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Basketball Skills: Dribbling: 1. Keep a staggered balanced stance. Bend at the waist and the knees to be in a crouched position. Keep your weight balanced on the balls of your feet. 2. Keep your head up - do not look at the ball. 3. Keep your wrist relaxed and cup your hand slightly. 4.

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Basketball: A game played with a round

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leather-covered ball by two teams on a rectangular court. James A. Naismith invented basketball in 1891. Naismith was a physical education teacher at the International YMCA Training School (now Springfield College) in Springfield, Massachusetts.

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Basketball History Basketball was invented in December of 1891 by Dr. James Naismith, an instructor at the YMCA in Springfield, Massachusetts. The purpose is to get the basketball into a team's own basket (offense) and to prevent the offensive team from scoring a basket (defense). Equipment 1.

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Basketball is one of the few major sports that originated entirely in the United States. In 1891 Dr. James Naismith used peach baskets and a soccer ball to

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invent a new game for athletes to play during the period between football and baseball seasons. Naismith attached peach baskets at opposite ends of the gym on the track that encircled the playing floor.

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BASKETBALL STUDY GUIDE Basketball is a team sport and fun-filled and enthusiastic recreational activity. This sport can be played indoors or ... a Canadian physical education student and an instructor at the YMCA Training School in Springfield, USA. Basketball is played between two teams, with five players on each team. A standard basketball ...

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In physical education, intramurals, or pick up games, a "jump ball" is awarded to the defender. Violations include causing the ball to go out of bounds, double dribbling, running with the ball,

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kicking the ball, striking the ball with the fist, interfering with the basket, illegal throw-in (taking more than 5 seconds or stepping on the line),

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Basketball Study Guide. • Shielding is when you place yourself in between the ball and your defender. • A cross-over dribble is when you switch hands and slightly change direction while dribbling. • Your head should be up and eyes should be looking out in front of you when dribbling a ball.

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Basketball Study Guide HISTORY: A
physical education instructor named Dr.
James Naismith invented basketball in
1891.

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