

BASKETBALL



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Basketball is an extremely popular all around the world.

It was invented in 1891. During the 20's the first US championship was organized. The object is to put a ball through a hoop, or basket, and thus score more points than the opposing team. Teams comprise of ten players.





In 1891 James Naismith was thinking about ways of providing exercise for the young men in his care. As a

physical education instructor he taught gymnastics, however he was looking for something new. So a National and International game was born.

In 1892 he published the first booklet containing the basic rules, almost unchanged today.





During the late 1970s and early 1980s several women's professional leagues were begun. Women in the USA are currently under the WNBA.



+ of basketball

- strengthening of the respiratory and cardiovascular tracts
- "hardening" of the nervous system, improving metabolism
- strengthening of the vestibular apparatus
- The game is mobile and interesting
- Develops physical data, team skills Improves reaction, coordination, speed
- Strengthens the human musculature and nervous system
- The respiratory system is well trained



- of basketball

heavy loads on the body, injury
risk, permanent bruises and
abrasions





Basketball in Russia

The Russian Basketball Federation (RFB) was established in 1991. The RFB organizes and conducts championships, cup draws and other official sports competitions, as well as international basketball tournaments on the territory of the Russian Federation.



Basketball is a game which nowadays is populated all over the world and it unites people of different classes and nationalities!!!

THE END

