

# **STUDENT'S BOOK**

**TEAM SPORTS: play, cooperate and  
compete in English**

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## 1. BASKETBALL RULES

### A. Match the names of the rules for the corresponding explanation.

- |                                      |                              |
|--------------------------------------|------------------------------|
| a) Travelling.                       | f) Five-seconds rule.        |
| b) Double dribbling.                 | g) Three-seconds rule.       |
| c) Personal foul or illegal contact. | h) Eight-seconds rule.       |
| d) Basket.                           | i) Twenty-four-seconds rule. |
| e) Back court violation.             | j) Out-of-bounds.            |



1. When the team in possession passes the ball back into their own half of the court.
2. A successful basket means one, two or three points for the score of the team.
3. A player in possession of the ball has five seconds to pass, shoot or dribble the ball.
4. A player or the ball is out-of-bounds if (s)he/it touches the floor outside the boundary lines. Also if the player or the ball touches the line or some object situated out of the bounds.
5. Blocking, holding, pushing, charging and tripping constitute a foul against the opponent.
6. A team has eight seconds for advancing the ball over the centre line.
7. No player can stand inside the key more than three seconds.
8. Walking or running without dribbling.
9. Bounce – stop – bounce again.
10. When a team has the ball, it has twenty-four seconds for trying a shoot at goal.



- |          |          |
|----------|----------|
| a) _____ | f) _____ |
| b) _____ | g) _____ |
| c) _____ | h) _____ |
| d) _____ | i) _____ |
| e) _____ | j) _____ |



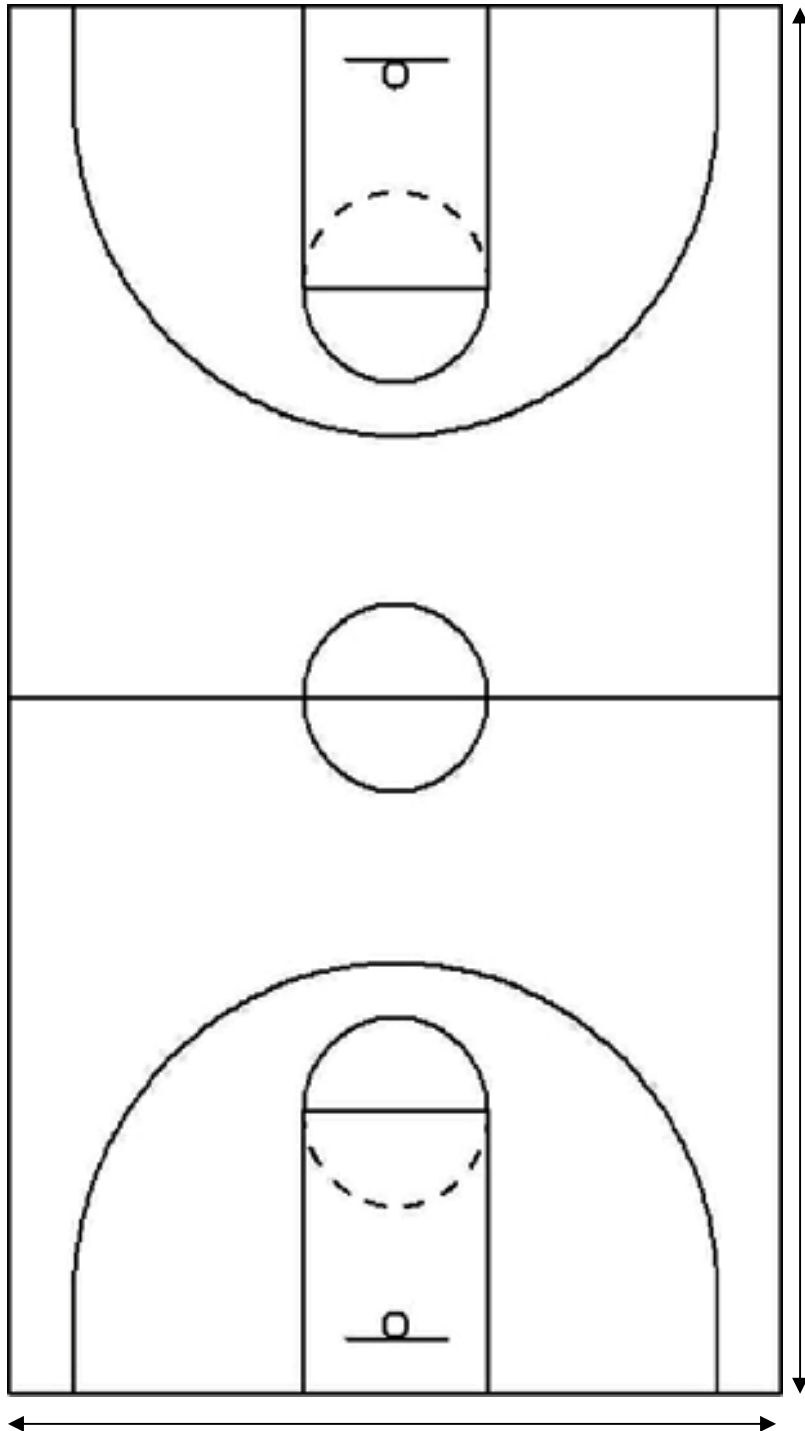
**B. Answer the following questions.**

1. How long is a basketball match? How many parts does it have?
  
  
  
