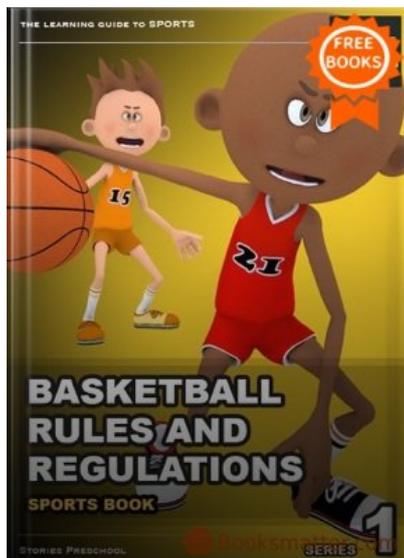


Basketball Rules and Regulations

BASKETBALL RULES AND REGULATIONS EBOOK AUTHOR BY JACKIE LAU



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Summary

Basketball is a sport played by two teams of five players on a rectangular court. The objective is to shoot a ball through a hoop 18 inches (46 cm) in diameter and 10 feet (3.048 m) high mounted to a backboard at each end.

A team can score a field goal by shooting the ball through the basket during regular play. A field goal scores three points for the shooting team if the player shoots from behind the three-point line, and two points if shot from in front of the line. A team can also score via free throws, which are worth one point, after the other team was assessed with certain fouls. The team with the most points at the end of the game wins, but additional time (overtime) is issued when the score is tied at the end of regulation. The ball can be advanced on the court by throwing it to a teammate, or by bouncing it while walking or running (dribbling). It is a violation to lift, or drag, one's pivot foot without dribbling the ball, to carry it, or to hold the ball with both hands then resume dribbling.

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[TAEKWONDO KICKS \(찹 CHAGI \)](#)



A **kick (찹 chagi)** is a physical strike using the foot, leg, or knee. As the human leg is longer and stronger than the arm, kicks are generally used to keep an opponent at a distance, surprise him or her with their range, and inflict substantial damage. The application of kicks is thus a question of the tradeoff between the power that can be delivered vs. the cost incurred to balance. Since combat situations are fluid, understanding this tradeoff and making the ...

BASKETBALL TECHNIQUES AND PRACTICES

Basketball moves are generally individual actions used by players in basketball to pass by defenders to gain access to the basket or to get a clean pass to a teammate to score a two pointer or three pointer.



Dribbling
Passing
Shooting
Layups
Posting Up
Slam Dunks
Rebounds
etc...

BASKETBALL PLAYBOOK STRATEGIES



A basketball playbook, like any sports playbook, involves compilation of strategies the team would like to use during games. The playbook starts as a canvas picture of the basketball court with all its boundaries and lines. On top of that, the playmaker can draw O's for players on offense, and X's for players on defense. Specifically however, the playmaker will need to number them for different positions.

There are two main defensive strategies: zone defense and man-to-man ...

TAEKWONDO HISTORY (태권도)



In the early 1960s, taekwondo made its debut worldwide with assignment of the original masters of taekwondo to various countries. Standardization efforts in South Korea stalled, as the kwans continued to teach differing styles. Another request from the Korean government for unification resulted in the formation of the Korea Tae Soo Do Association, which changed its name back to the Korea Taekwondo Association in 1965 following a change of leadership. The International Taekwondo Federation was ...

TAEKWONDO STANCES (태권도 소기)



Physically, taekwondo develops strength, speed, balance, flexibility, and stamina. The Korean martial arts has several stances (태권도 소기) used for different activities. Practitioners must have their body weight correctly distributed during each different stance and during footwork. Each technique must be correctly aligned.

- ATTENTION STANCE (태권도 charyeot)
- READY STANCE (태권도 junbi)
- WALKING STANCE (태권도 ap sogi)
- FRONT ...

SOCCER LAWS OF THE GAME



Association football, more commonly known as football or soccer, is a sport played between two teams of eleven players with a spherical ball. It is played by 250 million players in over 200 nations, making it the world's most popular sport. The game is played on a rectangular field with a goal at each end. The object of the game is to score by getting the ball into the opposing goal.

The goalkeepers are the only players allowed to touch the ball with their hands or arms while it is ...

SOCCER PLAYER STYLES AND POSITIONS



Each of the 11 players on a team is assigned to a particular position on the field of play. A team is made up of one goalkeeper and ten outfield players who fill various defensive, midfield, and attacking positions depending on the formation deployed. These positions describe both the player's main role and their area of operation on the pitch.

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SOCCER TACTICS AND ADVANCED SKILLS