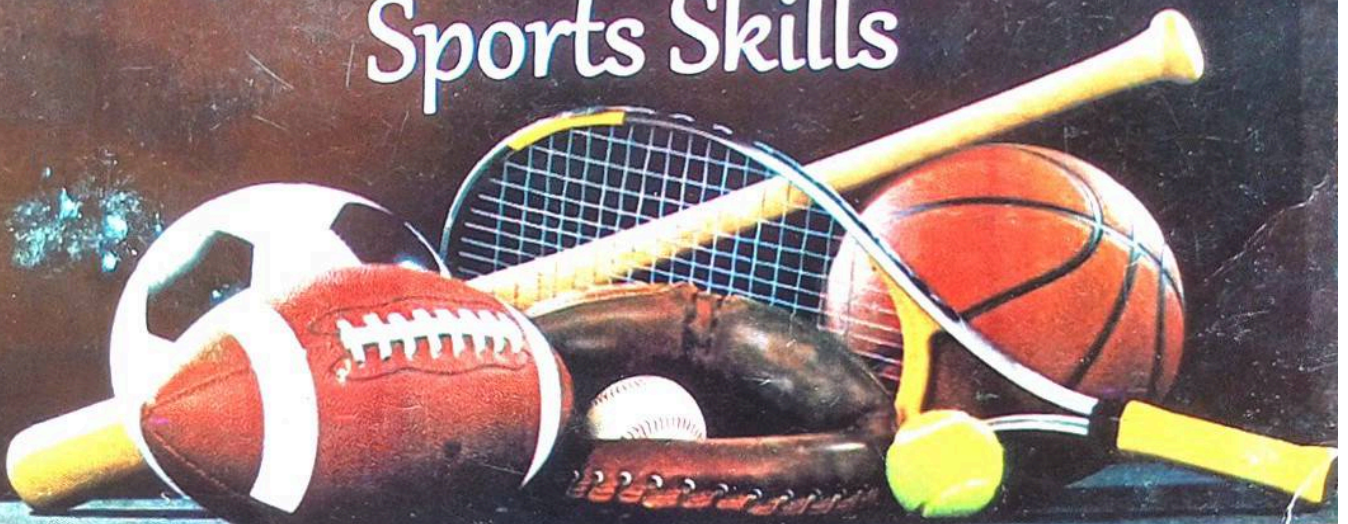


# THEORY

## Of Games

### *And* Sports Skills



**ANANOMO LEONARD E. (Ph.D)**

**THEORY**

*Of*

**Games**

*And*

**Sports Skills**

**ANANOMO LEONARD E. (Ph.D)**

I

# THEORY OF GAMES AND SPORTS SKILLS

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## DEDICATION

The text is dedicated to my wife Mrs. Ananomo Juliet and our lovely children; Christopher, Michael and Francis.

## FOREWORD

This is to encourage the courage and determination of a dynamic lecturer. Dr. Ananomo Leonard is a completely devoted physical educator specialist. For many years now his commitment to the subject is dear to him. It is not a surprise that he has put together a book on physical education.

This book which is referred to as Introduction will prove helpful to both students and teachers in physical education activities of various levels. The book will also make useful reading to everyone who believes in staying healthy and knowledgeable in physical education skills. Congratulations.

**Professor, Adu Bello**

## PREFACE

This book emanated out of a longtime experience in teaching, setting and marking physical education in NECO and WAEC. The book therefore takes into consideration the students and teachers in both primary secondary and higher institution who want to understand the fundamental principles and scope of physical education as a discipline. The book stated clearly what is required in studying games played in schools. The brief history and terminologies treated in different games makes the book unique.

The Physical Education National Curriculum for both junior and senior secondary school was incorporated in the work as well as work for the candidate of National Certificate of Education (NCE) and the degree programme respectively.

## ACKNOWLEDGEMENT

I am grateful to Almighty God who blessed the publication of this textbook. To my parents chief and Mrs. Ananomo, my wife Mrs. Juliet Ananomo and our wonderful children.

I also humbly extend my sincere appreciation to Prof. Okafor, J. O., Agbanusi, E. C., Okonowor O. C. N. and other lectures in the Department of Human Kinetics and Health Education Nnamdi Azikiwe University Awka.