  
  
  
  
  
  
  
2. How many players have a basketball team in the court?



**C. Complete the picture with the words or phrases in the box below:**

backboard – back line – basket – centre line – free throw line  
– key – side line – three-points line – 28 meters – 15 meters



**D. Vocabulary box. Write in the box the vocabulary you have had to look up.**



## 2. BASKETBALL HISTORY



### A. Complete the gaps with one word from the box.



*James Naismith*

ball – body – born – fist – from  
 – goal – hands – inventor –  
 opponent – peach – played –  
 practise – rock – school – team  
 – thirteen – time – winner –  
 winter – world

Dr. James Naismith is known in the \_\_\_\_\_ as the \_\_\_\_\_ of basketball.

He \_\_\_\_\_ a simple game known as duck-on-a-rock outside his \_\_\_\_\_. The game involved knocking a "duck" with a \_\_\_\_\_.

James Naismith was \_\_\_\_\_ Canada, but in 1891, he moved to the YMCA school, in USA. The same year, basketball was \_\_\_\_\_. Naismith wanted to \_\_\_\_\_ a sport for playing inside during the cold \_\_\_\_\_ in a small space.

The first time, they played with a football \_\_\_\_\_ and two \_\_\_\_\_ baskets as goals.

At the beginning, basketball had \_\_\_\_\_ rules. Some of them are:

1. You can throw the ball in any direction with one or two \_\_\_\_\_.

2. You can bat the ball with one or two hands, but never with the \_\_\_\_\_.
3. You can hold the ball in the hands, but you can't hold the ball with other part of your \_\_\_\_\_.
4. You can't shoulder, hold, push, strike or trip an \_\_\_\_\_.
5. If one team makes three consecutive fouls, the other \_\_\_\_\_ counts a goal.
6. \_\_\_\_\_ is when the ball goes into the basket and stays there.
7. The \_\_\_\_\_ is two 15-minute halves with five minutes' rest between.
8. The \_\_\_\_\_ is the side making the most goals at the end.

**B. Answer the follow questions with a full sentence.**

*Example:*

1. *Who did invent basketball? James Naismith invented basketball.*
2. Where was James Naismith from?
3. When was basketball born?





4. What did they use the first time they play basketball?

5. How many rules did basketball have at the beginning?

**C. Compare the first basketball rules with the present rules. Which ones are similar and which ones are different? Rule number 1 is done for you.**

<u>Similar rules</u>	<u>Different rules</u>
1 _____	.....
_____	.....
_____	.....
_____	.....
.....	



**D. Vocabulary box. Write in the box the vocabulary you have had to look up.**



### **3. BASKETBALL GAMES**

**A. Read the exercise the teacher has given to your group and look up the vocabulary you don't understand. The lesson day teacher tells you, you have to explain and organize your game to your classmates.**

#### **GROUP 1: pass game. "10 PASSES"**

**Names:**

**Date of presentation:**

Aim: To get 10 passes without losing the ball control.

Rules:

- We need two teams and one ball.
- The winner is the team that gets more points.
- One team wins one point when they get 10 passes.
- If the team loses the ball control, the count starts again.
- You can make bounce passes.
- You can't dribble.
- You can't run if you have the ball.
- You can't commit personal fouls to get de ball.



**B. Vocabulary box. Write in the box the vocabulary you have had to look up.**



### **3. BASKETBALL GAMES**

**A. Read the exercise the teacher has given to your group and look up the vocabulary you don't understand. The lesson day teacher tells you, you have to explain and organize your game to your classmates.**

#### **GROUP 2: dribble game. "THE KING OF THE RING"**

**Names:**

**Date of presentation:**

Aim: To hold your ball and beat the others.

Rules:

- Everybody has a ball.
- We play in a delimited space.
- Everybody has to dribble the ball all the time.
- You have to make the opponents lose the ball while you are bouncing yours.
- If you lose the ball, you are out.
- The winner is the student who is not eliminated.



**B. Vocabulary box. Write in the box the vocabulary you have had to look up.**



### **3. BASKETBALL GAMES**

**A. Read the exercise the teacher has given to your group and look up the vocabulary you don't understand. The lesson day teacher tells you, you have to explain and organize your game to your classmates.**

#### **GROUP 3: shot game. "21"**

**Names:**

**Date of presentation:**

Aim: To get twenty-one points.

