

# Basketball: Rules

(PE.8.C.2.1, PE.7.C.2.1)



# Learning Objectives

By the end of this lesson, students will be able to

- **Name** player positions on a basketball team.
- **Apply** rules on how to play a game of basketball.



# Introduction

Watch this video on youth basketball:

- <https://youtu.be/1q5eJ0YjBEU>



# Positions

There are 5 players on the floor at a time.

- **Guards**

- Point Guard
- Shooting Guard

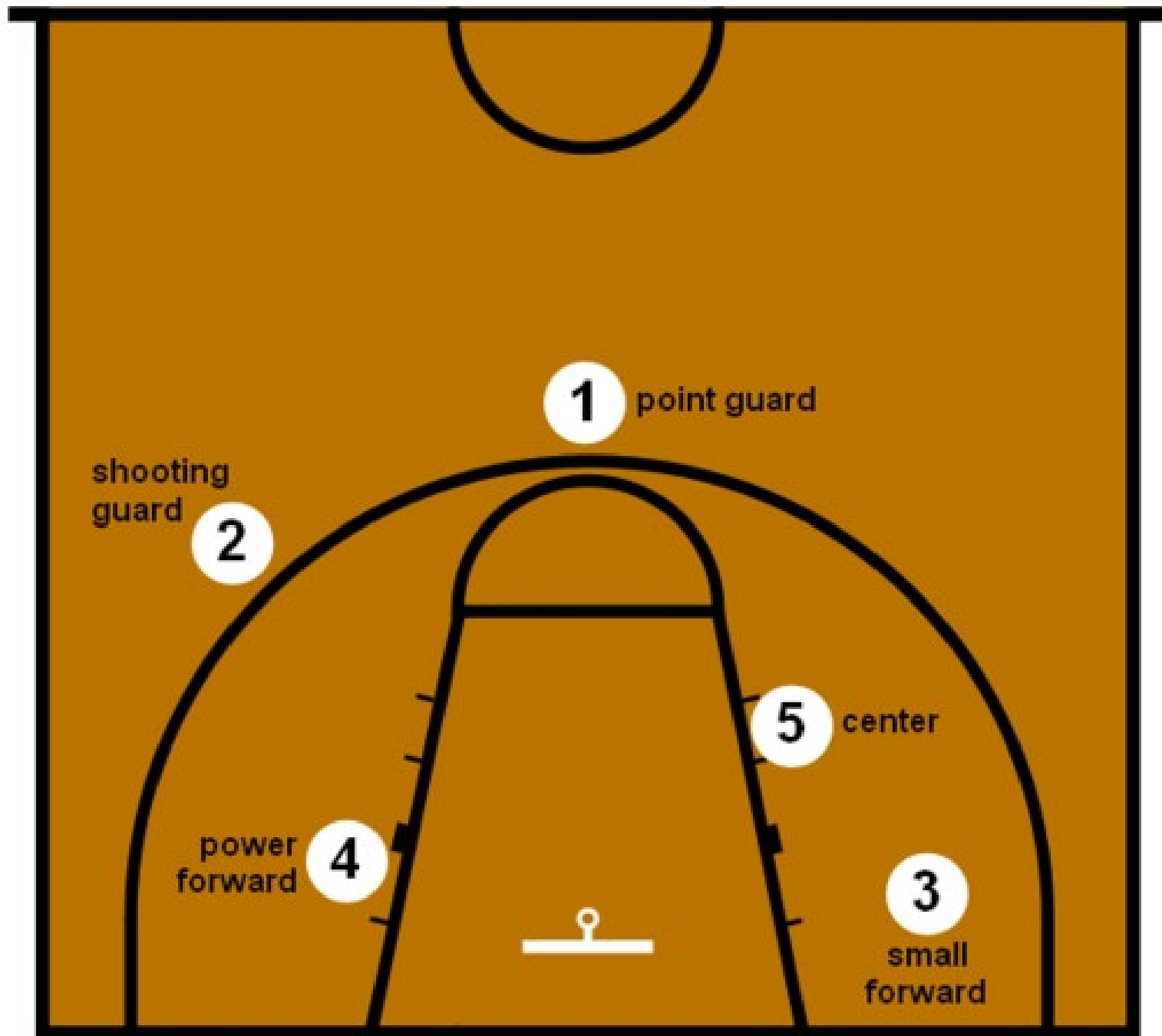
- **Forwards**

- Small Forward
- Power Forward

- **Center**

- **More information:**

<https://jr.nba.com/basketball-positions/>



# Object of the Game

- The basketball court is a rectangle divided in two equal parts.
- Each team tries to score at a basket located in its frontcourt.
- Each team defends the basket located in its backcourt.



# Start of Game

The game starts with a **jump ball** then alternate possession begins.



# Traveling

- **Traveling** - is having possession of the ball and moving without dribbling, results in a turnover.
- Watch a video on traveling <https://youtu.be/cGXFxEJUEpl>

