

A graphic illustration for a basketball guide. It features a basketball hoop with a red rim and white net against a wooden floor background. A large orange basketball is shown in motion, hitting the net, with dynamic black and grey motion lines trailing behind it. Overlaid on the scene are two text boxes: a red one with the word 'Basketball' and a blue one with the number '101'.

Basketball

101

I  TO WATCH
YOU PLAY [.com](http://www.to-watch-you-play.com)

The Basics

Basketball is a team sport with two hoops on either end.

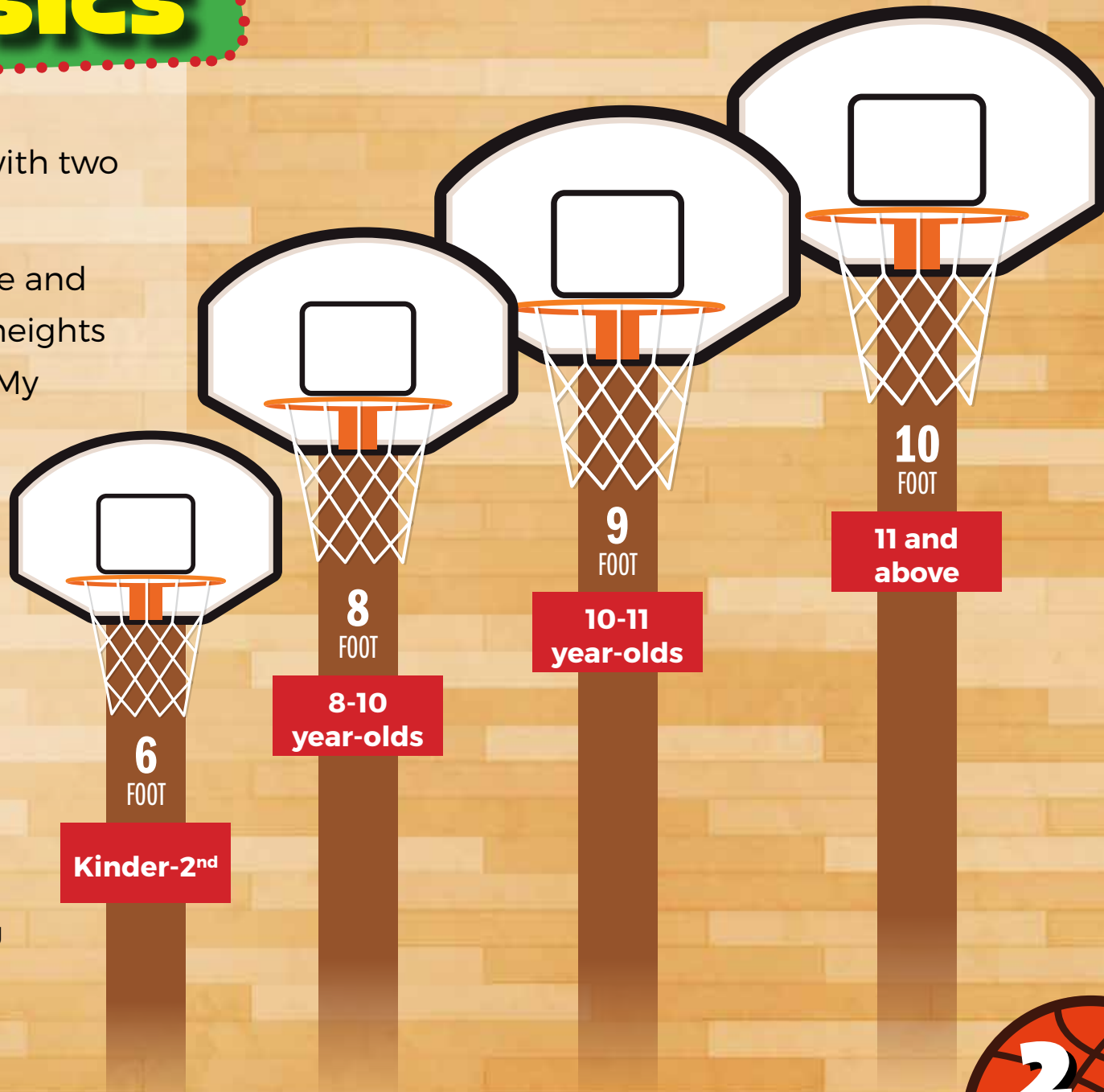
Depending on your kid's age and your particular league, the heights of the baskets can change. My third grader is playing on a 10-foot rim. That being said, many will follow this gradual scale.

10

players are on the court at all times, five from each team.



All players will play both offense and defense throughout the game, depending on which side of the court the ball is on.