Rules:

- A row in the free-throw line with one ball.
- The first one in the row shoots. If s/he scores gets 2 points.
- If the shooter catches the rebound before the ball touches the floor, s/he can shoot again. If s/he scores, s/he gets 1 more point.
- If you don't catch the rebound before the ball touches the floor, you can't shoot again.
- After the rebound you have to give the ball to the first of the row.
- You can get zero, one, two or three points whenever it is your turn:
  - o You don't score any shot: 0 points.
  - o You only score the rebound: 1 point.
  - o You only score the free-throw: 2 points.
  - o You score the free-throw and the rebound: 3 points.



**B. Vocabulary box. Write in the box the vocabulary you have had to look up.**





### **3. BASKETBALL GAMES**

**A. Read the exercise the teacher has given to your group and look up the vocabulary you don't understand. The lesson day teacher tells you, you have to explain and organize your game to your classmates.**

#### **GROUP 4: pass game. "ELIMINATE STOPWATCH"**

**Names:**

**Date of presentation:**

Aim: To beat the opposite team as quick as you can.

Rules:

- Two teams.
- One team has the ball until they beat the opposite team.
- You eliminate a member of the opposite team if you touch him/her with the ball while they hold the ball with two hands.
- You can't dribble.
- You can't run if you have the ball.
- The teacher checks the time one team needs to beat all the members of the other team.
- The winner is the team that takes less time to beat the opposite team.



**B. Vocabulary box. Write in the box the vocabulary you have had to look up.**





## 4. VOLLEYBALL RULES



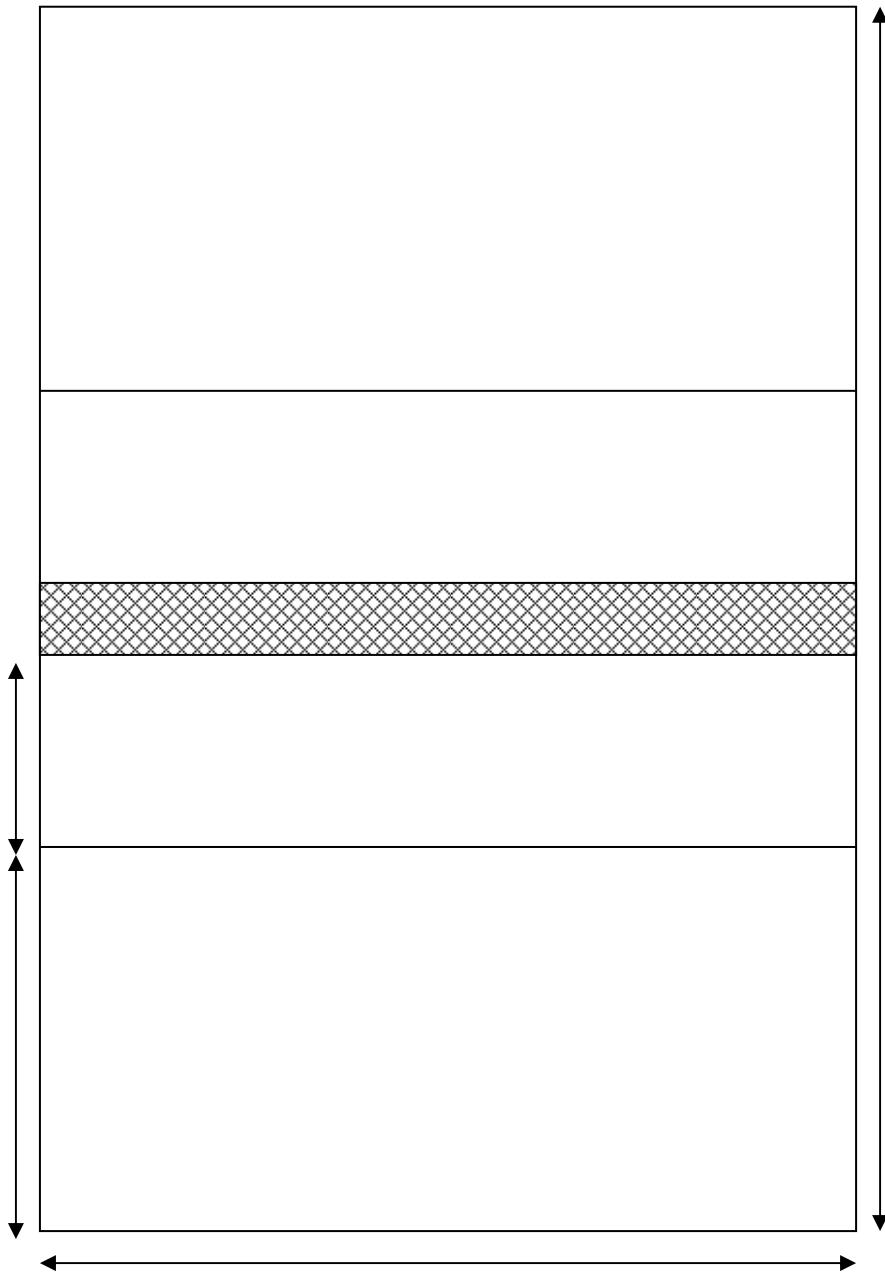
### A. Complete the gaps with one word from the box.

