

Early history[[edit](#)]



[James Naismith](#)

Invention of the game[[edit](#)]

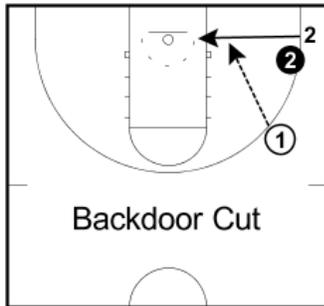
The game of [basketball](#) as we know it today was created by Dr. [James Naismith](#) in December 1891 in Springfield, Massachusetts to condition young athletes during the cold. It consisted of peach baskets and a soccer style ball. He published 13 rules for the new game. He divided his class of 18 into two teams of nine players each and set about to teach them the basics of his new game. The objective of the game was to throw the basketball into the fruit baskets nailed to the lower railing of the gym balcony. Every time a point was scored, the game was halted so the janitor could bring out a ladder and retrieve the ball. After a while, the bottoms of the fruit baskets were removed. The first public basketball game was played in Springfield, Massachusetts, on March 11, 1892.^[u]

In basketball, an illegal dribble (incorrectly identified in common wording as a **double dribble**) occurs when a player dribbles with two hands simultaneously. A double dribble can also occur when a player picks up the ball with two hands then dribbles it again with one hand

Carrying, also [colloquially](#) referred to as **palming**, is a violation in the game of [basketball](#). It occurs when the [dribbling](#) player continues to dribble after allowing the ball to come to rest in one or both hands. Carrying is similar to a [double dribble](#) because the player momentarily stops dribbling and then resumes dribbling. If the player is in motion while carrying the ball, then it is similar to [traveling](#). Players can avoid a carrying violation by keeping their palms facing the floor while dribbling.

Most basketball players slide their hand to one side of the ball when dribbling to better control the ball, directing it from left to right and vice versa. So long as the ball does not come to rest this is perfectly legal. Moreover, dribbling this way

allows more control and easier ball-handling. The problem arises when the ball-handler slides their hand too far down the side of the ball, 1. Backdoor Cut

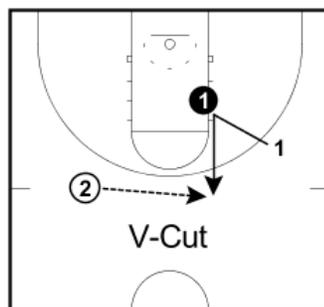


The backdoor cut is used when the defender is over-playing in the passing lane denying the pass. Depending on your offence, this will leave a big hole to cut into between. If you are being denied the pass you will be able to backdoor cut.

The biggest problem with backdoor cuts is that it requires great passing skills by the person with the ball to result in an easy lay-up. This is why it is not a common pass in youth basketball. The lack of passing skills results in many turnovers.

For the backdoor cut to be most effective your players must set their defender up and have a quick change-of-direction and explode towards the basket.

2. V-Cut



V-cuts are the most common type of cut and are mostly used when on the perimeter in isolation when you need to get open for a pass.

V-cutting requires body-to-body contact by players. They are executed by walking the defender a couple of feet inside the 3-point line, planting your foot, and then exploding out to receive the ball.

It works because the defense's reaction time won't be quick enough to stop the player from receiving the pass.

The **pick and roll** (also called **screen and roll** or shortened to **screen roll**, any of which may be hyphenated) in [basketball](#) is an offensive play in which a player sets a [screen](#) (pick) for a teammate handling the ball and then slips behind the defender (rolls) to accept a pass. In the [NBA](#), the play came into vogue in the 1990s and has developed into the league's "bread and butter".¹

Establishing a Pivot Foot

- Author:
By Vic Pruden
- Date:
Jun 9, 2011

At the moment you gain possession of the ball (receive or intercept a pass, get a rebound, or pick up a loose ball) or end your dribble, you must establish a pivot foot. You gain possession when you catch and have control of the ball, with one hand or both hands.

Dribbling is the act of bouncing the ball to the court with one hand without interruption. It ends the moment you interrupt that bouncing by touching the ball simultaneously with two hands or by allowing it to come to rest a) hold the ball, b) move it laterally (carried ball); or c) rotate it (palming). The moment the ball comes to rest in your hand, you end your dribble. Dribbling again after the ball comes to rest is a double dribble, a violation.

Dimensions[[edit](#)]

Basketball courts come in different sizes and colors. In the [NBA](#), the court is 94 by 50 feet (29 by 15 m). Under [International Basketball Federation](#) (FIBA) rules,^[1] the court is minutely smaller, measuring exactly 28 by 15 metres (92 by 49 ft). A high school court is slightly smaller, at 84 by 50 feet (26 by 15 m). In amateur basketball, court sizes vary widely. The baskets are always 10 feet (3.0 m) above the floor (except possibly in youth competition). Basketball courts have a three-point arc at both baskets. A basket made from behind this arc is worth three points; a basket made from within this line, or with a player's foot touching the line is worth two points. The free-throw line, where one stands while taking a foul shot, is located within the three-point arc.^[2]

"The Rock" Basketball Sizes



Here are the official basketball sizes for men, women, and youth basketball players.

Before you purchase a ball, you definitely need to consider which size is appropriate for your player. But in addition to that, there are several different styles and manufacturers to choose from.

CLASSIFICATION	SIZE	CIRCUMFERENCE/ WEIGHT	GROUPS
Official	7	29.5" 20-22 oz	NCAA men High school boys Boys 12 yrs & older
Intermediate	6	28.5" 18-20 oz	NCAA women High school girls Youth 8-12 yrs
Youth/Junior	5	27.5"	Youth 4-8 yrs
Mini	3	7" in diameter	Youth 8 yrs & younger Rec & promo use only