Size Chart

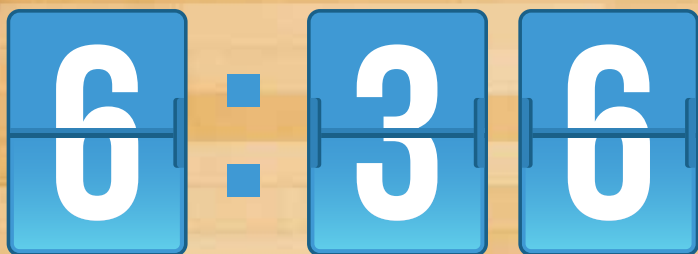
Recommended Sizes for Kids & Adults

Size	Circumference	Weight	Recommended For
Size 7	29.5"	22 oz	Men and boys ages 15 and up. This is official size for high school, college, and the pros.
Size 6	28.5"	20 oz	Boys ages 12-14. Girls and women ages 12 and up. This is the official size for women's high school, college, and pro basketball.
Size 5	27.5"	17 oz	Boys and girls ages 9-11. This is the standard youth basketball you find in most stores.
Size 4	25.5"	14 oz	Boys and girls ages 5-8 years old.



Time Commitment

Basketball doesn't go on forever. Unlike baseball and softball, there is always a clock. So don't worry, it won't screw up your dinner plans. Youth leagues typically play two halves – twenty minutes long with a running clock. High school and above typically play four 8-minute quarters and the clock is stopped whenever the whistle blows. In youth recreational leagues, every player must play a minimum amount of time, so nobody is left on the bench the entire game.



What other sport is it most like?

Basketball is complementary to many sports. There's a lot of jumping like in volleyball, but court vision and the passing and team game is most similar to soccer.





Jumping ability

If you're not tall, but you can jump out of the gym, then this is a great sport for you.

Quick

Different from being fast. It's all about short bursts, not long sprints.

Being tall It's not a deal breaker, but being closer to the basket definitely helps.

Traits That Make A Good Basketball Player?

Anticipation and court vision

If your kid is smart and focused, they will hopefully be able to see the court well and anticipate where the ball will be going next. This will help them make great passes and get a lot of steals.



What You Will Love About Basketball

- **It's INDOORS!** You never have to check the weather, bring sunscreen or bundle up. Yes, having an indoor venue makes a world of difference when you're a parent.
- **Easy to practice on their own.** Even if you don't have your own court, there are a TON of basketball drills for dribbling, agility, jumping, and even ways to practice your shot. Have your child google "basketball drills."
- **There's a lot of action.** There is a lot more scoring involved than in soccer or baseball. And if your kid plays other sports where they are stuck on defense or not good enough to see a lot of action, EVERYONE on a basketball court will be involved. Even if nobody wants to pass to your kid, he's sure to end up with an errant rebound or loose ball at some point!



What You Will Hate About Basketball

- **It's super competitive.** Since it's a playground sport and most kids play it, it can often be difficult to make club teams and high school teams. In America, more people play basketball than any other team sport.
- **The Non Stop Dribbling.** If your child ends up loving this sport, they will practice all around the house all day long.
- **Can be expensive.** If your child ends up playing travel/club, there can be a lot of out of town tournaments and sometimes out of state. Plus the gear can get expensive. Keeping up with the latest shoes, socks, and gear is not cheap.
- **Injuries** are typically minor but they do happen. Strains and sprains to the ankle and knee, and eye injuries are the most common.

The Court, Explained

The court is divided into two halves by the half court or midcourt line.

The center circle is used to start the game and is used during other jump ball situations. On jump balls, non-jumpers must remain outside the circle until the ball is tapped by one of the jumpers.

Shots made from outside the three-point line are worth three points; shots made inside the three-point line are worth two points.