good – area – team – three – lines – wins – twenty-five – rotate – players – six  
– body – correct – service – match – two – volley – dig – court – ball – set

1. If the \_\_\_\_\_ touches the net in the serve, and goes over it to the other side, the game continues.
2. A ball touching a boundary line is \_\_\_\_\_.
3. There are \_\_\_\_\_ players in each \_\_\_\_\_.
4. One team can do \_\_\_\_\_ hits every time the ball is in their side.
5. One team \_\_\_\_\_ the set, when they get \_\_\_\_\_ points.
6. One team wins the \_\_\_\_\_, when they get three \_\_\_\_\_.
7. The \_\_\_\_\_ have to rotate each time they win the serve.
8. You can't touch the net with any part of the \_\_\_\_\_.
9. Your team has to serve in the \_\_\_\_\_ order.
10. The player starts the game from any part of the \_\_\_\_\_ (two words).
11. You can't touch the ball \_\_\_\_\_ consecutive times.
12. You can't carry, palm or throw the ball, you must hit it (\_\_\_\_\_ or \_\_\_\_\_).
13. You can't cross to the opponent half \_\_\_\_\_, either above or below the net.
14. Players have to \_\_\_\_\_ in a clockwise manner.
15. You can play the ball out of the boundary \_\_\_\_\_.

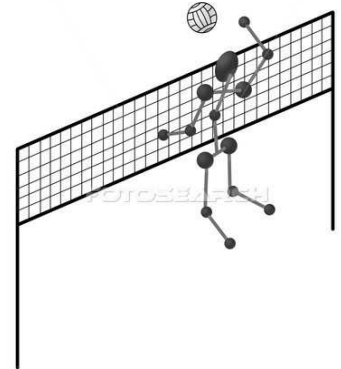
**B. Complete the picture with the words or phrases in the box below:**

frontcourt – backcourt – net – service area – side line – attack line –  
18 meters – 9 meters – 3 meters – 6 meters



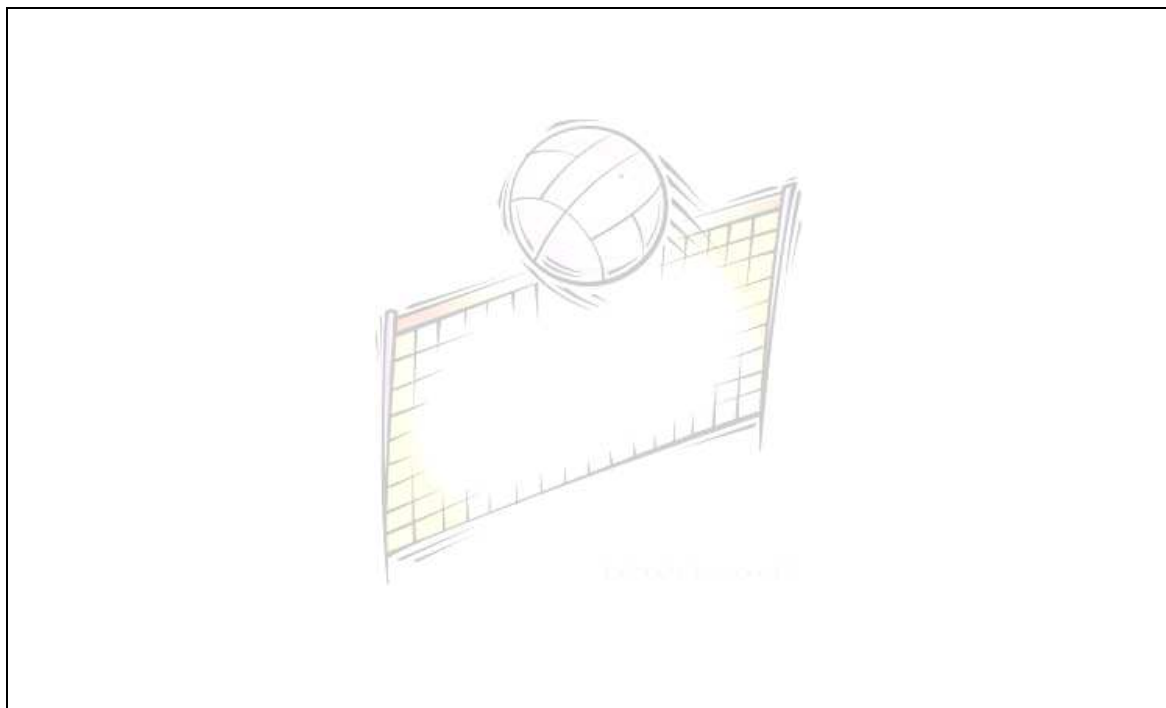
**C. Complete the table writing the numbers of the rules of the exercise A in the correct column. Number one is done for you.**

SERVICE	SCORING	ROTATION	PLAYING THE GAME
1			



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**D. Vocabulary box. Write in the box the vocabulary you have had to look up.**



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## 5. VOLLEYBALL HISTORY



### A. Complete the gaps with one word from the box.



*William G. Morgan*

years – sport – number – 25 –  
 handball – new – three – court –  
 violent – players – name – world –  
 team – score – rotation – rules –  
 Volleyball – intense – win –  
 basketball

In 1995, the \_\_\_\_\_ of volleyball was 100 \_\_\_\_\_ old. The sport originated in United States, and today, there are more than 800 million players in the \_\_\_\_\_.

