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Basketball

Basketball is among the world's most popularized sports nowadays. It's played by both men and women. If speaking about the professional game, it involves two teams comprising of five players on a ground. Those who simply arrange street basketball with friends can have as many people in their team as they want. It's a great way of exercising and fun pastime.

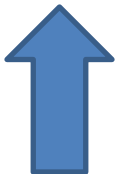
The history of this game is rather interesting. It all started in **1891** in Springfield, USA. One of the most influential coaches, **Dr. James Naismith**, was invited to train the students and to think of a catchy new game. The game he offered quickly became popular in the 20th century as it involved team spirit development. Today it's an integral part of sports culture and has millions of fans across the world.

At first there were thirteen common rules made up by Naismith. The rules were quite strict, so it wasn't easy to play the game. For example, the players were not allowed to run across the playground with a ball or to hold it with both hands. They had to throw it solely from the point they caught it. No shouldering or pushing was allowed. Any of these acts could be taken as a foul. The very first game was played with two peach baskets, which sounds funny today. They also used a soccer ball instead of a spherical inflated ball.



Basketball 3

- Many things have changed since then, but the main idea of the game hasn't. The team should score as many goals as they can to win the game. In case both teams end in a draw, additional time is added to break it. There are many other rules that apply to this game nowadays. For example, one of the accepted forms of ball advancing is dribbling. There is a whole set of rules concerning this action. It is against the rules to simply carry the ball across the playground or to double-dribble. Another important rule is that the ball cannot be kicked like in football.
- Regular game of basketball can last up to two hours. It consists of four 10-12 minute quarters. Additional five minutes can be added if it's a tie (draw). One of the most important items in this game is a thematic uniform. The players usually wear a jersey and a pair of shorts. Each of them has a unique identification number along with a name and a team symbol on the jersey. Today there can also be some marks from game sponsors on players' outfit.



Basketball and role

- In conclusion, I would like to mention that basketball is a very spectacular team sport. It is included **in Olympics since 1936**. The inventor of the game James Naismith personally awarded the first medalists. Today there are many variations of basketball, such as streetball, water basketball, wheelchair basketball, netball, etc. In fact, wheelchair basketball is a full medal sport in the Summer Paralympics.





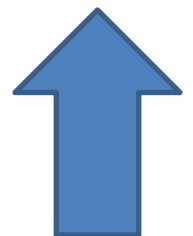
The types of passing

- **Positions**
- *Main article:* [Basketball position](#)
- Basketball positions in the offensive zone
- Although the rules do not specify any positions whatsoever, they have evolved as part of basketball. During the early years of basketball's evolution, two guards, two forwards, and one center were used. In more recent times specific positions evolved, but the current trend, advocated by many top coaches including [Mike Krzyzewski](#) is towards positionless basketball, where big guys are free to shoot from outside and dribble if their skill allows it.^[52] Popular descriptions of positions include:
 - [Point guard](#) (often called the "1") : usually the fastest player on the team, organizes the team's offense by controlling the ball and making sure that it gets to the right player at the right time.
 - [Shooting guard](#) (the "2") : creates a high volume of shots on offense, mainly long-ranged; and guards the opponent's best perimeter player on defense.



The basics of the game

- A basketball game between the [Heart Mountain](#) and Powell High School girls teams, Wyoming, March 1944
- Before widespread [school district](#) consolidation, most American high schools were far smaller than their present-day counterparts. During the first decades of the 20th century, basketball quickly became the ideal interscholastic sport due to its modest equipment and personnel requirements. In the days before widespread television coverage of professional and college sports, the popularity of high school basketball was unrivaled in many parts of America. Perhaps the most legendary of high school teams was Indiana's [Franklin Wonder Five](#), which took the nation by storm during the 1920s, dominating Indiana basketball and earning national recognition.
- Today virtually every high school in the United States fields a basketball team in [varsity](#) competition.^[19] Basketball's popularity remains high, both in rural areas where they carry the identification of the entire community, as well as at some larger schools known for their basketball teams where many players go on to participate at higher levels of competition after graduation. In the 2016–17 season, 980,673 boys and girls represented their schools in interscholastic basketball competition, according to the [National Federation of State High School Associations](#).^[20] The states of [Illinois](#), [Indiana](#) and [Kentucky](#) are particularly well known for their residents' devotion to high school basketball, commonly called [Hoosier Hysteria](#) in Indiana; the critically acclaimed film [Hoosiers](#) shows high school basketball's depth of meaning to these communities.



video