Ananomo Leonard E.

## ABOUT THE AUTHOR

Ananomo Leonard Eshiemogio obtained a certificate in physical and health education, diploma in physical and health education B.Ed, in Ed and Ph.D in organization and Administration of sports in the Department of Human Kinetics and Health Education University of Ibadan. He is married and blessed with children.



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# THEORY OF GAMES AND SPORTS SKILLS

## INTRODUCTION

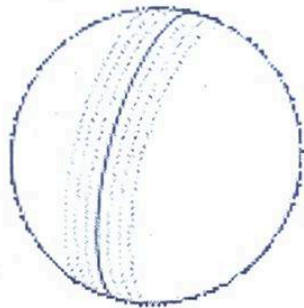
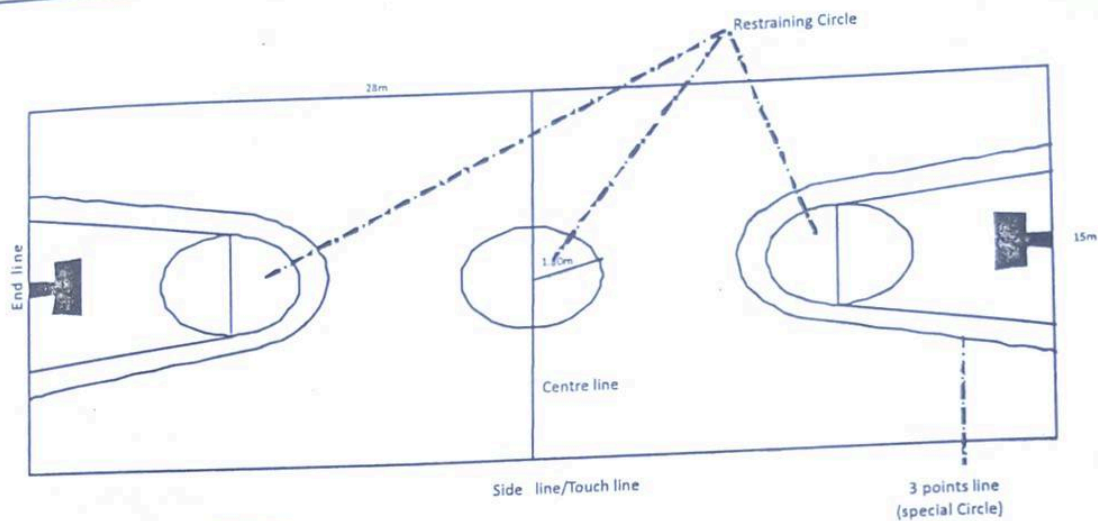
Games in this context of three divisions viz

1. **Individual games-** which is performed by an individual, such as weight lifting, swimming, and Athletic field events Jump and throws, etc.
2. **Dual games-** which are performed by two persons; e.g boxing, Wrestling, Judo, table tennis (singles), Badminton (singles), Tennis (singles), etc.
3. **Team games-** which is performed by more than two persons; e.g soccer, basketball, handball, hockey, cricket, volleyball, etc.

## MAJOR GAMES:

### BASKETBALL

The court: Modified Standard Court.



Circumference between 75cm and 78cm.  
 Weight - not less than 600 gm nor more than 650gm

### *Brief history of basketball*

The game was originated from the United states of America. It was invented by Dr. James A. Naismith in 1891. Since its invention, it has undergone series of modifications or changes both in its rules and regulations and courts. In 1930, the game was introduced as one of the Olympic games and had ever since maintained its place.

## The Game

The game is started with a jump ball. It is played by two teams of five players each with about

five to seven substitutes each. The period of duration of the game is 20 minutes each half with 10 minutes rest at half time break. The game must never end in a draw rather extra period should be added to make sure a side win the game. Balance, relaxation and protection are basic to all fundamental movements in basketball.

