

Various Skills And Health Benefits Of Basketball

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Abstract

Basketball is a team sport. Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The ball is moved down the court toward the basket by passing or dribbling.

Introduction

Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball (approximately 9.4 inches (24 cm) in diameter) through the defender's hoop (a basket 18 inches (46 cm) in diameter mounted 10 feet (3.048 m) high to a backboard at each end of the court) while preventing the opposing team from shooting through their own hoop. A field goal is worth two points, unless made from behind the three-point line, when it is worth three. After a foul, timed play stops and the player fouled or designated to shoot a technical foul is given one or more one-point free throws.

Origin of Basketball

The history of basketball began with its invention in 1891 in Springfield, Massachusetts by Canadian physical education instructor James Naismith as a less injury-prone sport than football. Naismith was a 31-year old graduate student when he created the indoor sport to keep athletes indoors during the winters.

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. Naismith was a physical education instructor at YMCA International Training School in Springfield, Massachusetts. Upon the request of his boss, Naismith was tasked to create an indoor sports game to help athletes keep in shape in cold weather.[2] It consisted of peach baskets and a soccer style ball. He published 13 rules for the new game. He divided his class of eighteen into two teams of nine players each and set about to teach them the basics of his new game. 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.

Methodology of Basketball sport

Basketball is a team sport. Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line. If the offensive team puts the ball into play behind the mid-court line, it has ten seconds to get the ball over the mid-court line. If it doesn't, then the defense gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area in back of the line. If it does, the defense is awarded the ball.

The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense. The team without the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.

When a team makes a basket, they score two points and the ball goes to the other team. If a basket, or field goal, is made outside of the three-point arc, then that basket is worth three points. A free throw is worth one point. Free throws are awarded to a team according to some formats involving the number of fouls committed in a half and/or the type of foul committed. Fouling a shooter always results in two or three free throws being awarded the shooter, depending upon where he was when he shot. If he was beyond the three-point line, then he gets three shots. Other types of fouls do not result in free throws being awarded until a certain number have accumulated during a half. Once that number is reached, then the player who was fouled is awarded a '1-and-1' opportunity. If he makes his first free throw, he gets to attempt a second. If he misses the first shot, the ball is live on the rebound.

Each game is divided into sections. All levels have two halves. In college, each half is twenty minutes long. In high school and below, the halves are divided into eight (and sometimes, six) minute quarters. In the pros, quarters are twelve minutes long. There is a gap of several minutes between halves. Gaps between quarters are relatively short. If the score is tied at the end of regulation, then overtime periods of various lengths are played until a winner emerges.

Each team is assigned a basket or goal to defend. This means that the other basket is their scoring basket. At halftime, the teams switch goals. The game begins with one player from either team at center court. A referee will toss the ball up between the two. The player that gets his hands on the ball will tip it to a teammate. This is called a tip-off. In addition to stealing the ball from an opposing player, there are other ways for a team to get the ball.

Skills for development of Basketball

If a player really wants to improve at the game of basketball here is some advice for maximum development. Improvement should involve several key areas.

First, focus on hard skill development. Hard skills are acquired through intentional focus and repetition such as shooting, ball handling and offensive skills. A serious player may work on these about 2-5 hours per day depending on ability, age and specific goals. Hard skill improvement is linked to investment of time. Too often players are so focused on "advanced" skills, and they haven't yet mastered the critical fundamentals to build from.

The second focus should be on soft skill development, specifically understanding the game and learning the nuances to react. This is best accomplished in a very competitive and intensive setting which allows for many opportunities to get the ball. Find a good gym or a group of competitive players and play lots of one-on-one and three-on-three - anything that provides more touches with the ball isolates hard skill work. Five-on-five is one of the slowest ways to build skills because of the simple mathematical reality that players get less time with the ball. Also, traveling to games can be time wasted. Third, develop a specific physical training plan such as building strength, quickness and vertical jump. Meet with a trainer to evaluate strengths and weaknesses. Work to build an intensive workout which emphasizes growth in these areas.

Fourth, develop a mental plan working on confidence, personal faith, and mental toughness. This is a crucial separator between good and great athletes.

Finally, find a mentor who can help with planning and provide accountability to goals. The reason why camp is such a great training place is because players get saturated in both hard and soft skill training, they get an improvement plan in place and they can make the important needed changes.

Benefits of playing Basketball

1. Promotes Cardiovascular Health

Basketball is great for your heart health! Because you keep moving, your heart rate increases. It also helps in building endurance, which is important when you want to make sure that your heart is healthy. It will help lower the risk of stroke and heart disease later in your life.

2. Burns Calories

Do you want to shed a few extra kilos? Play basketball! All the quick lateral movements, running and jumping, gives you an aerobic workout that in turn can help you burn a lot of calories. For every hour of basketball, a person who weighs 165 pounds can expect to burn about 600 calories while a person who weighs 250 pounds can expect to burn approximately 900 calories.

3. Builds Bone Strength

The physical demands of this awesome sport help in improving and building bone strength. Any physical activity that involves weight-bearing allows the formation of new bone tissue, and this in turn makes the bones stronger. Both the muscles and bones in your body become stronger with basketball as it is a physical activity that involves the tugging and pushing of muscles against bone.

4. Boosts the Immune System

When you play basketball or any other sport, it helps in reducing stress. When stress is decreased, you will have more energy and focus to complete tasks. It also makes you more social, which in turn helps in preventing depression. When stress is lowered, your immune system gets a boost as well.

5. Provides Strength Training

By playing basketball, you get an excellent full-body workout. This helps in the development of lean muscle. It can help develop your lower back, neck, deltoids, traps and core muscles. It also makes your legs stronger, and the movements like shooting and dribbling help strengthen your arms, hand muscles and wrist flexors.

6. Boosts Mental Development

Basketball may be a fast-paced game that requires a lot of physical skills, but it is also a mind game that requires you to think on your toes. It requires you to have a lot of focus so that you can accurately and quickly process the action on the court and make decisions that are effective with the ball. It also requires you to train yourself so that you can observe your opponents and teammates

constantly and make quick decisions based on their actions.

Conclusion

Basketball is a much-loved sport all across the world. It is popular because it can be played as a competitive sport or a casual game on the local court. It is also a great way to work out as it involves using your entire body. It is a fast-paced game that involves a good deal of jumping and running which is a fantastic way to exercise. If you want a sport that helps you stay fit and healthy, basketball is the perfect choice as it comes with more than a few health benefits.

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