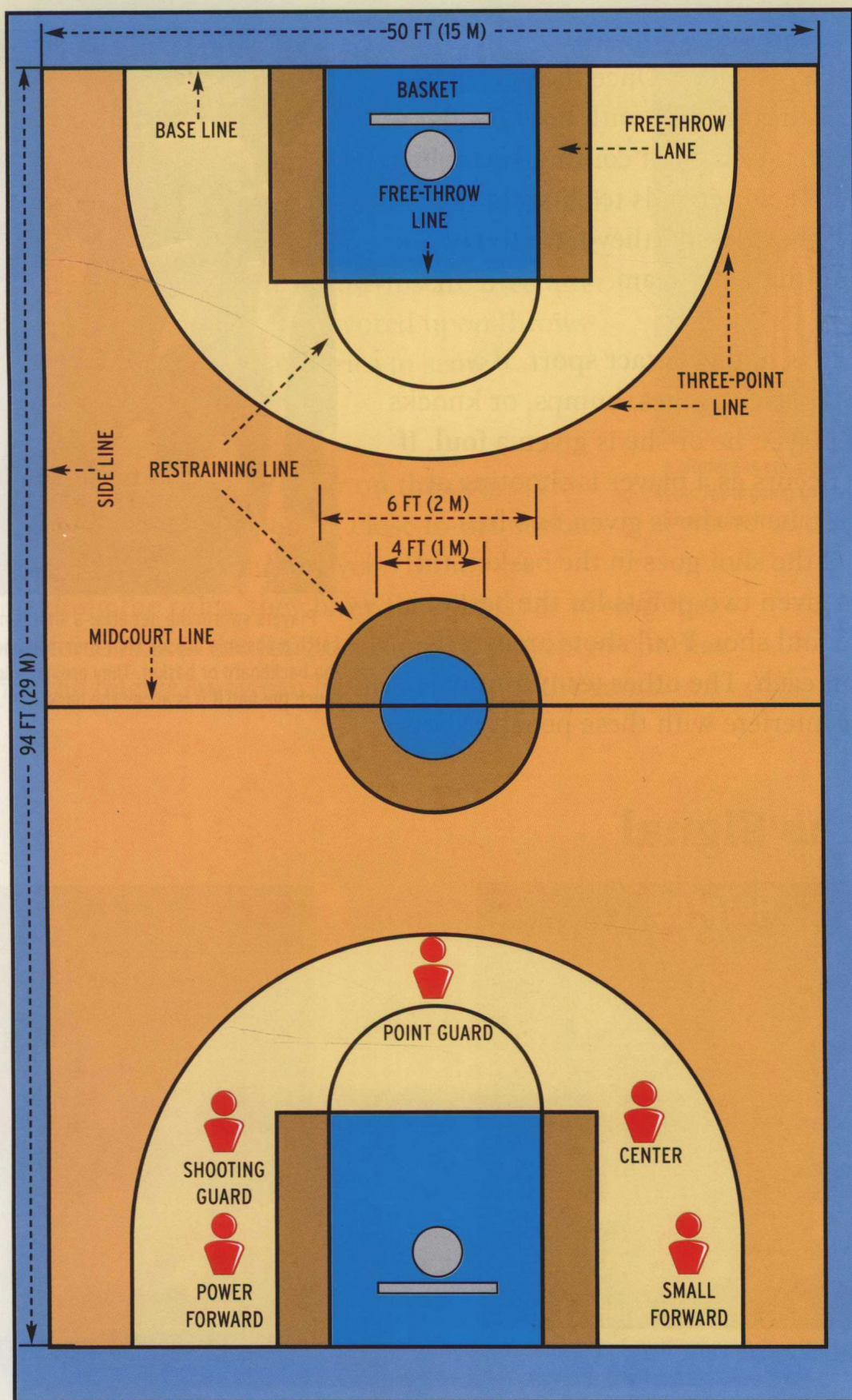
The Court

Basketball is played on a surface called a court. The baskets, which are 10 feet (3 meters) high, hang at either end of the court. The court has many lines and circles painted on it. The boundaries are marked by the baseline and the sideline. Players cannot step outside of these lines with the ball.

The game begins at the center circle. From there, players run up and down the court to score baskets and try to stop the other team from scoring. The lines on the court tell them where they have to shoot from to get three points. The lines also show them where to line up for free throws.

■ Courts in the NBA are usually 94 feet (29 meters) long and 50 feet (15 m) wide.





Order on the Court

The player with the ball has to dribble, pass, or shoot. Once the player touches the ball with both hands, he or she cannot continue dribbling.

Players have 24 seconds to shoot at the basket. If they do not, they have to give the ball to the other team.

Basketball is not a contact sport. If a defensive player pushes, bumps, or knocks another player, he or she is given a foul. If the foul occurs as a player is shooting at the basket, he or she is given two free throws. If the shot goes in the basket, the player is given two points for the basket plus one foul shot. Foul shots are worth one point each. The other team cannot block or interfere with these penalty shots.



