

**Introduction:** Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a court, compete with the primary objective of shooting a basketball through the defender's hoop, while preventing the opposing team from shooting through their own hoop.

**History:** The game of basketball as it is known today was created by Dr. James Naismith in December 1891 in Springfield, Massachusetts, to condition young athletes during cold months. Upon the request of his boss, Naismith was tasked to create an indoor sports game to help athletes keep in shape in cold weather. It consisted of peach baskets and a soccer style ball. The objective of the game was to throw the basketball into the fruit baskets nailed to the lower railing of the gym balcony. Every time a point was scored, the game was halted so the janitor could bring out a ladder and retrieve the ball. After a while, the bottoms of the fruit baskets were removed. The first public basketball game was played in Springfield, Massachusetts, on March 11, 1892



#### World champion

**Male:** Spain      **Female:** USA



#### Olympic gold medalist

**Male:** USA      **Female:** USA



#### Competition – local opportunity

1. Jr NBA
2. Brixton topcat
3. Spartans Basketball Academy

# Basketball



#### Skills

**Shooting** is the skills that involves directly scoring points. Whether a player shoots a layup, a mid- range shot or a three-pointer.

**Dribbling** is the process by which a player must move the basketball around the court.

**Defence** is the skill that involves the most effort and athleticism, as the goal is to prevent the other team from getting good scoring chances.

**Rebounding** is the process of controlling missed shots on both the offensive and defensive ends.

**Passing** is the other option to move the ball around the court outside of dribbling.

#### Basketball rules you should know

Each team can have a maximum of 5 players on the court at any one time. Substitutions can be made as many times as they wish within the game.

The team trying to score a basket is called the offence whilst the team trying to prevent them from scoring is called the defence. The defence must do all they can to stop the offence from scoring by either blocking a shot or preventing a shot from being fired.

After each successful basket the ball is then turned over to the opposition.

Fouls committed throughout the game will be accumulated and then when reached a certain number will eventually be awarded as a free throw. A free throw involves one player from the offensive team (the player fouled) to take a shot unopposed from the free throw line. Depending on where the foul was committed will depend on the number free throws a player gets.

Violations in basketball include:

1. Travelling (taking more than one step without bouncing the ball),
2. Double dribble (picking the ball up dribbling, stopping then dribbling again with two hands),
3. Goaltending (a defensive player interferes with the ball travelling downwards towards the basket) and
4. Back court violation (once the ball passes the halfway line the offensive team cannot take the ball back over the halfway line).