**Index.html**

Basketball is a team sport where two teams containing five players each score points by getting the basketball into the basketball hoop. While they aim to do this, they must follow several rules designed to keep the game fair. Basketball is an extremely popular sport all around the world.

In basketball, a team scores a field goal by shooting the ball into the hoop during regular play. The team earns 2 points if the ball is shot when the player is within the three-point line and they earn 3 points if the player is outside the three-point line. Players keep earning points for their team like this and try to stop opposing players from getting points for their team. Whichever team has more points at the end of time wins.

These are just the basics of basketball. There are many more elements that make the game very interesting. The game is explained further in the “Rules” section of this site.

**History.html**

Basketball was invented by the Canadian physician James Naismith in December 1891. He introduced it to the Young Men’s Christian Association Training School, where he was an instructor, in Springfield, Massachusetts. Naismith organized indoor winter basketball as a recreational activity. Basketball combined elements of American football, soccer, and hockey into one game. A soccer ball was used at first and the goals were wooden baskets attached to walls. Teams had 9 players each. By 1897-1898, teams of five became the norm. the game’s popularity grew steadily and U.S. soldiers during World War II (1939-1945) spread the sport to other countries.

Many U.S. colleges adopted the game of basketball, especially between 1893 and 1895. By the 1950s, college basketball become a major sport, leading to the developed of professional basketball.

The first professional basketball league was the National Basketball League, formed in 1898, but in disbanded in five years, leading to many loosely organized leagues throughout northeastern U.S. The most famous teams of this era were the Original Celtics and Harlem Globetrotters.

In 1949, the National Basketball League, formed in 1937, and the Basketball Association of America, formed in 1946, combined to form the National Basketball Association (NBA). The NBA was immensely successful and is the major basketball league in the U.S. today. The Boston Celtics and Los Angeles Lakers dominated the 1950s to 1970s with star players like Wilt Chamberlain, Bill Russell, and Kareem Abdul-Jabbar.

The NBA dropped in popularity during the late 1970s but surged back through their popular star players like Larry Bird and Magic Johnson. Michael Jordan, who is considered by many to be the greatest basketball player ever, of the Chicago Bulls rose to stardom in the 1980s and ever since, the NBA has maintained its popularity through the steady rise of basketball stars.

In 1959 a Basketball Hall of Fame was founded in Springfield, Massachusetts. It included many significant people of basketball including players, coaches, and referees.

**Rules.html**

Basketball has many rules designed to keep the game running smoothly. Two teams with five players each score points by putting the basketball into a hoop on side of the rectangular basketball court while they must defend the other hoop on their side of the court. The game stats with the tip-off, during which one player from each team jumps up at center-court to try to grab the ball tossed up by the referee. This decides which team gets first possession. The court is split in half by the mid-court line. If the offensive team puts the ball into play behind the mid-court line, it has 10 seconds to get the ball past the mid-court line. If it doesn't, then the defense gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer take the ball back behind the line. If it does, the defense is given the ball.

When a player puts the basketball in the hoop, the player’s team gets 2 points if he was within the three-point line or 3 points if he was outside the three-point line. A free throw, which is an undisturbed shot, is worth 1 point. Free throws are awarded when fouls, illegal contact or plays, are committed.

Teams score points using the methods described above and whichever team has the most points at the end of time wins. The length of time in a basketball game varies but in professional leagues, there are four quarters of 12 minutes each, resulting in a 48-minute game. If the score is tied at the end of time, the teams go into overtime which has the same rules as normal play.

**Improve.html**

The secret to getting better as basketball is practice. If you practice consistently, then you can improve your game very quickly and become a very good basketball player. Here are some tips that you should keep in mind if you want to succeed in basketball:

* Learn all the game’s rules first. It will help you develop a good basketball brain.
* Get yourself in great physical shape. Basketball requires immense physical exertion and a strong body will help you overcome players who are more talented at basketball than you but aren’t as physically capable. There are man ways to get in good physical shape, some of which are specific to basketball players, like working out, dribbling, push-ups, jump rope, shooting, and jumping.
* Practice your shooting form. Basketball is about getting the ball in the basket, and no matter how well you can dribble, if you can’t shoot consistently, you won’t get anywhere
* Don’t lose your confidence. Even if you are playing poorly, don’t give up.
* Be a team player. Basketball is a team sport and even if you do great, there is no point if your team loses.

**Resources.html**

These resources can be used to learn more about basketball. They are very useful in gaining further knowledge about this spectacular sport.

* Wikipedia: Basketball (Link to <http://en.wikipedia.org/wiki/Basketball>)
* ThinkQuest: History of Basketball (Link to <http://library.thinkquest.org/10615/no-frames/basketball/history.html>)
* Breakthrough Basketball: Basics (Link to <http://www.breakthroughbasketball.com/basics/basics.html>)
* Wikihow: Improve at Basketball (Link to <http://www.wikihow.com/Improve-at-Basketball>)