## Basic skills

*The fundamental skills include the following*

1. **Ball Handling:** This include catching, and holding the ball
2. **Passing:** This is the act of throwing and pushing the ball

Different methods of passing include:

Chest pass; Bounce pass; Hook pass; Javelin throw, one or two hands overhead pass; one of two hands underarm pass or shovel pass; Roll pass. Etc.

3. **Shooting:** This is the act of putting the ball into the

basket.

The team that has more shots wins the game and that is why this skill is the most important skill. It takes time to perfect shooting skills, but practice make perfect. Shooting styles include: Lay-up shot.

One or two hands set shot; jump shot, pivot shot, underarm shot, etc.

4. Dribbling: There are two main types of dribble; High dribble and low dribble.
5. Pivoting footwork
6. Offensive and defensive play- man to man and zone to zone defense; guarding.
7. Officiating in a match.

### **Rules of Basketball**

1. The purpose of the game is for each team to throw the ball into its opponents basket and to deny the other team possession of the ball.
2. Each goal secures two points and three points outside the special circle; and one point each of the

- free throws.
3. Any player can shoot and score from any point within the court. It is advisable to make your shots when you are very close to the ring and for that passing becomes necessary.
  4. It is a foul if a player
    - a) Hits the ball with clenched fist
    - b) Kicks the ball
    - c) Carries the ball for more than one pace
    - d) Double dribbles i.e ending a dribble by touching the ball with both hands at a time and start dribbling again.
    - e) Remain in the restricted area for more than 3 seconds when his team has control of the ball.
    - f) Take more than 5 seconds to put the ball into play from out of bounds.
    - g) Takes more than 3 seconds to put the ball into play from the back court to the front court. For any of the infringements the offenders' opponents are awarded a throw-in which takes place at side line at that point out of bounds which is nearest the spot



where the offence occurred.

5. It is a personal foul if a player:
  - a) Holds an opponent
  - b) Charges or trips an opponent
  - c) Intentionally blocking an opponent
  - d) Shows an intentional unsportsmanlike attitude in words or action to a player.
  - e) Pushing an opponent
  - f) If he stands in the restricted area for more than 3 seconds

All these apply when the game is on. The penalty for these fouls is a free throw-in taken from the side lines nearest the point where the offence was committed. The offender must be reported to the scorer by facing the score' table and raising his arm. If a player is fouled when he is shooting for a goal three free throws are allowed. If the shot is successful in spite of the fouling, his free throw still remain. A total of five personal fouls by a player disqualified the player from playing further.

6. Technical Fouls: *The following are technical fouls:*

- a) Entering the field as substitute without the knowledge of the referee or the scorer.
- b) Coaching from the side of the courts.
- c) A player changing his/her number without the knowledge of the scorer and referee.
- d) Delaying the game by preventing the ball from being put promptly into play
- e) Waving hands close to the opponent's face or eye to handicap him.
- f) Not raising his arms properly when charged with a foul.
- g) When a player shows disrespect to any of the officials

These offences are in short against the spirit of the game. The punishment is the same as in personal foul but instead of side throw-in there will be two free throws into the basket of the offender

- 7. There is no off-side in the game of basketball
- 8. If two opponents hold the ball in such a way that neither of the two can get the ball out, without 'undue roughness' a held ball is declared.

9. The offensive player may stand in the free throw line for more than three seconds with or without a ball.
10. The game has the following number of rules- 3,5,10 and 30 second rules

### **Officials and their duties**

*Officials of the Basketball game include:*

#### **1. Referee**

He is the senior official. He inspects the facilities and equipment for the game and gives approval before the match. For example, he inspects the post and ball and other things used for the game. He tosses up the ball for a jump, takes final decisions when necessary and examines the score book

#### **2. Umpire and Referee**

Umpire and referee are each on the opposite side of the court. Their functions are similar but the referee takes final decisions. Their functions include:

- I. Conducting the game accordingly.

- ii. Permit substitutes to come on to the court.
- iii. Granting time-out
- iv. Deciding when the ball becomes dead
- v. Controlling the free throws from the free throw line.
- vi. Counting seconds when a player must play the ball or shoot within a time limit.

### 3. Time-Keeper

The time keeper sits outside the court with at least one stop-watch (called the game clock). He keeps accurate check on the playing time. He records both playing time and the time of stoppage as provided for in the rules.