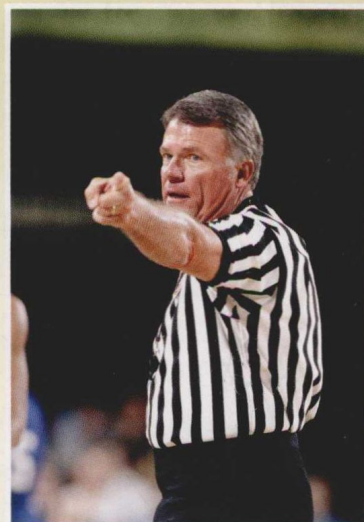
■ Players swarm the net after a shot is made to catch a possible missed shot that may bounce off the backboard or basket. They are not allowed to touch the ball if it is above the basket.

Get the Signal



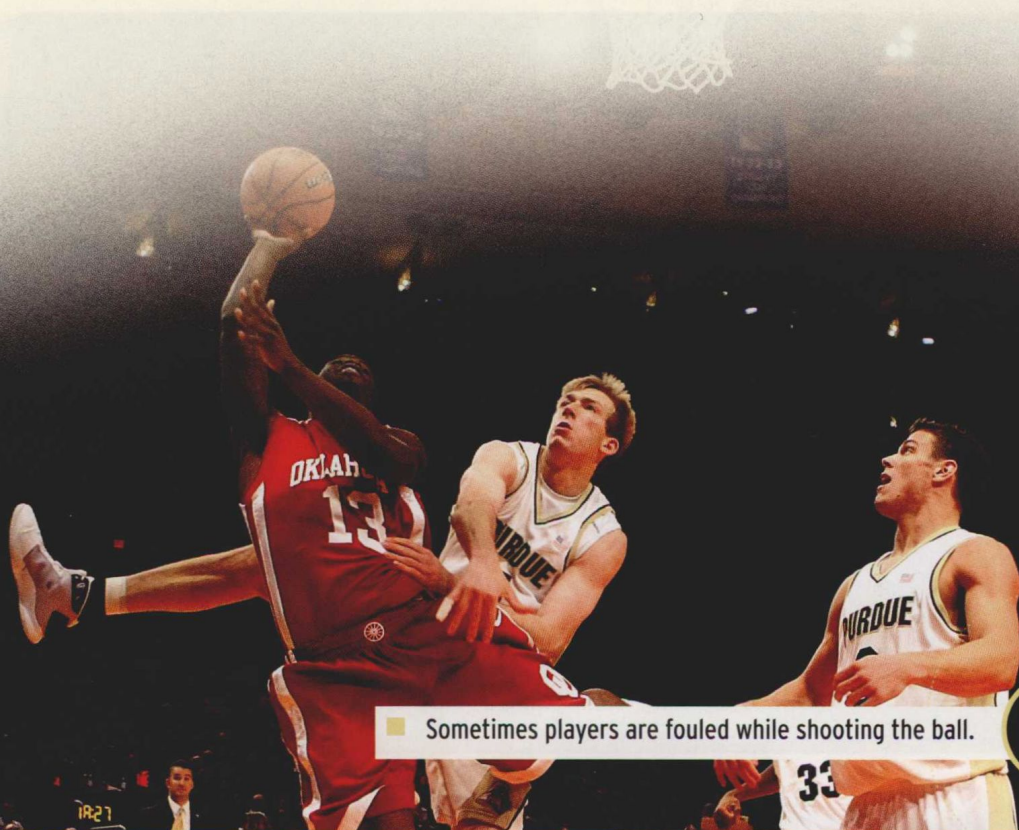
■ Coaches help players understand the game and hone their skills.

If the foul occurs at any other time, there is a **throw-in**. The member of the fouled team takes the ball out of bounds and throws it in to his or her teammates. A throw-in also occurs when the ball is thrown or knocked out of bounds. The last team to touch the ball before it bounces out of bounds loses **possession**. The other team throws the ball in. Throw-ins are used after a team scores. The team that was scored upon throws the ball in from the baseline and tries to score at the other end.



Referees can penalize the team for arguing by giving the other team free throws.

The referee and umpire keep order on the court. The referee watches what is happening close to the basket. The umpire watches the other players. If they see players breaking the rules, they blow their whistles to stop the play. The referee makes the final decisions. If players or coaches argue with the referee, they can be thrown out of the game.



Sometimes players are fouled while shooting the ball.

