



Name _____ Class _____ Date _____

Take a Shot!

Basketball positions rely on different skills — **point guards** focus on their dribbling and passing, while **centers** and **forwards** should be powerful rebounders and shooters. **Outside guards** need to be quick and strong to make 3-point shots.



The Court

Basketball is played on a rectangular floor called the **court**, with a hoop at each end. **Hoops** are positioned **10 feet** above the ground.

The court is divided into 2 sections by the **mid-court line**.



Rules of the Game

Two teams of five players each try to score by shooting a ball through the hoops.



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A Basketball

Basketballs come in different sizes depending on your age.

A Hoop

Basketball hoops are available in most gyms and in many parks.

Snoes

Because of all of the quick moves and jumping, protect your ankles by wearing medium or high tops.

Fun Facts

- Former pro, **Wilt Chamberlain**, once scored 100 points in a single NBA game.
- Michael Jordan** was cut from the varsity basketball team when he was in the 10th grade — and went on to be the **NBA's Most Valuable Player** for 5 seasons!
- The average NBA player can make a **3-foot high jump** when going up for a shot or dunk, with a hang time of less than 1 second.





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Describe how basketball is played



What equipment is needed to play basketball?



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