He must intimate the referee more than 3 minutes notice before each so that the referee in turn can give the team a clear 3 minutes warning before the start of play.

He must also signal to the scorer two minutes before starting time, and indicate the end of playing time in each half or extra period, with gong, pistol or bell.

#### 4. Scorer

The scorer records the names and numbers of all players taking part in the game. He informs the nearest official if there is any breach of the rules about the numbers and substitute players. Takes down a tally of points scored by each player and team. Records all fouls, personal and technical and notify the official immediately when a player has committed a total of five fouls for disqualification from the game.

Recording time-outs called by each team and informing the team and referee when they have had two in their half.

#### 5. Recorder

In the absence of electronic score board, an official should be responsible for recording the scores of each team on a big board. He who does this job is the recorder.

### SOME TERMINOLOGIES IN BASKETBALL

1. Jump Ball: A method of putting the ball into play by tossing it between two opponents in one of the

three resting circles.

2. **Out of Bounds:** Any space outside the boundary lines
3. **Technical Foul:** Any action committed by players, coaches or team supporters that goes against the spirit of the game or undermines the authority of the game officials.
4. **Time Out:** A period in which game watch is stopped as a result of violation, a foul held ball or officially requested by a team.
5. **Freezing the Ball:** A tactical possession of the ball for a prolonged period in order to “kill” time.
6. **Feinting:** A feint or a pretence of moving the body or ball in an effort to deceive the opponent.
7. **Personal Foul:** A rule infraction by an individual (involving contact with opponent) for which one or more free throws or ball possession may be given the opponent
8. **Violation:** An infraction of the rules resulting in a throw-in from out-of-bounds.
9. **Dead ball:** A moment in the game in which the game is temporarily stopped due to: violation,

rule infraction, scoring goal, a call for time out or substitution.

10. Fumbling: A non-deliberate ball and leg contact that usually does not attract penalty.

## VOLLEYBALL

### Brief History

Volleyball is another game invented and developed in United State of America in 1895 just four years after the invention of Basket ball. Volleyball was invented by William Morgan at Holyoke Y.M.C.A (Young Men Christian Association) gymnasium, in Massachusetts, U.S.A in his effort for a less strenuous and alternative game to Basketball, a game which could be played by the fit and unfit individuals. The game was first called "Minonette" and was later changed to Volleyball by Dr. A. T. Halsteam of Springfield University after watching the game.

The spread of the game throughout USA was mainly due to the influence of the YMCA. In 1900 some accepted rules were enacted and in 1912 the 15 point game was introduced. The International Volleyball Association was

formed in 1947 and in 1964 Volleyball became an Olympic Sport.

