

Basketball

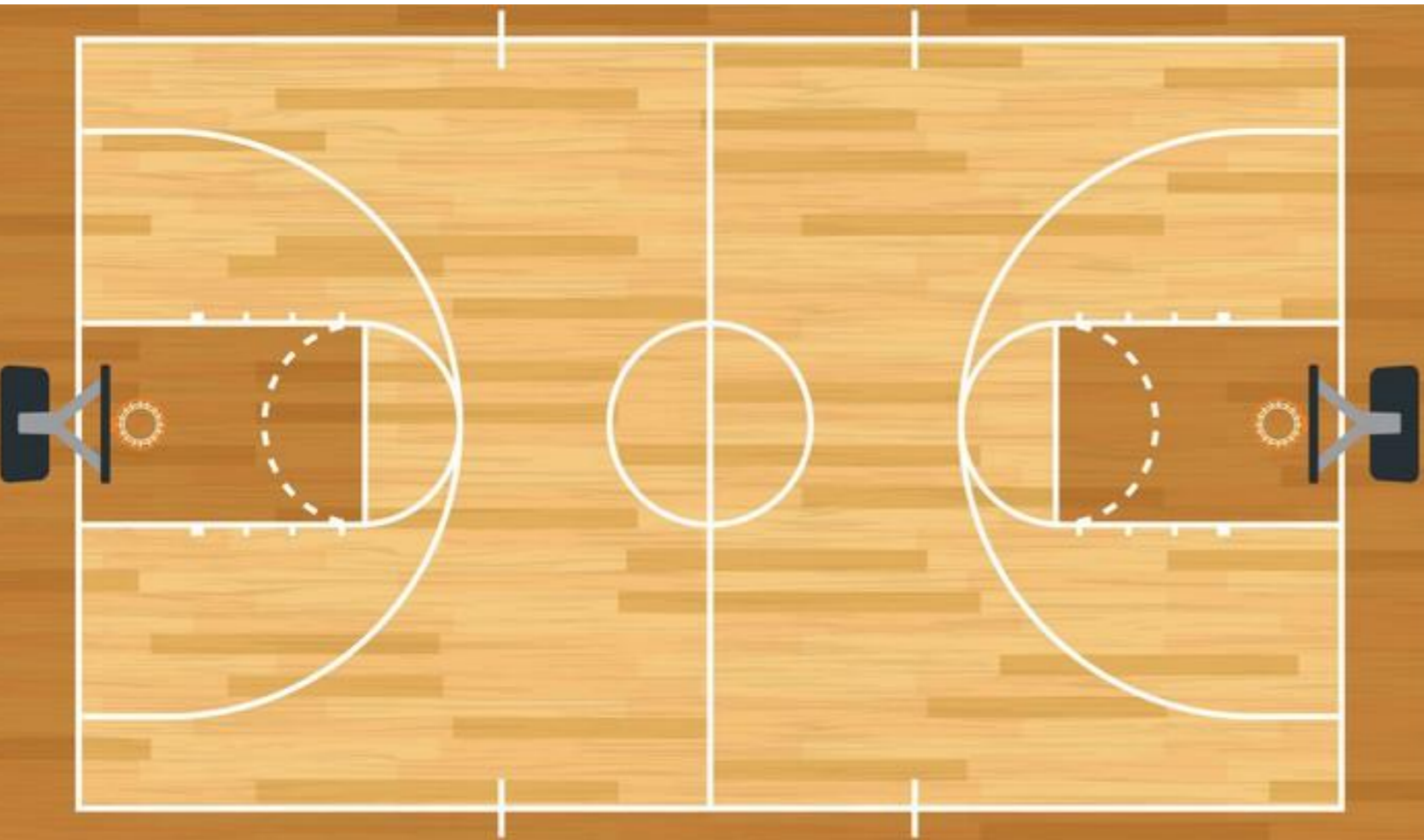




James Naismith
In early December 1891

Basketball is a handball game usually played by two teams of five players on the [court](#).

