

SEC-33 B, GHD

TOPIC - BASKETBALL (GAME)

SUBJECT : PHYSICAL EDUCATION

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➔ Fundamental skills of Basketball

(i) Handling the ball

(ii) Passing

(a) Chest or push pass

(b) Baseball pass

(c) Baseball pass

(c) Underhand pass

(d) Overhead pass

(e) Two handed bounce pass

(f) Hook pass

(g) Elip pass

(h) Tip or volley pass

(i) Back pass

iii) Pivoting

iv) Dribbling

(a) High Dribble

(b) Low dribble

(v) Shooting

(a) Two hand shot

(b) Lay up shot

(c) Hook shot

(d) Jump shot

vi) Rebounding

vii) Defence

viii) Dodge

a) To dodge with singles

b) By speed

c) By escape

- x) Free throw
- x) Offensive strategy
 - a) Faking
 - b) Screening
 - c) Triangular attack
 - d) Zonal attack
- xi) Defensive attack
 - a) Blocking
 - b) Tackling
 - c) Zonal defence
 - d) Guarding
 - e) Man to man defence.

→ General Rules of Basketball

Although there are rules variations between men, & women's basketball and between the various levels of play, there are basic rules that govern play at any level.

- (i) Only five players can be play in each team at one time.
- ii) Any number of substitutions may be made during any dead ball.
- iii) Substitute must wait by the scorer's table until called into play by an official.
- iv) Any player may request a time out.
- v) A goal is scored when the ball passes through the basket from the above.
- vi) Two points are scored for a goal from the court other than from the three point's area.

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- vii) Each successful free throw awarded for foul scores one point
 - viii) If the player put the ball into the basket of the opponent, a goal is scored.
 - ix) A goal is stopped when an official indicates a handball.
 - x) The ball is put into the play at the beginning of the game by a jump into a centre circle by two opposing teams.
 - xi) A player is out of bounds when he touches the floor on or outside of the boundary lines.
 - xii) A team is awarded a throw-in at the place where opposing team causes the ball out-of-bounds.

⇒ Equipment Needed to conduct the Basketball Match
 ★ The following equipment will be required:

(i) Backstop units, consisting of:

- a) Backboards
- b) Baskets comprising (pressure Release) Rings & Nets
- c) Backboard support structures including padding

(ii) Basketballs

(iii) Game clock

(iv) Scoreboard

(v) Shot clock

(vi) Stopwatch or suitable (visible) device (not the game clock) for timing time-outs

vii) 2 separate, distinctly different and loud signals, one each for the

a) shot clock operator

b) scorer, timer.

viii) Score sheet

ix) Player foul markers

x) Team foul markers

xi) Alternating possession arrow

xii) Playing floor

xiii) Playing court

xiv) Adequate lighting

Note: Learn and Write fundamental skills of Basketball in detail from the book (Write in fair copy).

Arjuna Awardees

Name	Year
Sarbjit Singh	1961
Khushi Ram	1967
Gurdial Singh	1968
Hav. Hari Dutt	1969
Gulam Abbas Moontasir	1970
Man Mohan Singh	1971
S. K. Kataria	1973
Anil Kumar Punj	1974
Hanuman Singh	1975
T. Vijayaraghavan	1977/78
Om Prakash	1979/80
Ajmer Singh	1982
Suman Sharma	1983
Radhey Shyam	1991
Sajjan Singh Cheema	1999
Parminder Singh	2001
Satya (Sports)	2003
Ms. Geetu Anna Jose	2014

Dronacharya Awardees

Name	Year
Aparna Ghosh	2002
Ram Kumar	2003

Indian Personalities	
Hanuman Singh T. Vijayaraghavan Om Prakash Ajmer Singh Suman Sharma	Radhey Shyam Sajjan Singh Cheema Parminder Singh Satya (Sports) Ms. Geetu Anna Jose

International Personalities	
Michael Jeffrey Jordan Earvin Johnson Jr. Kareem Abdul-Jabba Larry Joe Bird Hakeem Abdul Olajuwon	Wilton Norman Chamberlain Shaquille Rashaun O'Neal Patrick Aloysius Ewing Karl Anthony Malone David Maurice Robinson