

UNIT: BASKETBALL

Basketball requires precise technique and cooperation between team members. It's one of the most spectacular and popular sports in the world today.

TECHNIQUE

1. **Dribbling or bouncing:** bouncing the ball without losing control. The high dribble makes it possible to advance up the court more quickly.



2. **Pass:** the normal way to move the ball between two people.



3. **Shot:** action of throwing the ball towards the hoop with the objective of scoring. There are different types: **lay up**, **hook**, **slam dunk**, etc

PLAYING AREA

The dimensions of a basketball **court** are 28x15 m and the **hoop** is 3,05 m high.

DURATION

Four ten-minute quarters. When the time is over, if there is a **draw**, overtime periods of five minutes are played until one of the two teams **wins**.

PLAYERS

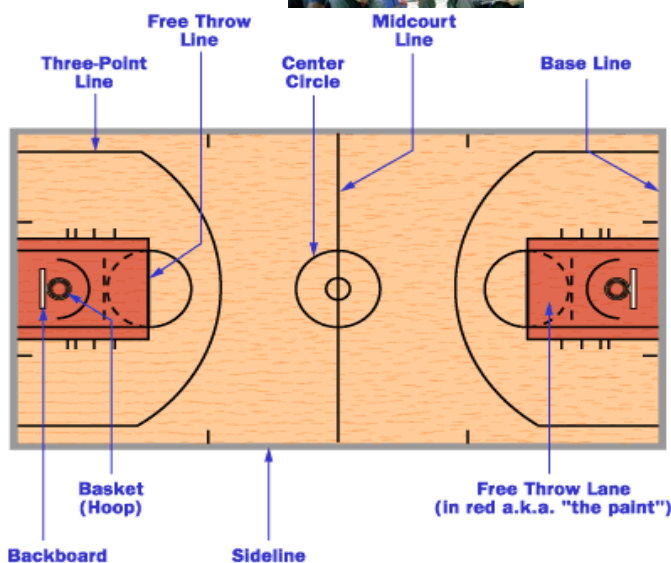
Each **team** has twelve players: five that begin the match and seven that sit on the **bench**.

PENALTIES

Personal foul: any illegal contact with a rival player is penalized.

Travelling: a foul committed by a player who walks or runs without bouncing the ball.

Double dribble: foul committed by a player who bounces the ball, catches it and then bounces it again, or when a player jumps with the ball but does not pass or make a shot.



Referee signals:



Personal foul



Travelling



Double dribble