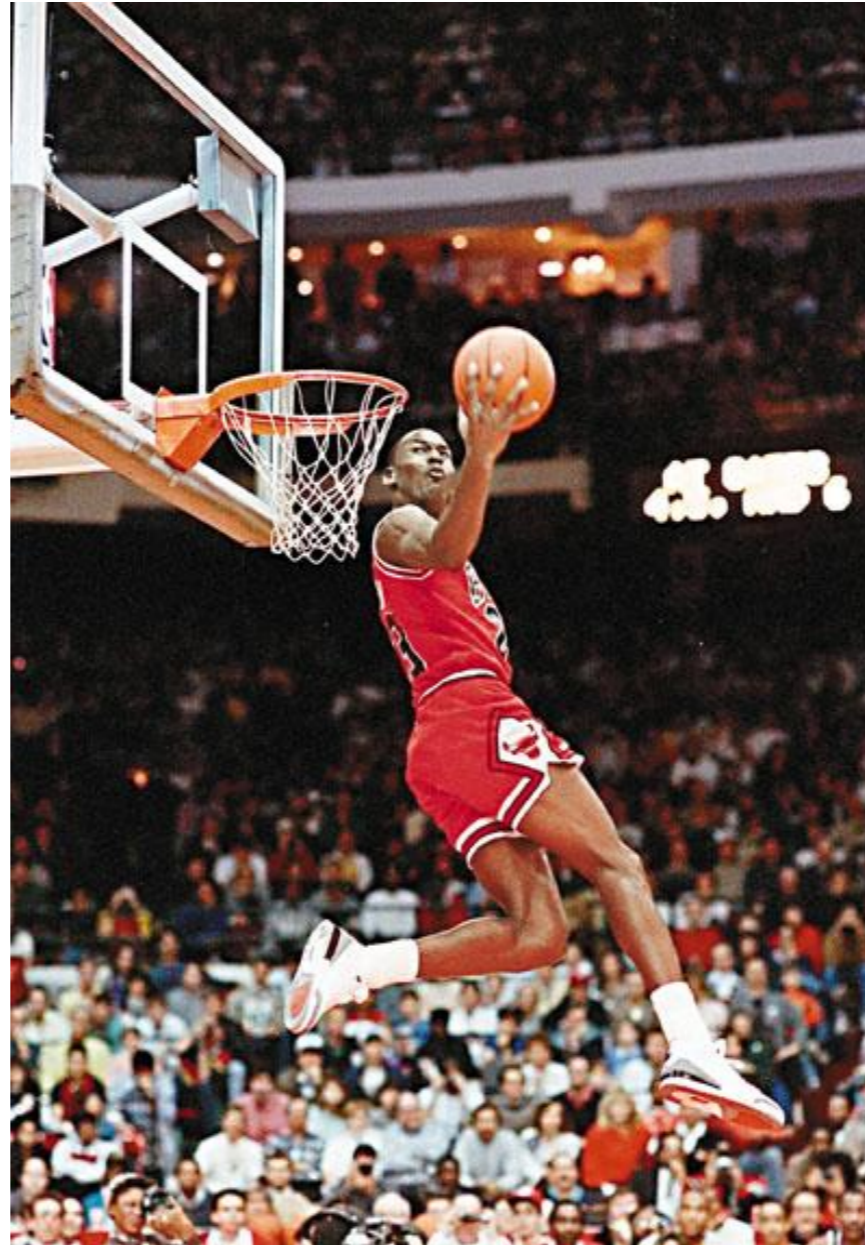
The court, where the game is played, is a rectangle, and at both end lines there is a goal called a "hoop" in the shape of a circle basket with the bottom cut out.



