

# Basketball

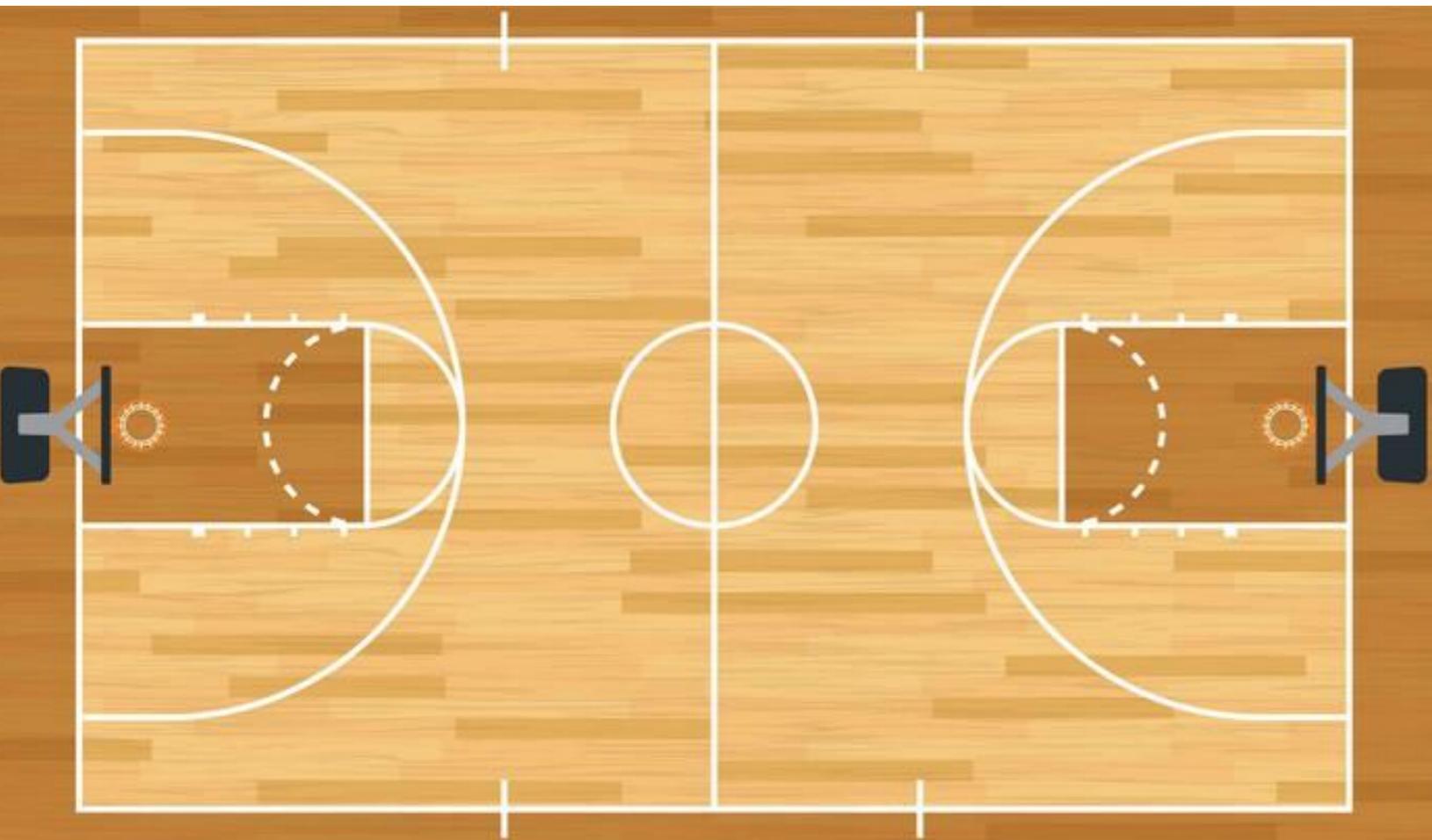




James Naismith  
In early December 1891

**Basketball** is a handball game usually played by two teams of five players on the [court](#).

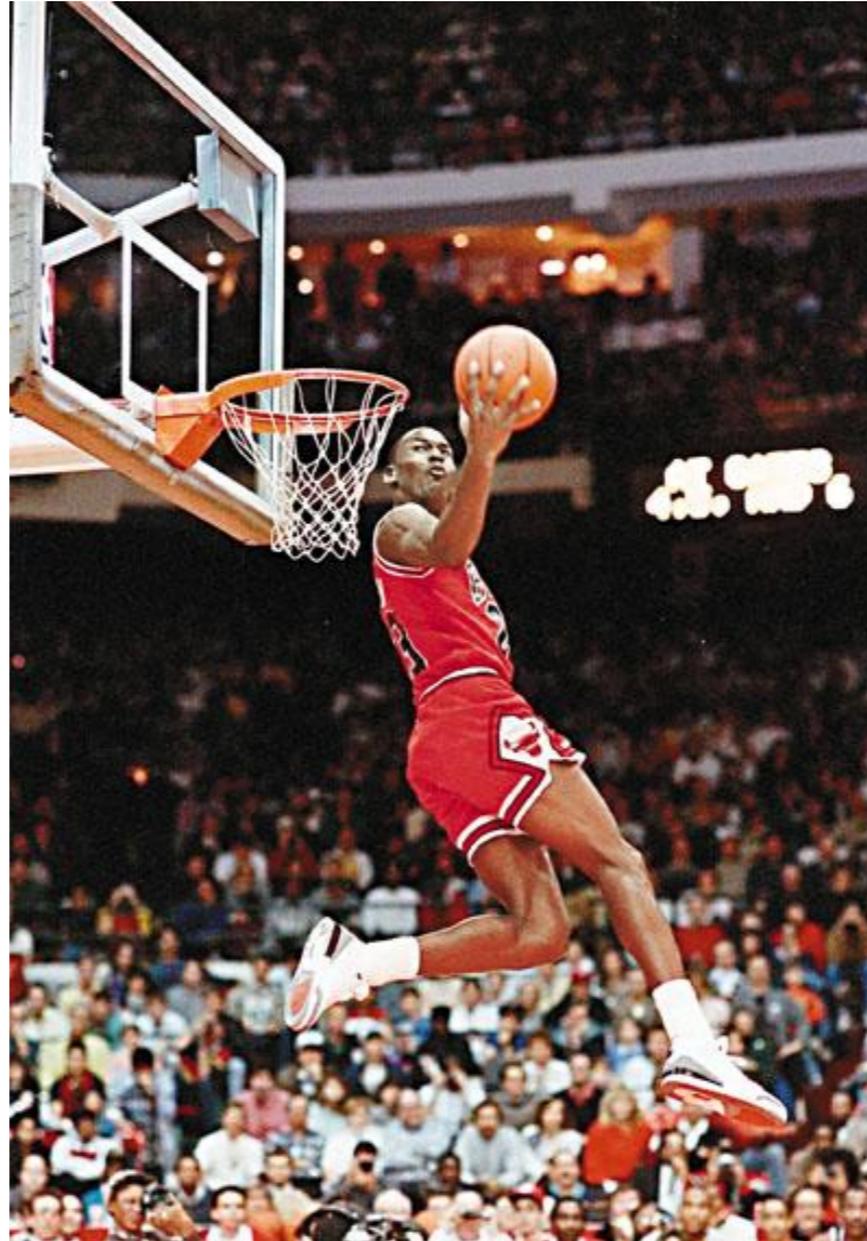
The court, where the game is played, is a rectangle, and at both end lines there is a goal called a "hoop" in the shape of a circle basket with the bottom cut out.



# Positions in basketball



**Point Guard (PG)**



**Shooting guard (SG)**



**Small forward (SF)**



**Power forward (PF)**

**Centre (C)**



# **Health benefits of basketball**

**Basketball involves a lot of starting and stopping. While not renowned as an aerobic sport, it is still a great workout that can help you:**

**burn calories**

**build endurance**

**improve balance and coordination**

**develop concentration and self-discipline**

**build up muscle.**