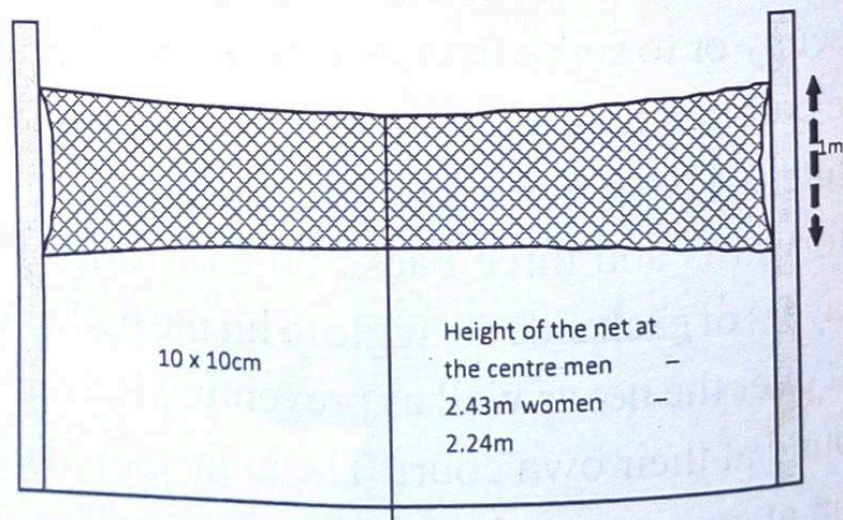
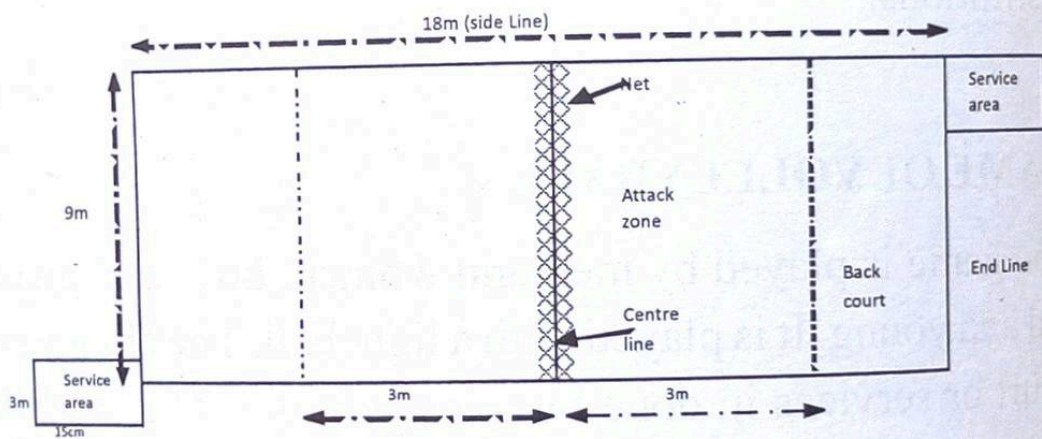
Volleyball today is played by so many countries in the world including Nigeria. In 1969, the Nigeria Amateur Volleyball Association was formed, and Nigeria took part in Volleyball competition at the second All African Games, 1973. Most schools in Nigeria today play Volleyball both in primary, post primary and tertiary institutions.

## **GAME OF VOLLEYBALL**

The game is played by men and women, boys and girls, old and young. It is played with a light ball. The choice of court or services is done by a toss of coin. The captain winning the toss either choose the side of the court they will occupy or to serve first. After each set the two teams change courts. There are six players on each side with six substitutes. The players are usually arranged to have three forwards and three backs on each side of the net. The players of each side struggle to hit the ball with hands to get it over the net as well as preventing it from striking the ground at their own court. The main aim of each side is to aim at gaining a point by hitting the ball to strike on



the opponents' court. The opponent can hit the ball over one time or pass it in their own half but contact must not be more than three times before the ball is volleyed over the net. Points can only be made by the serving side. A player cannot hit the ball twice in succession. During the time for a team to serve, its members rotate one position clockwise while the player on the right back position serves. The side to reach 15 points wins the game.



## FACILITIES AND EQUIPMENT

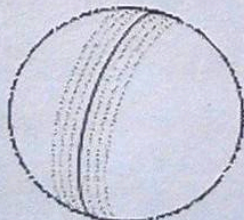
A volleyball court is 18m long and 9m wide. There are boundary lines of 5cm wide. There is also a center line of 5cm wide that divides the court into two equal halves. There are two parallel lines (attack lines) in each half of the court drawn at a distance of 3m from the centre line.

The service area is 3m x 15cm and each of them provides a limit from where the service could be taken. By convention, the surface of the volleyball court may be grass, ash, earth, wood or synthetic courts.

## THE NET

The volleyball net is 1m deep and 9.0m long. Its height at the centre is 2.43m for adult male players while that of adult female players is 2.24m. The net can be adjusted for junior boys and girls children.

## The Ball



Circumference of 65cm - 67 cm.  
Its weight should be between  
260 gm nor more than 280 gm

## EQUIPMENT

*These include*

- a) Vest or shirts
- b) Shorts
- c) Rubber or leather shoes without heels and
- d) Identification numbers attached or written boldly on the back and front of the player's shirts or vests.

## BASIC SKILLS

1. The volley
2. Service
  - a) The Underarm Serve
  - b) The overhead or Tennis Serve
  - c) Windmill Serve
3. The set up
4. The Smash or Spike
5. The Block
6. The Dig
7. Scoring and Counting