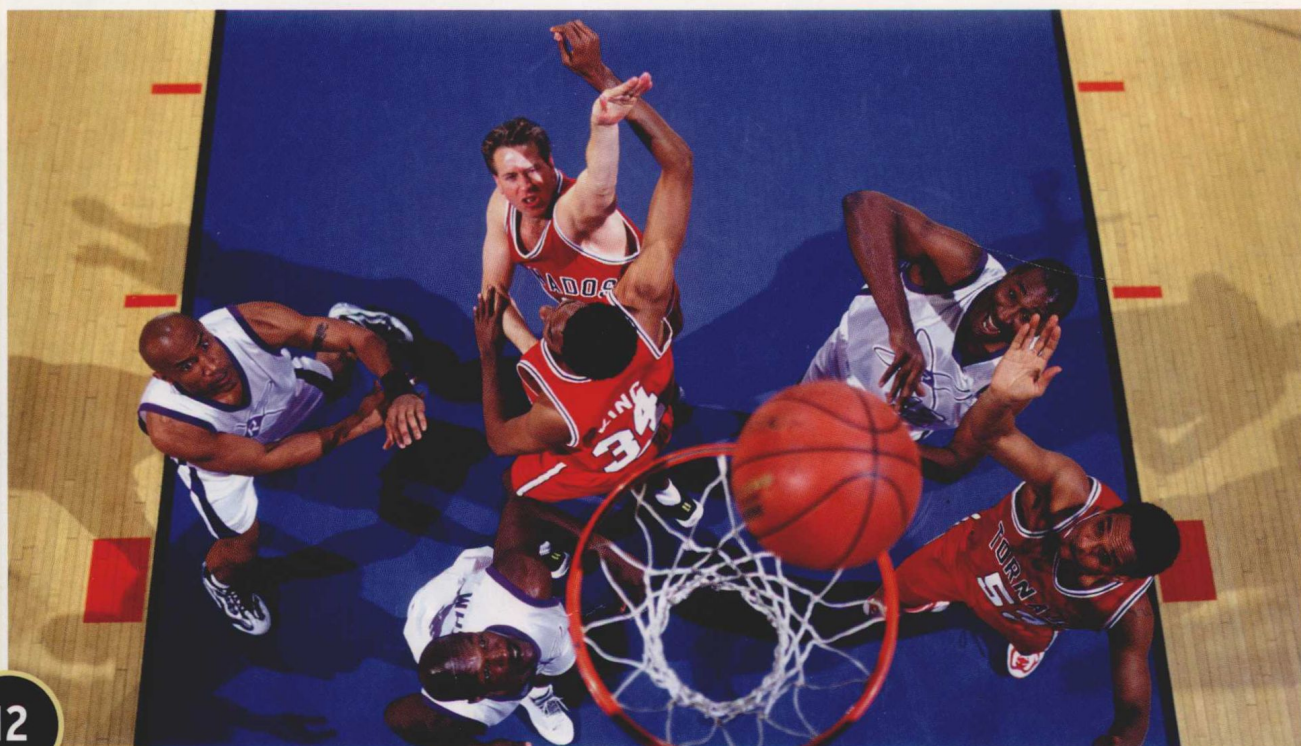
Positions

There are three positions on a basketball team. The center is the tallest player on the team. Centers take the **jump ball** at the beginning of the game. The centers from each team meet at the center circle. The referee throws the ball straight up in the air. The centers try to tip the ball to their teammates, who are standing outside the circle. Centers also stay close to the basket to catch rebounds, or missed shots. Being tall helps them reach higher and catch the ball.



■ A jump ball is taken if players from opposing teams touch the ball at the same time before it goes out of bounds. The jump ball is then taken at the nearest circle.

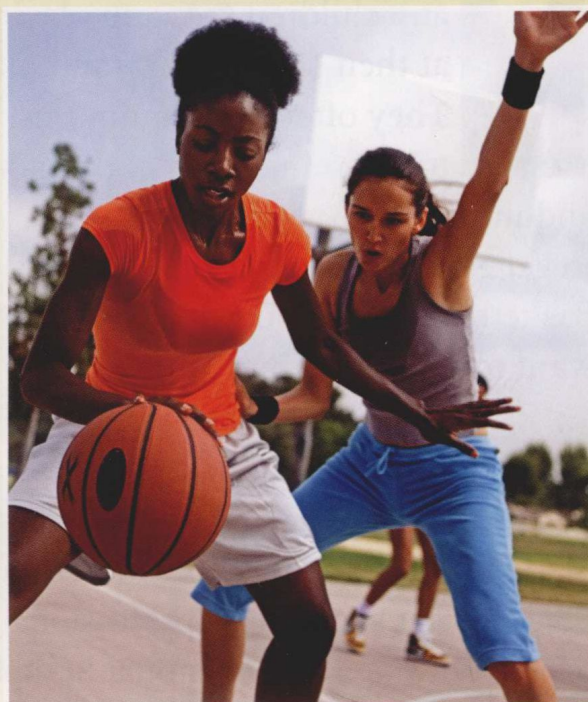
■ Players must work together to defend the net.



Guards control the plays on the court. They are good dribblers and fast on their feet. Point guards usually bring the ball down the court and pass it to other players. These players can then shoot. Shooting guards are good dribblers and good shooters. They can shoot well from anywhere on the court. It is often the guards who shoot three-point shots.

Forwards stay close to the basket. They usually stand on either side of the basket. Small forwards are good shooters. They make many of the shots at the basket. Power forwards are taller. They help the center rebound and make baskets from the bottom of the court.

■ Forwards have to practice shooting close under the basket.



■ A team has possession of the ball when dribbling, passing, or holding the ball.



Sports Stars

To read about the stars behind these positions, visit the Basketball Hall of Fame at www.hoophall.com.