Why Should You Play Basketball!

By Tommy Guinand

           There are many professional sports across the world today. Some are soccer, football, and tennis, but I’m going to be talking about basketball. Basketball was invented in Springfield Massachusetts by physical instructor, Dr. James Naismith. He used a peach basket for the hoop and a soccer like ball. Basketball began growing in popularity by the 20th century in the United States then all over the world. You should play basketball because it is a competitive sport that can help you master many skills and provide benefits.

           First of all, the game of basketball is a fun and competitive sport. A lot of organizations think basketball is A fun and healthy sport such as health.Nba.com, better health.gov and other organizations. Even if you're not good at shooting, you can be good at dribbling or defense.  Every player on the team has their own unique role to help the team because no one should be left out. Basketball helps kids and adults reach their goals. In basketball, there are many different shots including lay-up, free-throw, three pointer, and other shots.

            Secondly, playing basketball can help you to master many skills that may lead you to playing in college or the National Basketball association. In the NBA, you also get to travel to cool places including Las Vegas, Los Angeles, Miami, Orlando, and other big cities. Many great basketball players play or played in the NBA, including Michael Jordan, LeBron James, Larry Bird, Kobe Bryant, and Stephen Curry.  It is fun to play basketball and imagine you are in the NBA like them.  Imagine that you are dunking like Michael Jordan, shooting a half-court shot like Stephen Curry, winning the three-point contest like Larry Bird, being the black mamba like Kobe Bryant, or even scoring the most points in NBA history like LeBron James.

           Thirdly, there are many benefits to playing basketball such as higher self-esteem, better teamwork, and increased muscle strength and tone. Basketball provides you exercise which leads to a strong and healthy body. This exercise helps you reduce stress, relax, and think more clearly.  Basketball is social and helps you make new friends where you can play with them for hours. Overall, basketball is a great way to stay active.

In conclusion you should play basketball, because it’s fun, competitive, teaches skills, and has many benefits. In my opinion, everyone should get the opportunity to play basketball. Basketball is a very active, social, and entertaining sport to play. From high flying dunks to long three pointers, how can it get better than that? For all these reasons and more, you should play basketball!