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# Table Of Contents

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# Foreword

Basketball is played all over the world by both men and women, it is a very popular and rather strenuous sport. Thus, if an individual is looking for a good mental and physical workout, this is the game to take on. There are also several international leagues and this brings the game to its current popularity standing.



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Be The Master Of The Court In Less Than 1 Month

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# Chapter 1:

## *The basics Of A Basketball Game*

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### Synopsis

The two teams involved in the game comprise of only five players at any given time on the basketball court. The reserves can number in any amount depending on the teams capacity to retain such individuals. There are usually three referees, as the game is fast moving and it is not always possible for the singular referee to make accurate judgment calls. There are several positions to play from and these include a point guard, a shooting guard, a small forward, power forward and a center.



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## **Basic Information**

The center position is usually taken up by the biggest players or the players that can jump the highest and rebound the best. This is usually where ball possession is determined early on in the game. Then comes the power forward, which is the next important position. This is where the block shots are best tackled.

The small forward is usually a fast player who has the ability to dribble, pass, shoot and score well. The small forward is also usually playing a defending position against the better players on the opposing team to ensure less chances of the opposing team passing the ball.

Then there is the shooting guard who is usually good at scoring the goals through shooting free throws or any other time the ball is in position for a shot.

The point guard is usually the main player in possession of the ball and the one that creates or facilitates the play as it unfolds. Moving around the court with the aim of trying to gain ball control is the prime way to ensure the game play goes according to the teams winning prospects.

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# Chapter 2:

## *Attire And Accessories For A Basketball Game*

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### Synopsis

There are several different items that make up the complete set of attire and accessories for basketball enthusiasts. The choices available are mind boggling; mainly due to the fact that most merchants try to capitalize on the popularity the sport has managed to gain. This is also due to the high profile players and teams that are often engaged in endorsing such items, thus generating interest in basketball attire and accessories.



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## Get The Right Gear

However, there are some very basic and necessary items that are considered as essential to the individual intending to be involved in the basketball sport. This includes apparel that consists of jerseys, t-shirts, shorts, socks and proper basketball shoes that are specifically designed for the game. The styles of shoes and other attire items vary greatly and ideally should only be purchased for their quality and comfort and nothing else. There are also a lot of safety accessories that should ideally be used by the player as injury can occur in this mild contact sport. These options may include athletic supporters, athletic tapes and bandages, back braces should there be a need to lessen the impact on an already sore back, knee and elbow braces and insoles which are especially helpful when it comes to cushioning landings from high jumps.

When it comes to equipment, there are also several different items to consider, such as the basketballs, player accessories, various backboard systems, basketball hoops, nets and score boards. The shoes chosen are also very important as it does help to keep the stability and the slipping factors in check. This is especially important as basketball is a rather swiftly played game and foot work plays an important role in the game and also does contribute to a lot of injuries. Therefore, the appropriate footwear for the basketball session should be carefully chosen.

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# Chapter 3:

## *Overview Of A Basketball Court*

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### Synopsis

Although there can be slight variations to the marking and size of a basketball court, there are some aspects that are standard and will be followed accordingly. If there are any variations they will predominantly waiver between the professionally used courts and the courts that are used at high schools and leisure courts.



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## **The Design Of The Court**

The National Basketball Association and Women's National Basketball Association courts are usually designed to measure 94 feet long and 50 feet wide. As for the Federation Internationale de Basketball courts for international play, it is slightly smaller at 92 feet long and 49 feet wide. The National Federation of State High School Associations has a different set of sizes that they adhere to which would be around at least 80 feet in length and 50 feet in width.

The free throw lane is usually designed to the measurements of about 6 feet in radius. However, the NBA and the WNBA use a 16 feet wide radius for their free throw lanes. The three point arc is 19feet,9 inches from the rim for NFHS and women's NCAA game formats. As for the WNBA the measurement is 20 feet and 6 inches.

Another marking includes the center circle which is usually designed in a 12 feet diameter. However this too varies on the level of the game being played. The difference would really rather depend on the player which can range from high school to professional leagues. The NBA and FIBA courts have "no charge" zones in the front of the basket and the NBA restricted zone is 4 feet from the center of the basket. As for the FIBA zone, it is usually 1.25 m from the center of the rim.

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