In 1895, William G. Morgan, born in New York, decided to mix elements of \_\_\_\_\_, baseball, tennis and \_\_\_\_\_ to create a \_\_\_\_\_ game, volleyball, originally called "Mintonette".

The history of \_\_\_\_\_ is close to another popular \_\_\_\_\_ game, basketball. Only twelve kilometres and four years separate both. But Morgan needed a game less \_\_\_\_\_ and less \_\_\_\_\_ for older \_\_\_\_\_.

Changes were immediately made in the game:

- One of the first changes was the \_\_\_\_\_. They new name was more descriptive, volleyball.
- Originally, a \_\_\_\_\_ had as many players as it wanted. The \_\_\_\_\_ was set at nine and later to six.
- The \_\_\_\_\_ has been part of the game from the beginning.
- The first \_\_\_\_\_ allowed an unlimited number of hits, later, the number was established at \_\_\_\_\_.

- Under the original rules, a team had to \_\_\_\_\_ 21 points to \_\_\_\_\_ a game. In 1917, the number was reduced to 15. Today it's \_\_\_\_\_.

**B. Answer the follow questions with a full sentence.**

*Example:*

1. *Who did invent volleyball? William G. Morgan invented volleyball.*

2. Where was William G. Morgan from?

3. When was volleyball born?

4. Which sports did William G. Morgan mix to create volleyball?

5. Which was the first name of the volleyball?



**C. Compare the first volleyball rules with the present rules. Which ones are the same and which ones are different? Use exercise A to set the answers.**

**Different rules**

**Same rules**

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**D. Vocabulary box. Write in the box the vocabulary you have had to look up.**





## 6. VOLLEYBALL GAMES

**A. Read the exercise the teacher has given to your group and look up the vocabulary you don't understand. The lesson day teacher tells you, you have to explain and organize your game to your classmates.**

### **GROUP 1: volley pass game. "THE SETTING GAME"**

**Names:**

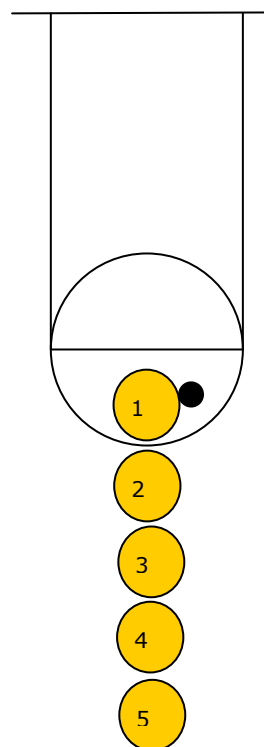
**Date of presentation:**

Aim: To get more points than the other players.

Game: The players position themselves in the basketball free-throw line, in a row facing the basket. Player O1 tosses the ball to him/herself and attempts to score in the basket using the volley pass. If (s)he scores, (s)he gets two points and goes to the end of the line. If (s)he doesn't score, O2 can try to score using again the volley pass. If (s)he gets directly the rebound and scores, (s)he gets two points. If O2 scores after one bounce, (s)he only gets one point. If O2 doesn't score, the game continues with O3, O4..., until the ball bounces more than once. At this moment, the game starts again with player O2, who was the following in the line.

