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Kid basketball court

Basketball is fun, exciting, and great exercise, and it can teach kids important lessons that can be applied to other aspects of life. The good news for parents who are excited to involve their children in athletic activities is that basketball can be introduced at a very young age. Basic motor and coordination skills such as dribbling (bouncing) ball and shooting can be displayed when a child is only a few years old. Youth leagues accept children starting at the age of five or six, a great time for kids to start learning the basics of the game. Concepts such as hustle, teamwork, sportsmanship and attitude can be introduced early on, as well as more technical aspects of the game such as footwork, defence, shooting mechanics. Young players must develop a sense and confidence with the ball. With a mini ball, young players can develop dribbling with training techniques such as hip circles, leg circles, ankle circles, and neck circles. They have to practice all aspects of dribbling: right and left dribbling, dribbling with their heads held high, changing hands while dribbling, dribbling around cones and chairs, dribbling in the playground, and even dribbling in the driveway. It is important for the player to be able to dribble with each hand and keep dribbling despite the obstacles. Dribbling time speed is also important. Young players can have dribbling races and even play tag while they dribbling a ball to improve their overall dribbling ability. Young players also need to learn how to pass properly and catch the ball. They need to practice a variety of passes: hand-held passes from the chest, one-handed baseball passes, two-handed jump passes, and head transfers. At the same time, players can work on catching the ball with both hands. Players should be taught to catch the ball in an athletic position, with their knees bent, their hands straying their chests to a high target, and their legs balanced at shoulder width. Footwork is another appropriate area of focus for young basketball players. Developing players may not be willing to make a fake ball or step a putt and dribble drive to the basket, but they can practice footwork for those moves and learn the basic footwork that is the basis of a good game. To practice footwork, young players can use imaginary basketball. They can play games out of these exercises, or coaches can place X's on the field showing them where their legs should go as if they were learning dance moves. Basically, kids can start playing as soon as they express interest in the game. While young players learn the basics, they can develop a passion for a game that can last a lifetime. Why rely on good reviews? BestReviews spends thousands of hours researching, analyzing and testing products to recommend the best choices for most consumers. We only make money if you purchase a product through our links, and all opinions about the products are ours. Read more about BestReviews feed of hours of research, analysis and testing of products to recommend the best choices for most consumers. We buy all the products with our finances, and we never get free products from manufacturers. READ MORE It may seem like there's nothing more to basketball than putting a ball in the basket. However, there are certain rules that teams must play by to create fair play. Referees are policed for the act of play and have been refurbished at the whistle to point out violations. The judges also use handicrafts to indicate the type of violation that occurred. An official match is played over a set period of time, and the team that scores the most points at the end of that period has been declared the winner. If both teams are tied at the end of the game, the teams play overtime until the winner is determined. Each overtime lasted five minutes, and with one team leading at the end of extra-time, the game was over. Within the game, there are certain rules that players have to follow. Here are some of the most notable noms in basketball: If an offensive team allows a ball to go behind the halfway line and touches it before the opposing team touches it, it's called for a backcourt violation and the opposing team is awarded the ball. A player must bounce the ball on the field, also called dribbling, to move around the pitch. A player can only move two steps after he stops dribbling. If a player dribbs, stops and then dribs again, the referee calls for a dribwing double violation, and the opposing team gains control of the ball. Basketball, by law, is a contactless sport. Of course, if you've seen a basketball game, you know there's actually a lot of contact involved. Personal offences are called when too much contact is made. A foul is called when a player gains an unfair advantage by contacting the opposing player. In the NBA, players are voted out after committing six felonies. In college, five felonies eliminate a player. If a player does not dribw, that player can move one leg, as long as he keeps the other leg, called his pivot leg, in contact with the floor. The axis leg must remain constant. If a player moves both legs without dribbling, the referee will be calling a ride (or walking) a violation. If a player or coach exhibits poor behavior, such as using profanity, referees can summon technical offenses at their discretion. In the NBA, players and coaches are ejected after being called for two technical fouls. 24-second clock - In the NBA, teams must shoot the ball and contact the frame within 24 seconds of taking the ball. If they don't, then the other team is awarded the ball. The 24-second clock restarts every time a shot is made or the ball hits it also starts over if the opposing team kicks the ball. In college, teams get a 35-second violation.10 seconds - that refers to a rule that a team must advance the ball over the halfway line within 10 seconds of taking the ball. If not, the opposing team gains possession of the ball.5 seconds breach of possession - if a player is saved and does not advance the ball within five seconds, the opposing team wins a 5-second violation within the way - if a player cannot pass the ball to the player within 5 seconds of taking the ball out of bounds, the opposing team is awarded the ball rule.3 seconds - if an offensive player stays in the lane for three seconds the opposing team is awarded the ball. The three seconds reset after each attempted shot. For comprehensive information on rules and violations, see Official Rules of the National Basketball Association, Official Rules of the National Women's Basketball Association and NCAA Rules of Play and Ceremony Books. These rules allow for fair play and a fun experience for fans, so teams continue to play even when they are leading by large margins. The rules also allow players to concentrate on the basics of the game: passing, dribbling and shooting. For more information about basketball and related topics, see the links below. Related to HowStuffWorks articles some things say quite neglect like sea opening, bent, rusty-peely net missing basketball. It's a sad sight, often more evocative than its decay. Bliia, though, holds a major documentary appeal, as Paris-based photographer Adrian Skenderovic illustrates. His series of lost hoops catalogues southeast Asia's wriggly basketball courts. (He likes to keep the exact locations a secret.) The buildings – some made of concrete and plastic glass, others from mobs – are in a state of cheerfulness. They are covered in dirt, dirty by water stains and, in some cases, completely missing a hoop at all. Despite the appearance, however, these courts remain frequently used, Skenderovic tells Co.Design. These hoops look neglected, but in reality people still play with them, even with the most tired. They are still a vital institution in the local community. The final point touches on what makes these basketball positions so touching. In almost all parts of the world, in neighborhoods of every level of poverty to wealth, you'll find some kind of sports field. Whether it's fancy and new or improvised, it represents a community association - a place to compete, to hang out, for pot. When the community hesitates or fractures, it shows in the environment, including its basketball hoop. Well, that's one explanation, anyway. The photographs also appeal to the internet's seemingly insidious passion for ruins. Abandoned factories, destroyed buildings,

ghost towns, rotten hospitals, crumbling theaters, empty motel pools. In most cases, these structures are unsearable They're in great shape. But add a layer of patina, heavy doses of oxidation, and wild ivy coils, and... Let's start the affair. Of course, Skanderovich's photos frame more than the dark ones. Palm and banana trees nail the backgrounds of his images, creating a lush green mass, an indefinable nature that is contrary to the hard courts and the blunt white geometry of the back panels. The effect is like bumping into their daughter detained on a dirt road in the middle of nowhere. For Scandrowicz, the hoops take on an almost anthropomorphic nature. Their home look caught my eye. They have their whole personality, their story, he says. They are avatars of the isolated but vibrant villages he spent weeks exploring using a moped. The big takeaway? Sometimes basketball isn't just a basketball hoop. Hop.

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