

What is basketball?



-

Who invented basketball?



James Naismith invented basketball back in 1891

How do you play basketball?



To play basketball, you have to be able to do 3 main things: how to shoot, how to dribble, and how to play good defense.

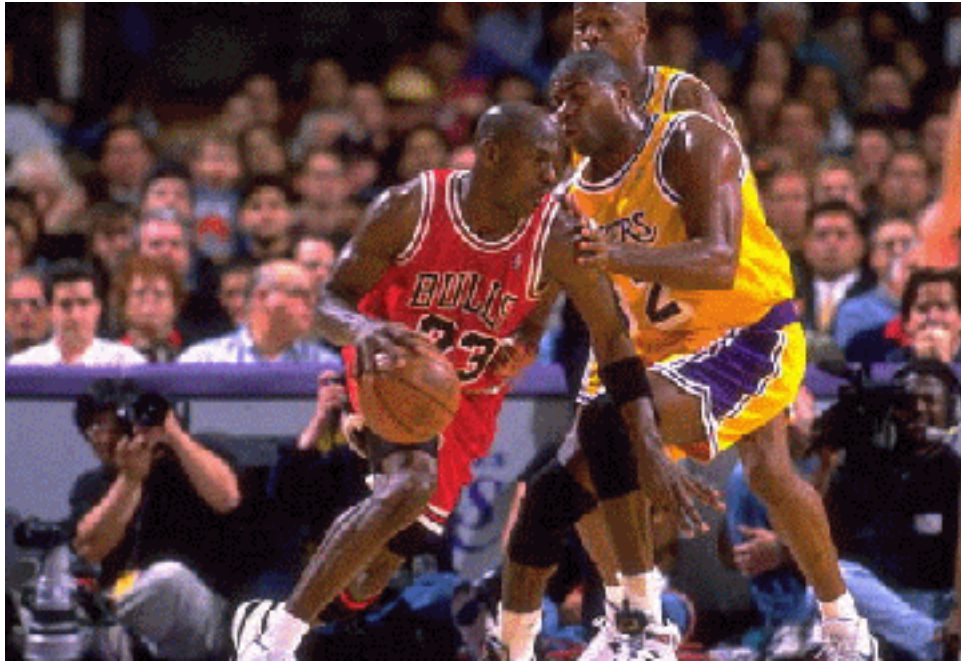
Defense



Defense is where the ball isn't in your possession, and you defend you basket.

Types of defenses:

Man- where each player guards a person



Zone- where each player guards an area on the floor.



There are 2 main types of defenses: Zone defense or a man defense and each of them have their own branch of different types of man or zones defenses you can run.

Offense



Offense is where the ball is in your possession

Types of offenses

You can't run an offense unless you know the defense if the opposing team is running a zone defense then you run a zone offense. If the opposing team is running a man defense then you run a man offense.

Who controls the gameplay



Referees officiate the basketball game by calling things that are illegal in basketball.

Sources of information of how to play.

www.basketballadvantage.com

www.centralhome.com

www.howtoplay.com

coachlikeapro.tripod.com

Those are some sources if you didnt understand
a word i said.