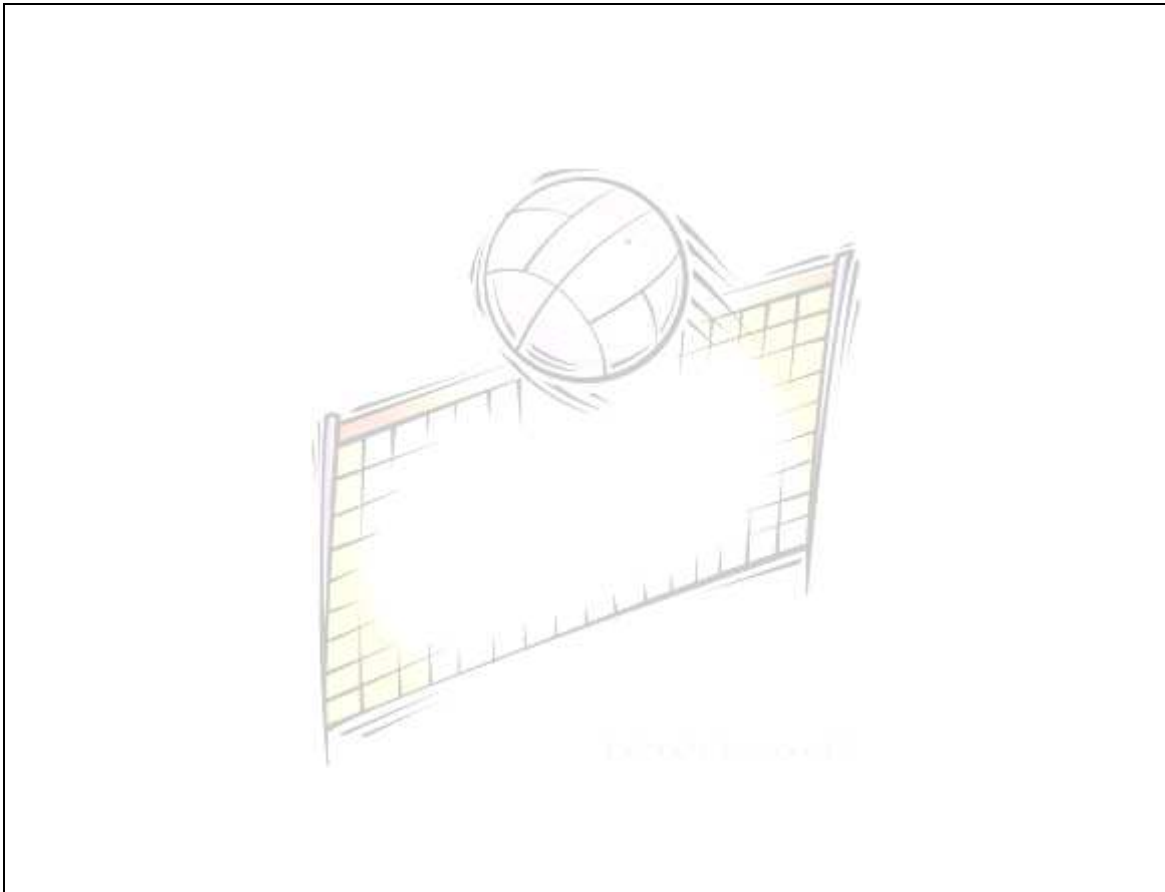
Rules:

- We need two players or more, a basket and one volleyball ball.
- The winner is the player who gets more



<p>points.</p> <ul style="list-style-type: none"><li>- One player wins points when s(he) scores a basket using the volley pass (overhead pass).<ul style="list-style-type: none"><li>o Direct score: 2 points.</li><li>o Score after the rebound without any bounce of the ball: 2 points.</li><li>o Score after the rebound with one bounce of the ball: 1 point.</li></ul></li></ul>	
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**B. Vocabulary box. Write in the box the vocabulary you have had to look up.**



## 6. VOLLEYBALL GAMES

**A. Read the exercise the teacher has given to your group and look up the vocabulary you don't understand. The lesson day teacher tells you, you have to explain and organize your game to your classmates.**

### GROUP 2: dig game. "THREE POINTS"

**Names:**

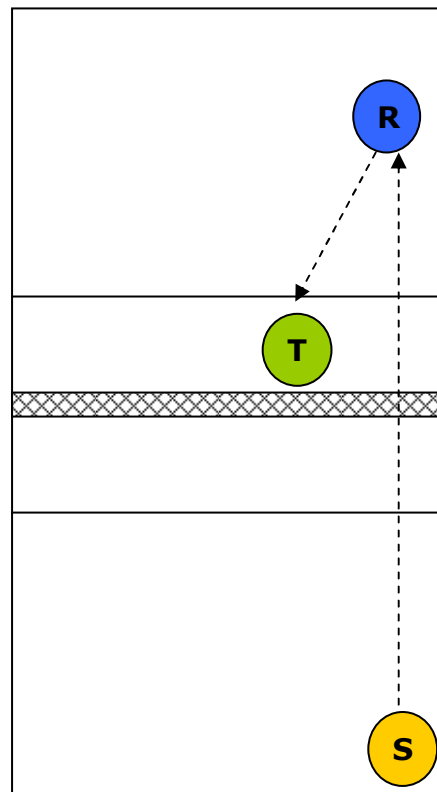
**Date of presentation:**

Aim: To score three consecutive points.

Game: We have three players, the server (S), the receiver (R) and the target (T). The server serves the ball to the receiver (if the players are not still good enough at serving, the server can just feed the ball). The receiver has to pass the ball to the target using the dig pass. If the target can catch the ball with one step without moving the pivot foot, the point is awarded to the receiver. If the pass is not acceptable, the point goes to the server. A serving error (if you are starting the game with the service) is a point for the receiver. The first player who scores three points in a row wins the game. The winner of the game will play against the target.