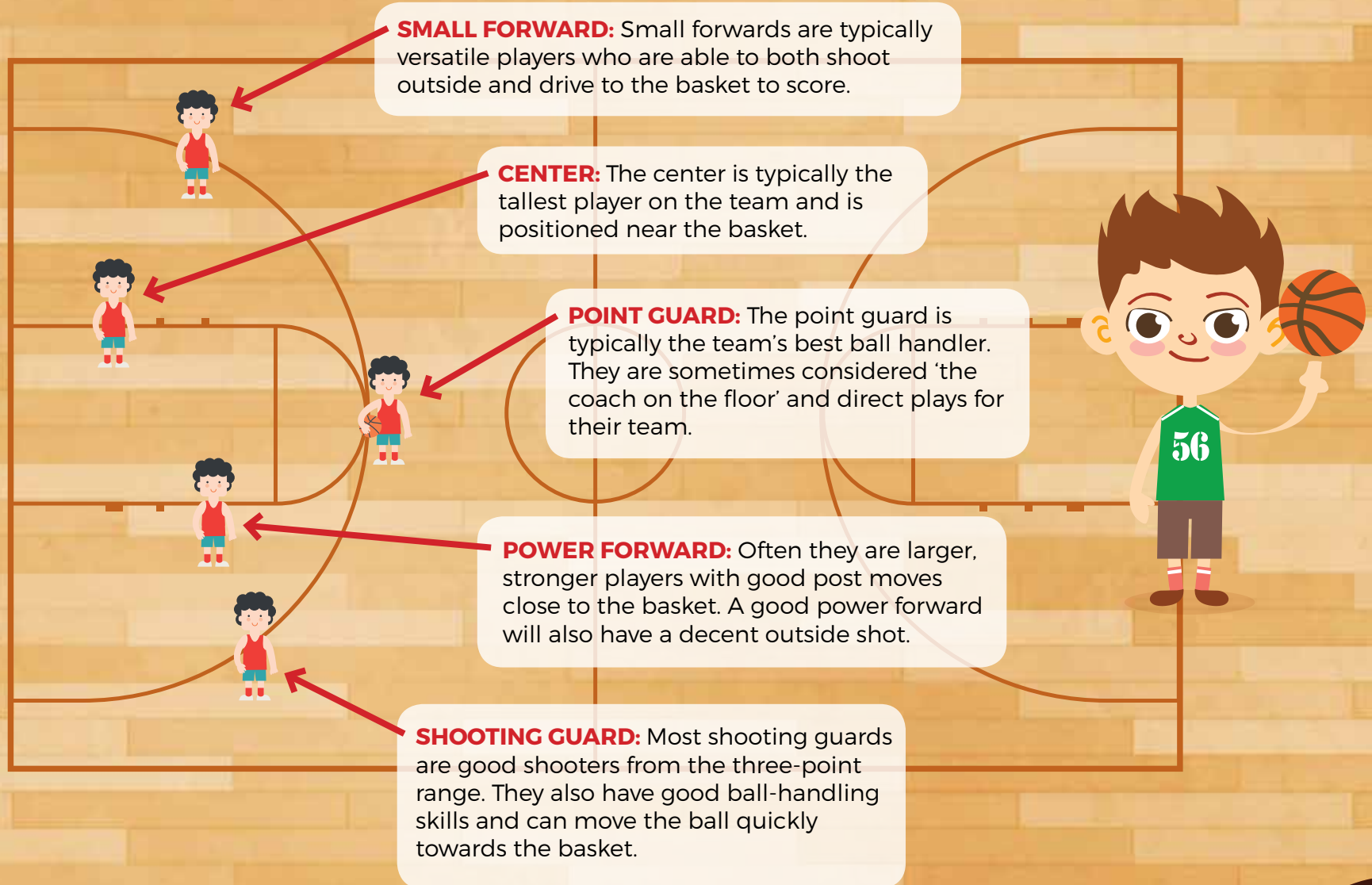
The free throw line is where a player stands to take a foul shot, which is worth one point.

The sidelines and baselines are the boundaries of the court.



Positions, Explained

There are five basic positions in basketball. Each player plays in a specific section of the court.



Scholarship Potential

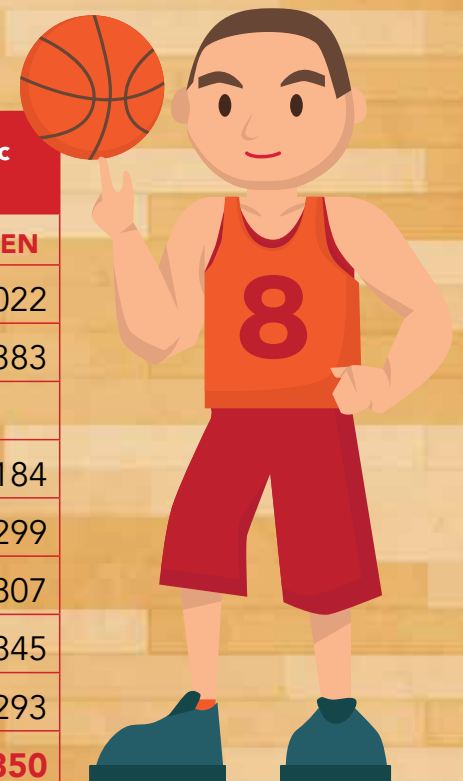
(IF YOU ARE REAL SERIOUS)

College Basketball & Scholarship Opportunities

2,029 schools sponsored varsity level basketball teams during 2015

DIVISION	# OF SCHOOLS	# OF TEAMS		TOTAL PLAYERS		Scholarships Limit Per Team		Average Athletic Scholarship	
		MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
NCAA1	351	351	349	5503	5124	13	15	\$14,958	\$16,022
NCAAI	316	313	314	5336	4882	10	10	\$6,067	\$7,383
NCAAI	447	424	442	7671	6606	x	x	x	x
NAIA	104	101	102	1877	1567	11	11	\$7,231	\$8,184
NAIA	124	122	122	2545	2095	6	6	\$5,392	\$5,299
USCAA=4YR	101	98	82	1396	947	x	x	\$742	\$807
NJCAA	438	430	398	6384	5049	15	15	\$2,432	\$2,845
CCCAA/2YR.	148	144	139	2023	1,681			\$230	\$293
TOTALS	2,029	1,983	1,948	32,735	27,951			\$4,827	\$5,350

From ScholarshipStats.com



The background of the entire image is a basketball court floor with a light wood grain pattern. A red basketball hoop is visible in the upper right, with its white net hanging down. A large, orange basketball is shown in the lower left, with black motion lines radiating from it to indicate it is moving quickly towards the hoop.

Basketball

101

I  TO WATCH
YOU PLAY .com