

Important Skills In Basketball And Different Methods

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Abstract

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.

Introduction

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. The team with the most points at the end of the game wins, but if regulation play expires with the score tied, an additional period of play (overtime) is mandated. Players advance the ball by bouncing it while walking or running (dribbling) or by passing it to a teammate, both of which require considerable skill. On offense, players may use a variety of shots—the lay-up, the jump shot, or a dunk; on defense, they may steal the ball from a dribbler, intercept passes, or block shots; either offense or defense may collect a rebound, that is, a missed shot that bounces from rim or backboard. It is a violation to lift or drag one's pivot foot without dribbling the ball, to carry it, or to hold the ball with both hands then resume dribbling. Invented in 1891 by Canadian-American gym teacher James Naismith in Springfield, Massachusetts, United States, basketball has evolved to become one of the world's most popular and widely viewed sports.[1] The National Basketball Association (NBA) is the most significant professional basketball league in the world in terms of popularity, salaries, talent, and level of competition.

Origin in 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. 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

1. Get a ball and a hoop

Basketball is a ball of the appropriate size and a net that it fits through, set at a challenging-enough height. The specific requirements for regulation basketball are included below, but the history of basketball is the history of making do with what you have. The first basketball hoop was a peach crate nailed to a railing. Use empty boxes, soccer balls, or whatever is available if you don't have access to a hoop.

The right basketball size depends on your age and gender. For high school through professional level men's basketball, choose a size 7 ball. Choose a size 6 ball for boys ages 12-14, or for girls and women ages 12 and up, including high school through professional level basketball. Get a size 5 (or standard youth size) for all children 9-11 years old, a size 4 for all children 5-8 years old, and a size 3 (or mini size) for children 4-8 years old.

2. Break into two teams.

For a full-court game, basketball is played by two teams of five players each.[5] While it's also common to play half-court ball with teams of three, however many people you've got playing, it's important to have an even number of players on each team. Alternate basketball games for uneven numbers are included in the last section.

3. Score points by shooting the ball through the hoop.

In basketball, an offensive player can score between one and three points with a shot, depending on where the shot is taken on the floor.

Extending in a half-circle, about 20 feet (6.1 m) from the hoop on most courts, should be the "three-point line," beyond which shots are worth an extra point. Inside that arc, all shots are worth two points.

4. Move the ball by dribbling or passing.

When you have the ball, you have to either be stationary, with one foot planted on the floor to pivot from, or you have to be dribbling the ball, bouncing it up and down on the floor. When you're planted, you can pivot around on one foot, but that foot has to remain planted if you're dribbling. You can still jump to shoot or pass, but when you come back down you need to have gotten rid of the ball.

When you start dribbling, you must dribble constantly as you move, until you pass, shoot, or stop dribbling to plant on your pivot foot. If you stop dribbling, you cannot re-start dribbling, which is a foul called a "double-dribble." It's also important to avoid "over/under" dribbles, or "carries", in which you pick up the ball from underneath and turn it over to dribble it down. Learn to dribble properly in the following section.

Skills in Basketball

Shooting

Shooting consists of launching the ball toward the basket in an arcing motion with the purpose of it going in and scoring points. When shooting, keep your eyes on the target, place the ball on your fingertips (not the palm), place your feet shoulder width apart, place your elbow under the ball, and then follow through and hold the finish.

Offensive Rebounding

An offensive rebound is obtained when the team that just shot the ball misses and then recaptures the ball again. As a general rule it is tougher for a player to get an offensive rebound than a defensive rebound because after a shot misses the opposing team's players are closer to the basket and in a better position to grab the ball.

Passing

A pass happens when one player throws the ball to another player with the purpose of setting up a play or taking a shot. In basketball there are two main types of passing. The first type happens when one player throws another player the ball and the receiving player then scores a basket. The player who threw the ball gets credit for an assist.

The second type of pass is just a basic pass from one player to another. There are bounce passes that hit the floor one time, chest passes that are thrown from the player's upper body, and the spectacular alley-oop pass where one player lobs the ball above the rim and a second player grabs it out of midair and slam dunks.

Dribbling

Dribbling is the art of bouncing the ball up and down off the floor with one hand, in order to advance the ball up the court. It is illegal to touch the ball with both hands simultaneously, double dribbling. While dribbling, a player should protect the ball to prevent the defender from stealing it. Tips for dribbling include: not looking at the ball, pounding the ball hard, and using the free arm as a shield.

Conclusion

Basketball teaches you about being a good team player and can be a great social sport. Adults should check with their doctor before taking up basketball. Basketball puts a lot of stress on the body

and injuries can happen, so warming up, stretching your muscles and joints, and cooling down is important.

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