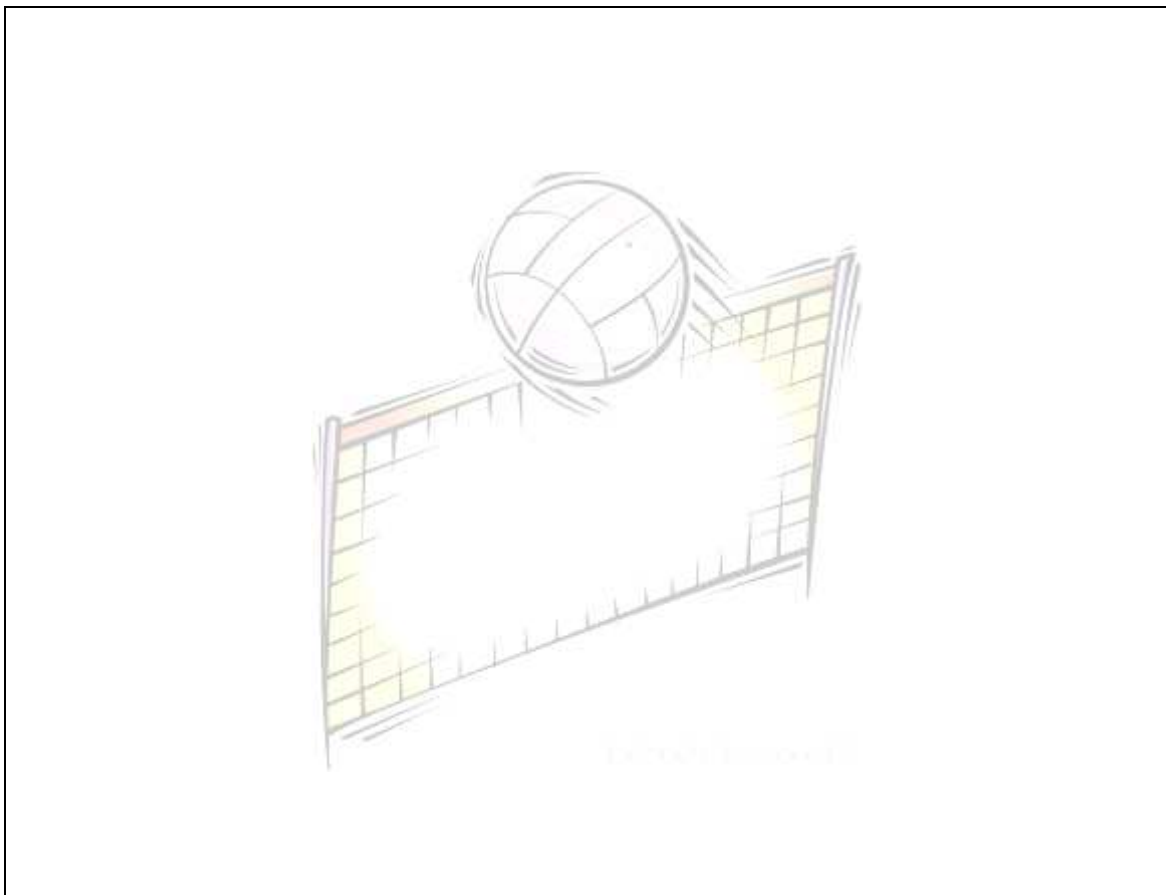
Rules:

- The receiver can only use the dig



<p>pass.</p> <ul style="list-style-type: none"><li>- The server can only use the underhand service.</li><li>- The target counts the points of each player.</li></ul>	
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**B. Vocabulary box. Write in the box the vocabulary you have had to look up.**



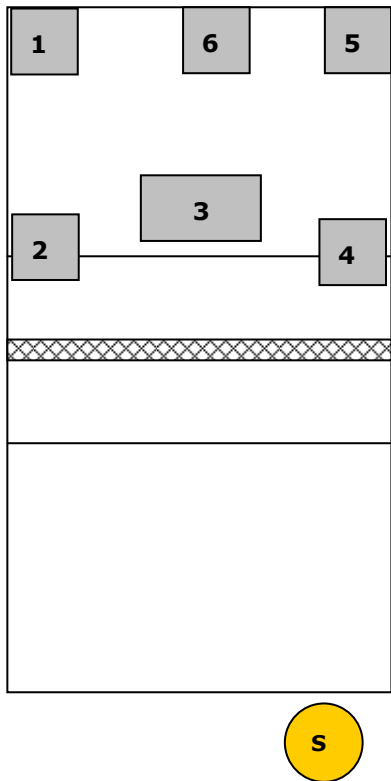
## 6. VOLLEYBALL GAMES

**A. Read the exercise the teacher has given to your group and look up the vocabulary you don't understand. The lesson day teacher tells you, you have to explain and organize your game to your classmates.**