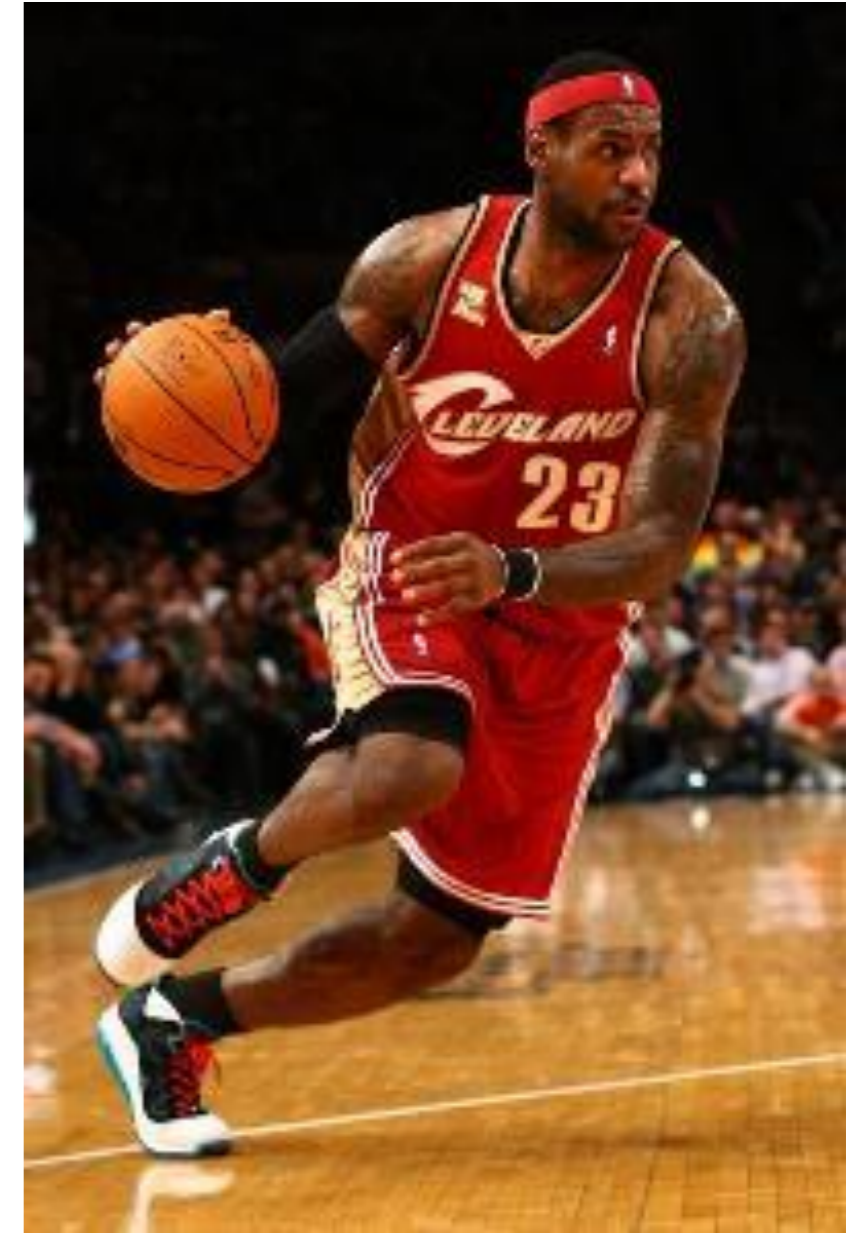
Positions in basketball



Point Guard (PG)



Shooting guard (SG)

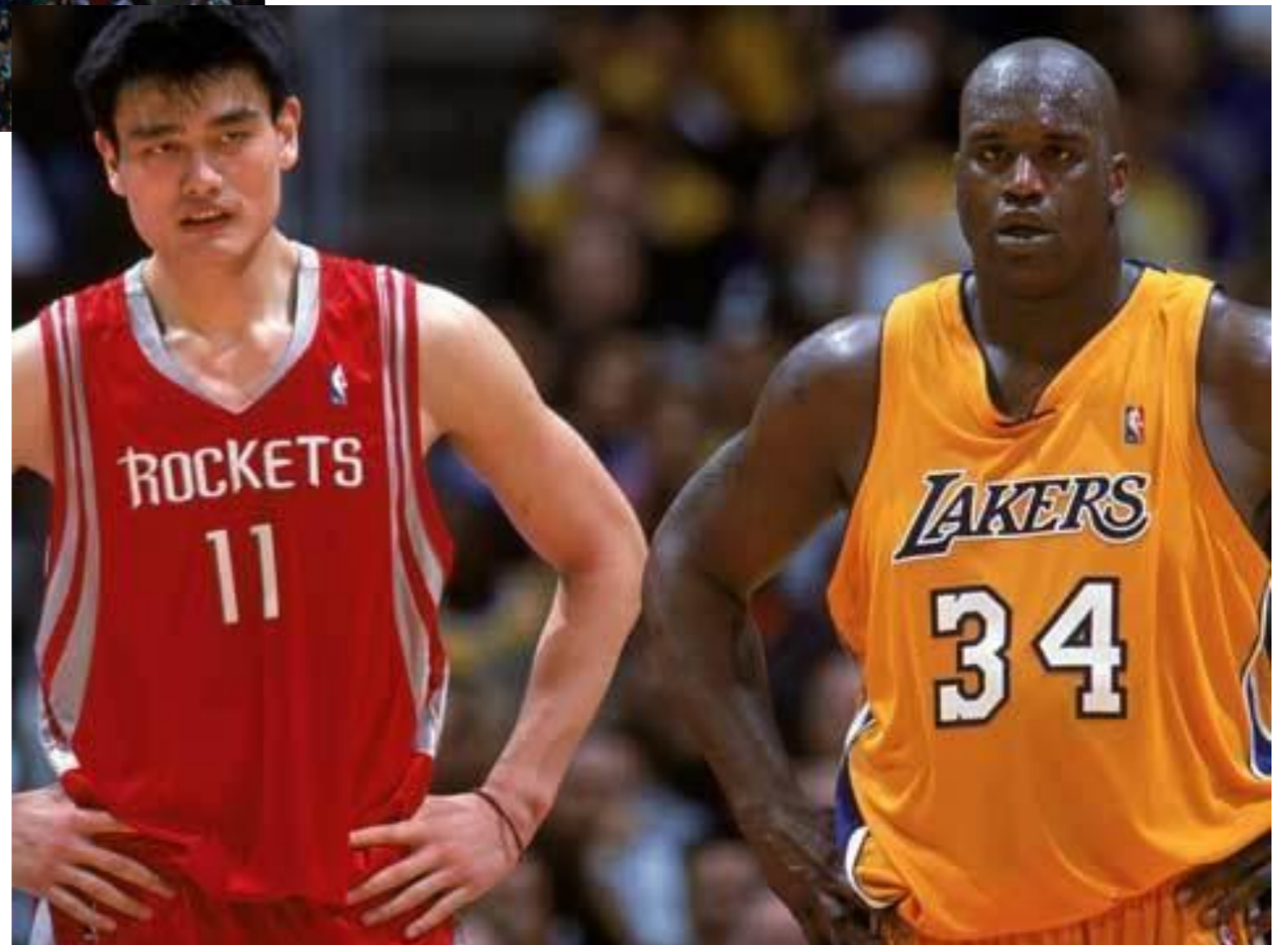


Small forward (SF)



Power forward (PF)

Centre (C)



Health benefits of basketball

Basketball involves a lot of starting and stopping. While not renowned as an aerobic sport, it is still a great workout that can help you:

burn calories

build endurance

improve balance and coordination

develop concentration and self-discipline

build up muscle.