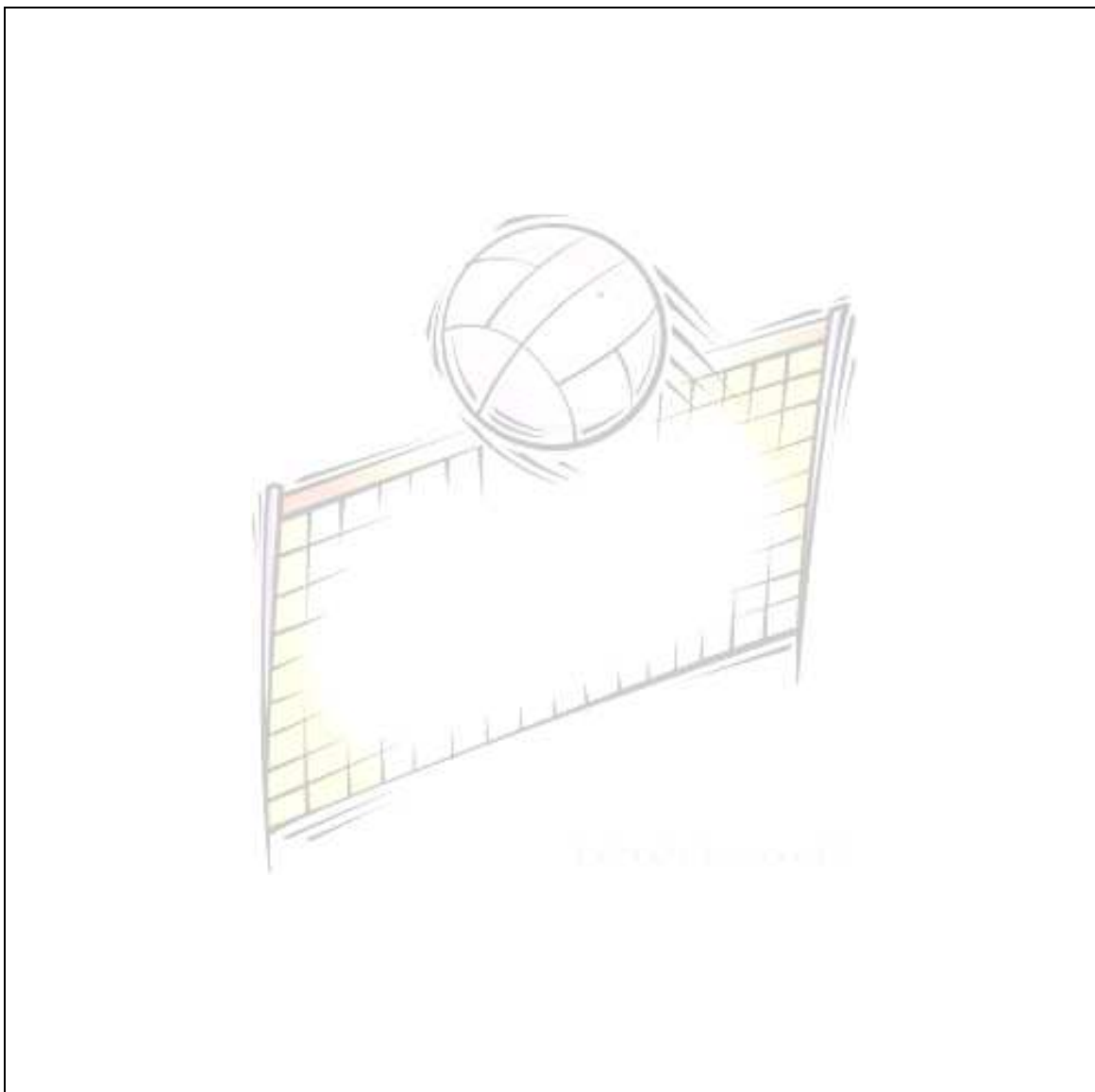
**GROUP 3: service game. "HORSE"**

**Names:**

**Date of presentation:**

<p><u>Aim:</u> To beat the opponent player.</p> <p><u>Game:</u> Students play 1v1. Every twos need a ball. The opposite half court has six areas marked on the floor. The first player predicts the area where (s)he is going to put the ball. If the second player successfully duplicates the first player's service, the score remains the same. However, if the second player misses, then (s)he picks up a letter (H, O, R, and so on). If the first player misses his/her service, the players switch roles and the first becomes the second and the second becomes the first. The game continues until a player spells "HORSE".</p> <p><u>Rules:</u></p> <ul style="list-style-type: none"> <li>- Players can only use underhand service.</li> <li>- You only pick up a letter if you are the second player.</li> </ul>	
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**B. Vocabulary box. Write in the box the vocabulary you have had to look up.**



## 6. VOLLEYBALL GAMES

**A. Read the exercise the teacher has given to your group and look up the vocabulary you don't understand. The lesson day teacher tells you, you have to explain and organize your game to your classmates.**

### **GROUP 4: volley pass game. "SHORT COURT GAME"**

**Names:**

**Date of presentation:**

Aim: To get 10 points before the opponent.

Game: In pairs, students play 2v2. The court is 9 meters wide and 3 meters long. Players can only use the volley pass. The service can be done using the underhand service or a volley pass. Three contacts are allowed on each side.

Rules:

- Three touches maximum.
- One player can't make two consecutive touches.
- The only contact allowed is the volley pass.



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**B. Vocabulary box. Write in the box the vocabulary you have had to look up.**

